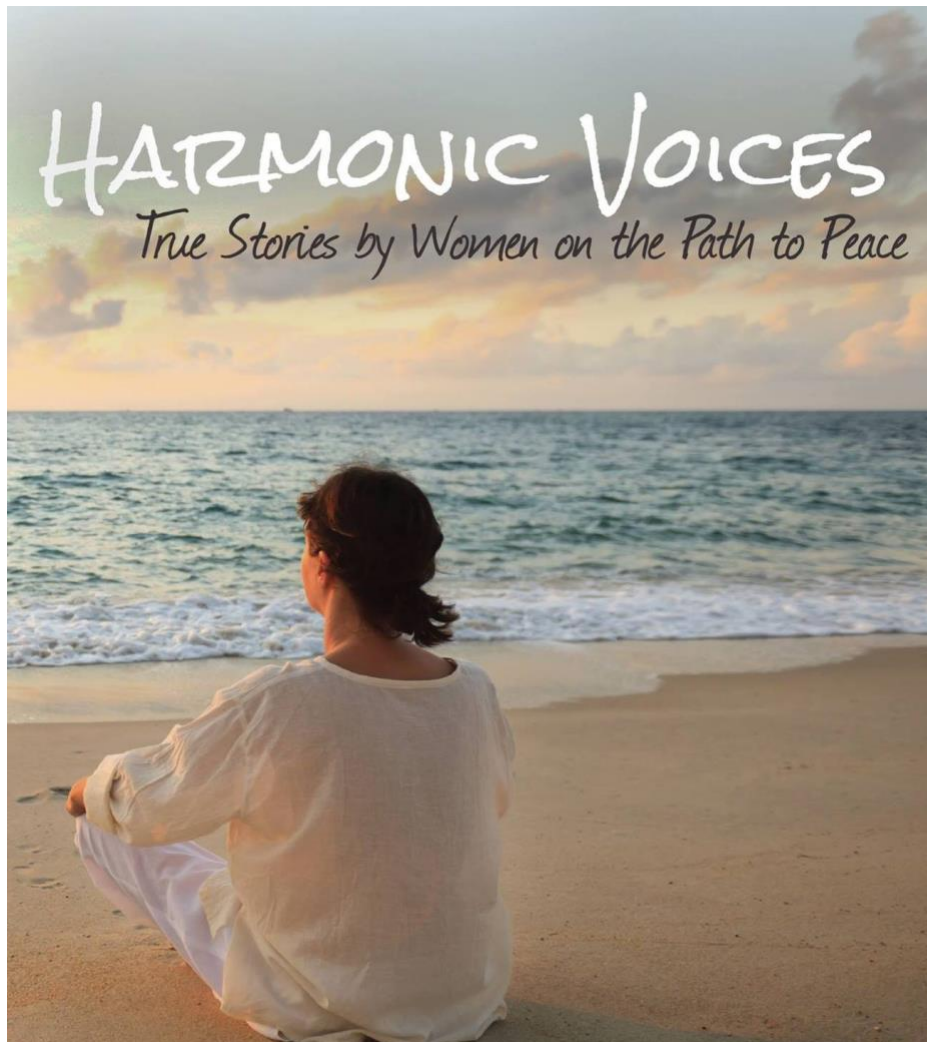


Study Guide

Harmonic Voices: True Stories by Women on the Path to Peace



Dedication

To the Peacemakers:

We see you.

We know how big your hearts are and we honor you
for the difference you are making in the world
just by being you.

We encourage you to write your story now and to keep shining your light
in your home, your community and the world.

Your voice matters.

Blessing

Carol Lynn Fitzpatrick

"The heart at rest sees a feast in everything." ~Hindi proverb

Remembering who we truly are - the very essence of love itself - takes great courage and sometimes finds us steeped in the shadows of life. But, it's in the shadow that we unearth the very gift that transforms us. We awaken then we remember that we are not broken nor are we unworthy. Even though we may have been shamed, we are not damaged. We emerge strong, vibrant and alive in the Truth that we are Loved beyond our wildest expectation, beyond all imagination.

