

Peace Meter

SCORE OF 39-53 Peace Naysayer

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

You tend to be reactionary--continually reacting to your environment. You probably don't see why being "peaceful" is even important. You may feel you have a right to react to the environment. You often may feel like a victim to circumstance. You may have a tendency to bottle your feelings up or, on the other extreme, express them in ways that are hurtful to yourself or others. You may not even be able to imagine what it would be like to not worry, not have stress, or to be joyous and fulfilled. You may even like controversy and like to argue your side or defend your belief. You may have a hard time understanding another's point of view. You may like drama. You may even dislike people who are joyous or overly cheerful. You may be jealous of others. You may measure yourself against other people. You may have developed certain "bad habits" or addictions to cover up your feelings or to ease the pain. You may be living in the past or afraid of the future. You may be just going through the motions.

Recommendations:

1) Take time to define "peace" and what it means to you? How would it FEEL to be peaceful? What would be some benefits of being peaceful? How would your life change if you were more peaceful? How would your relationships or your job change if you were more peaceful? How would you experience peace? You may want to check out our five minute internet movie titled "What is Peace?" to start defining peace. (<http://www.peacefulearth.com/peaceflash.html>)

2) As a research project, spend some time at a homeless shelter, a drug rehabilitation center, a support group of some kind, or a prison and see the effects of non-peaceful living.

3) Start creating a network of people that you can talk to and receive support from. Go to a church or other organization and network with others. Start meeting people that are role models. Find a mentor. Or talk with a counselor or support group.

4) Sign up for your weekly Peaceful Moments which are affirmations delivered to your email every Monday. Sign up at www.peacefulearth.com

5) Pick up the book *The Power of Now* by Eckhart Tolle at your library or bookstore. It is one of my personal favorites that brought everything together for me.

6) Volunteer for a cause. Often when we reach out to help others we help ourselves. If you are feeling lonely, volunteer at an elder home or children's hospital where others may also be feeling lonely.

7) Practice Belly Breathing. Breathe through your belly. When you notice pain or anger, take a moment to breathe through your belly. (See Meditation podcasts under BLOG on left).

8) You may want to consider developing a meditation practice. You can receive live, personal meditation instruction for 21 days to help you develop the habit of meditation.

For more information: www.meditationchallenge.com