





## How do you become PEACEFUL?

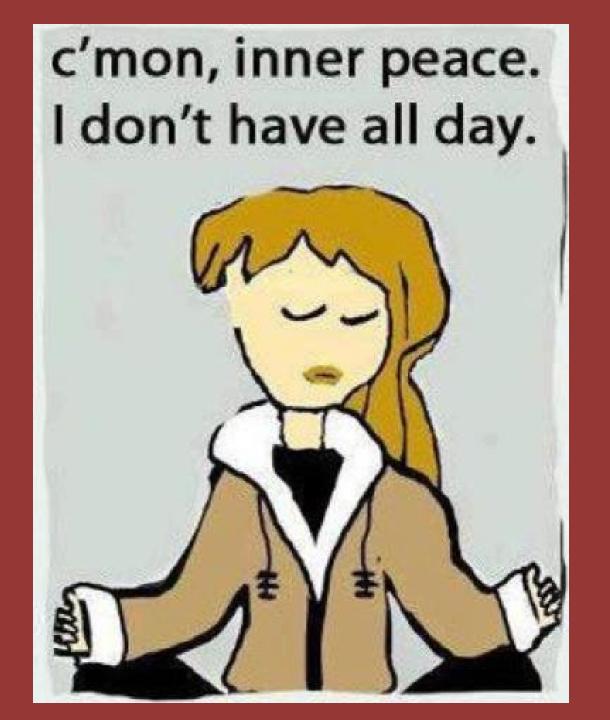


Come away to a deserted place all by yourselves and rest awhile.

Mark 6.31

Experience Peace

## C – Come to a complete stop. "I am completely stopping."



- C Come to a complete stop.
- E Empty yourself of expectation. "I expect nothing."

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- E Empty yourself of expectation.
- N Name your work.

  "I am doing this work with Spirit."

Experience Peace

- C Come to a complete stop.
- **E** Empty yourself of expectation.
- N Name your work.
- T Trust your resources.

"I trust my divine resources."

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- N Name your work.
- T Trust your resources.
- **E** Embrace the moment.

"I embrace this sacred moment."

Being present is committing to an undistracted, authentic encounter with whatever is next in life. When you breathe and think you are choosing to encounter life in an aware way. Presence is the beautiful actualization of your potential; a centered pregnant state full of the richness that is you. When anyone looks at you they can tell you're not on the run.

Eric Maisel - Ten Zen Seconds

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"I embrace this sacred moment."

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- **E** Empty yourself of expectation.
- N Name your work.
- T Trust your resources.
- **E** Embrace the moment.
- R Return with strength.

  "I return with inner strength."

- C I come to a complete stop.
- E I expect nothing.
- N I am doing my work with Spirit.
- T I trust my divine resources.
- E I embrace this sacred moment.
- R I return with inner strength.