We celebrate these eighteen remarkably brave, tenacious, beautiful voices for peace, women who are embodiments of Truth. As you read their stories, hear their laughter, feel their pain, and through their collective sharing, may you, too, dear reader, remember.

Carol Lynn Fitzpatrick
Visionary, Guide, Channel
Author of *Fear Not My Child: I Am Here and
A Call to Remember: Follow Your Heart, Change the World*
Co-Founder, Center for Planetary Awakening
www.onenessofbeing.org

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#inspiration #onthepathtopeace #peacemaker #women #storiesbywomen
#womensstories #awomansvoice

Introduction to Harmonic Voices Study Guide

By Andrea Hylan

We are in a time of great transition and change in our world. You get that, right? This time period has a flavor of the Depression, the 60's and yet has its own unique expression on the evolutionary wheel. It requires something more from each of us. To go deeper in our connection to God, Source, Spirit, something where we can connect to the answers that are within us. It calls us to look at the big picture of our lives and then to go down to the micro level of simplicity. Wake up. Get out of bed. Eat mindfully. Be kind to your neighbors. Work. Play. Sleep.

Be gentle with yourself and others. We are all in transition and at times we are tender and scared and free falling into the next part of our lives. We all express that in different ways. Breathe in the adversity that shows up and radiate love to all.

I want to thank all of the women who wrote stories in this book and had the courage to dive into vulnerable, raw spots in their lives that were happening at the same time they were writing. Each of them courageously showed you what it feels like to be in a transition, to move from chaos to peace over and over again.

Thank you to Karen Porter for agreeing to co-facilitate this project. Together we witnessed the falling apart and reconstruction of our lives and the women in this book. I couldn't have done it without her. Thank you, Karen, for your steady support and for caring so much about the people and the world around you.

Thank you to Beth Terrence who stepped in as a 3rd co-facilitator by offering her ideas and inspirations at a time when the chaos in the group was rising. She offered her wisdom, her calm and steady voice and her incredibly huge heart. Thank you, Beth, for all that you give to make the world a better place.

I am transformed by the stories in this book and I am grateful. I know you will be, too. In love and gratitude and peace within, Andrea.

All over the planet, we are bringing our voices out of the well-lit caves in which we shared vulnerable stories in circles of women. Now, we are all ready to go deeper and rise higher. It is a time of awakening for women and men. We are being deeply called to shift to a new perspective and change. The study guide was created as a tool and resource to encourage you to awaken to more of your inner authority, to reflect on your choices and to tune in to the gifts and wisdom gained from your own experiences. It is divided into sections by each woman's story. There is a short description of the story topic,

reflective questions about the story, resources that the author shared and a quote from the author's story.

The book is available on Amazon and this link will take you to all of the Heal My Voice Books: <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/> if you are interested in reading more of the stories and from this study guide: Harmonic Voices: True Stories by Women on the Path to Peace. For now, look through the study guide, read the quotes, notice the stirring of your voice, reflect, write your story!

Check out our Instagram page and please, share with others.

<https://www.instagram.com/healmyvoice/>

Individual Reflection

The study guide can be used for individual reflection, meditating and journal writing. If you have a copy of the book, read the story and write about what it stirred in you. A feeling, a memory, a desire. If you do not have the book, read through the questions and reflect on them in general. The questions are for you to discover more of you, in whatever way you choose. Let the quote inspire and awaken something in you that wants to be healed and expressed now.

In reading the stories in this book or reading the quotes, you may want to start a journal and explore your relationships with women: A grandmother, mother, sister, aunt, cousin, neighbor, teacher, mentor, classmate, friend. Is there something you want to heal? Do you have a different perspective now?

Conscious Book Circles

If you want to start a conscious book circle to read the books, here are some tips and suggestions.

Set a structure

*Is this an ongoing circle or a defined amount of time? (4 weeks, 8 weeks, 12 weeks)

*How often do you meet? Once a week? Once a month?

*Choose a Day and Time

*Pick a location: This can be at different homes or the same home or a quiet, safe space in a library or coffee shop.

*Is this free or is there a cost? Donation? Fee?

