

Serenity Now



Have you been showing signs of some of the following?

- ✓ A tendency to think and act spontaneously rather than from fears based on past experiences
- ✓ An unmistakable ability to enjoy each moment
- ✓ A loss of interest in judging self
- ✓ A loss of interest in judging others
- ✓ A loss of interest in conflict
- ✓ A loss of interest in interpreting the actions of others
- ✓ A loss of the ability to worry
- ✓ Frequent, overwhelming episodes of appreciation
- ✓ Contented feelings of connectedness with others and nature
- ✓ Frequent attacks of smiling through the eyes of the heart
- ✓ Increasing susceptibility to love extended by others, as well as the uncontrollable urge to extend love

If you have you are experiencing what Dr. Jeff Rockwell, D.C. calls Symptoms of Inner Peace. You may have seen variations of this list here and there, read it, and moved on. But have you ever questioned how you go about developing the “symptoms” that may be a bit lacking or missing altogether? Let’s try looking into the list a little deeper in order to, (what I call), “read for understanding”.

Most of us at times can get caught up in the routines of daily living. In a way this dulls our “Inner Peace” Quotient. Remembering how to shine it up is not all that complicated.

Grabbing on to trying out new things, prioritizing your time to make sure you can do those things when they present themselves gives you a sense of spontaneity. Are you so comfortable in your routine that you are afraid of crossing that line? Remember, the strength behind fear is only how you perceive and react to it. If you are fearful of taking advantage of a spontaneous opportunity maybe you would feel more comfortable asking a friend or your partner to participate with you. Open yourself up to see new and exciting things to do that are around you. Think about the things you always wanted to try or learn and give it a go. Make a concerted effort to stick with it and becoming spontaneous will become a valuable habit.

Being conscious of what we are doing and experiencing in each moment brings about the full appreciation of the present moment. Try not to rush through things unaware of what you are doing. This includes being mindful of your thoughts besides your actions. Everything has the ability to be precious, take advantage of

each opportunity to see the beauty, wonderment and enjoyment in life. Let each of your senses participate in each experience. "Living in the moment" may be a small phrase but it has huge impact on our inner being.

Now your progress starts to move more quickly. Ceasing to judge yourself and others is dependent on "living in the moment". As you become more aware you recognize when and how you are judging yourself and others. Some of these judgments are fear based. Some are a result of critical or cynical thinking. If you catch your thinking and further develop your feelings of love, understanding, compassion and kindness towards yourself and others there will be vast improvement.

As you continue on slaying your fears you find that your worries diminish. Think of the odds of the worrisome situations actually presenting themselves and put them in proper perspective. Now the worry is either just a challenge to meet or was pure fantasy. Move forward from your worries of the past and remember to treat yourself with love, understanding, compassion and kindness. If you have to apologize to someone you hurt, do so, and move on. These were mistakes made during lessons being learned.

When you enjoy each moment you increase the degree of your appreciation. Whether its nature, places, things, animals, or people continue appreciating it all becomes easier the more it is practiced. This increased state of appreciation naturally evolves into feelings of connectedness with all. You look forward to connecting with your family, community, animals, nature and all things on and of the Earth, loving, touching, serving others, and with your Higher Self and Source.

Put everything together, and without giving it a second thought you are smiling through your day. You are also accepting the love from others and readily are extending love at a moment's notice.

Now, don't you feel serene?

With Gratitude,

Kai