

Peace Meter

SCORE OF 54-88

Peace Seeker

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

You are genuinely a kind person, though you may have had some bad experiences that prevent you from expressing that part of you, or you may have a hard time remembering who you really are. You may walk a fine line between peace and drama. Sometimes you're up, sometimes you're down. Your moods or situations are constantly changing.

You may be living in the past, holding on to old hurts, or not fully nurturing yourself. You may, at times, feel like the world is a cold place to live. You may believe that people are out to hurt you. You may have the philosophy, "each person for himself." You'd genuinely like to make changes in your life, but may not know how. You'd like to release the past. You probably read self-help materials or attend seminars looking for answers or seeking help. You may feel that peace (or joy, abundance, etc.) is out of your reach.

You may feel that if circumstances were different you'd be able to experience peace. You have a kind heart, but sometimes you're not sure if what you do really makes a difference. You experience glimpses of peace but may have a hard time maintaining that emotional state consistently. You often wish you had better circumstances or you may look up to someone wishing you had his/her life. You may be easily impressionable and susceptible to "societal standards" (ie: you may buy into the next diet fad, or beauty regimen, or abundance scheme in order to feel better.) You may have a fear, or fears that are keeping you from experiencing the life of your dreams. You want to help others but may feel that you will help them when you get a chance or when you have more money.

The good news is that the peace you seek is already in you!

Recommendations:

1) Know that the peace you seek is already within you, yet there may be certain tools that help you remember or experience it! You may want to sign up for your weekly Peaceful Moments which are affirmations delivered to your email every Monday. Sign up at www.peacefulearth.com.

2) The MOST IMPORTANT thing you could do is to develop the habit of meditation.

Nothing outside you can make you happy. The peace and joy you seek is already there, you just need to know how to "tap into" that place. Meditation is the key.

Find out how you can receive personal, live meditation instruction for 21 days to develop the habit of meditation.

More information: www.meditationchallenge.com

3) Go within. Check your inner wisdom. Ask your "highest self" questions and then listen for the answers.

4) Start reaching out to others. Volunteer some time at a non-profit organization, spend some quality time with a child, babysit for a friend to give him/her some alone time, visit an old friend, send a card to someone you haven't seen in a long time.

5) Read the Power of Now by Eckhart Tolle as it really helps one to stay focused on the present moment and to experience peace.