*Do you want a co-leader? If you are going to different homes, is the woman who is hosting the circle, the leader or facilitator or time keeper of the group?

Confidentiality:

Ask everyone to give a verbal yes to confidentiality. We each need to feel safe and to know that we can share our voices. Confidentiality creates safety in the group, enhances our ability to be vulnerable with each other and it helps expand the potential for new awareness, healing and exploration. Ask all group members to respect and honor one another and the sacredness of this conscious book circle space.

Open and close the circle with intention for the group:

Light a candle. Close your eyes and breathe together for a few moments. Turn off your cell phones. A short centering or meditation. Read a quote. Ask everyone to take a moment to tune in to their own intention for being in the group today.

Holding Space:

Some women share easily and can speak for a long period of time. Some women need silence and empty space to formulate their thoughts and feelings before speaking. Allow space and quiet in between each woman's sharing. You can go around the circle or do it like popcorn style but make sure that every woman says something. Set a timer for a first round of sharing and then go around again. Welcome all feelings. One woman may have had the worst day of her life. Another woman had the best day. Encourage women to share feelings that are loss and celebration, anger and joy. All feelings have the same importance and value in the circle.

Set a Personal Intention:

An intention is a starting point and an opportunity to set a conscious desire. An intention may be to listen, to speak up, to decompress, to open to new awareness, to learn something new. It is a way of setting your internal GPS to keep you focused on bringing your heart and mind into a connection.

Establish Guidelines for the Group:

A women's circle with friends can be tricky during a time when one or two members are going through a crisis. Divorce. Cancer. Death of a loved one. Set a boundary around the intention of the group. Set up time to provide additional support for the women who are in crisis outside of the circle. Follow the intention of the book circle and create a separate

space for supporting the friend in her crisis. A group can quickly deteriorate and fall apart if you turn this into a crisis management circle.

Set up boundaries:

No fixing or giving advice. Share your own experiences. No formal teaching. This is a space for sharing and reflection. A place for sharing vulnerability and to process experiences that can be turned into wisdom. It is not a space to preach to other people. Create an environment for asking questions, sharing your voice and sharing your process. We are all teachers for each other by being who we are and sharing our own journey. We all have our own inner guidance and it is important to honor and respect that. No one needs advice. Share your experience without expecting someone else to navigate life the way you have. Safety in the group allows each woman to tune into her inner guidance.

Start and end on time

One example is to open the doors and have 15 minutes for going to the bathroom, informal conversation and getting settled into a space to sit. Then, begin. Keep track of the time, bring the conversation to a close and have a closing.

General Questions for Each Story Reflection:

These questions can be used as a reflection with every story. Read the quote, then ask:

**How is this story like my own?*

**What choices for peace will I make now?*

**Is there a new perspective I see now at the age I am now?*

It is my greatest hope that reading the questions and the quote in each section will help you to remember your own stories. Your voice is needed in your family, community, business and the world.

Your voice matters.

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To purchase book: <https://www.amazon.com/Harmonic-Voices-Stories-Women-Peace/dp/069222419X/>

Foreword: *Harmonic Voices*
By Rev. Jayne Howard Feldman

In this Foreword, Jayne Feldman inspires us to reflect on divine appointments, achieve inner peace, commune with the angels and know God's eternal love for us.

Reflective Questions:

**In the Foreword, Rev. Feldman writes, "I know that through this book I have a divine appointment with wonderful you." What is something that happened in your life that you know was a Divine appointment? Something that happened with a job, work or something else that lined up, as if by magic.*

**Do you believe in angels? How do you engage with them in your day to day life?*

**Do you have a relationship with God, Spirit, Universal Intelligence? How does this contribute to inner peace?*

**What are some of the things you learn from reading personal growth books? What changes have you made after reading some personal growth or spiritual books?*

Resources:

Commune with the Angels by Rev. Jayne Howard Feldman

Guardian Angels and Angel Team

Archangel Michael

Peace Pilgrim

Peace Offerings: 101 Ways to Achieve and Maintain Inner Peace (List at the end of Study Guide)

Quote:

