

Peace Meter

SCORE OF 114-122

Peace Keeper

Here are your results...Does any of this sound like you?

You are a beacon of peace in the world and serve as an example of peace to others. You are consistently able to shine your light into the world even in difficult situations. You are likeable. You are surrounded by people who admire and respect you.

You are constantly trying to improve your life and the lives of those around you. You have a healthy balance of emotions. If you are angry, sad, frustrated or disappointed, you honor those feelings without lashing out at others or without making others feel bad. Sometimes things may pile up to a “breaking point” but you are able to address your feelings in a healthy manner and you are also able to honor and release your feelings.

You are consistently thinking of others and wanting the best for them. You are a giver. You nurture your body, mind and spirit regularly.

Recommendations:

1) Keep doing what you are doing!

2) We all need “reminders” of the truth of who we are. You can sign up for your free weekly Peaceful Moments, which are affirmations delivered directly to your email every Monday!

Sign up on at www.peacefulearth.com

3) Do you have a regular practice of meditation? Or do you feel that you are a living meditation?

If not, you may want to consider joining a meditation circle to help you develop the habit of meditation and truly live from the inside out!

For more information go to: www.meditationchallenge.com

4) Reach out to others as an example. Share your knowledge with others. Be a mentor. Talk to someone about tithing. Or recommend some resources to others.

You can even be a meditation teacher! For more information: www.meditationchallenge.com

5) Give Peace Prizes to people. Send out cards letting people know how special they are, for no reason at all... (You can send ecards at the link below.

(<http://www.peacefulearth.com/sharing.php>)

If you send a self-addressed, stamped envelope to the address below, you can receive 5 Peace Prizes to give to people!

www.peacefulearth.com

Peaceful Earth, LLC
14845 SW Murray Scholls
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Beaverton, OR 97007

6) Ask yourself: Is there something you've always wanted to do but haven't done it yet? Then do it. Maybe you've wanted to volunteer for an organization or enroll in a sculpting class, but haven't found the time. create the time to do what you've wanted to do.

7) Read biographies of peaceful people. Read the biographies of Mother Teresa, St. Francis of Assisi, Gandhi or others. Write down what you learned from them, then apply that knowledge.

8) Practice belly breathing. (Explained in the meditation blogs www.peacefulearth.com/blog)

9) Give THANKS. At night meditate on the words "Thank You". Continually give thanks for being alive. For your friends and family. For the clothes on your back, and even for the "obstacles" that are opportunities for growth.

10) Notice your Imposter. (A full podcast on this coming soon at www.peacefulearth.com/blog)