"You are a precious God thought. There is no one like you in all creation. People often ask me what their mission and purpose is here on earth. There are many answers, but the one I love to share is that you are here to live your life fully and abundantly as YOU because no one else can do that. There is only one you. You are special; unique; and one of a kind." ~Rev. Jayne Howard Feldman

For more information on Jayne, go to: <http://www.earthangel4peace.com/>

#healmyvoice #harmonicvoices #jaynehowardfeldman #angels #maryland
#onthepathtopeace #archangelmichael #communewiththeangels #peacepilgrim
#angelteam #divineappointment #foreword

Editor's Note: *Harmonic Voices*
By Andrea Hysten, Founder of Heal My Voice

In this Editor's Note, Andrea Hysten writes: We are in a time of great transition and change. It requires something more from each of us. Be gentle with yourself and others. Breathe in the adversity and breathe out love. Do your part to witness the chaos and bring collaboration and peace to every situation.

Reflective Questions:

**Are you in a transition in your life? What is shifting, changing and even falling apart?*

**How are you supporting yourself and where do you need support?*

**What do you see breaking down in the collective, in the world?*

**What new ideas and new growth do you see emerging from the rubble of the breakdown?*

Resources:

Meditation
Community

Quote:

"One of the things that makes this time so intense is that we all seem to be in transition right now. It is a time of universal healing. We are tender and scared and free falling into the next part of our lives. Know that we all express that in different ways. Breathe in the adversity, feel it, process it, add alchemy and radiate love to all. Focus on your own heart, breathe in the love. Keep breathing. When you feel filled and ready to give, breathe it out. Breathe out the love. Be gentle with yourself and others." ~Andrea Hysten

For more information on Heal My Voice, go to: <http://healmyvoice.org/>

#healmyvoice #harmonicvoices #andreahesten #founder #california #onthepathtopeace
#editorsnote

Introduction

by Karen A. Porter

This is the introduction to the project, Harmonic Voices: True Stories by Women on the Path to Peace. It is an overview of the project and a reflection of some of the experiences of eighteen women who wrote stories while healing in community.

Reflective Questions:

*What is a peacemaker?

*Do you define yourself as a peacemaker? Why or why not?

*What are you ready to heal that will enable you to speak up and use more of your voice?

*List all of the communities where you can share your voice and speak what you feel, think and want. If your list is blank, do some research and find an on-line program or in person community to join. Keep trying different groups until you find a place or places that feel right for you.

*What does "harmonic voices" and "on the path to peace" mean to you?

*Reflect on your answers and write down feelings and awareness about how you use your voice.

Resources:

Mother Teresa

Martin Luther King, Jr.

John Lennon

St. Francis of Assisi

Gandhi

Quote:

"That is our wish for you. To bring forth a story in your life, heal it and in doing so, step more fully into the life you are here to live. Peace is a conscious decision. It doesn't just happen. In any situation you can choose peace. Letting go of the need to be right, releasing resentment, allowing for things to be 'good enough' all these are ways to bring peace into the moment." ~Karen A. Portereditor

For more information on Karen, go to: <http://mamaporter.com>

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#karenaporter #mamaporter #awomansvoice #healing #writing #awakening
#sharedresources #introduction

Part I:

I Am Peace

“You cannot find peace by avoiding life.”

~Virginia Woolf

Story One: Searching for Divine Mother

By Martine Joseph

This story is about the author remembering a moment that pierced her young heart and how she began to heal. An exploration of soul love.

Reflective Questions:

*What are some things you remember your mom and dad saying to you? The author uses the example of: "make your family proud."

*How did the words you remember, shape you as a person?

*Is there someone you want to forgive? How can you begin to bring more love into your heart for this person and let go of fear?

*Think back to childhood. Are there some words that pierced your young heart? See if you can find words of love and replace the critical words with the words of love.

Resources:

A Course in Miracles

Zen Buddhism

Nature

Writing

Rebirthing

Holistic Healing

Quote:

"I began to follow the thought system of love rather than fear. Love provides a way to see myself and others as Divine. I had been seeking the Divine, but not seeing God in others all around me! I began to forgive Mom for what she hadn't really said or done. She was mirroring my own fears

back to me. When I see with love, there is no fault. We're all teachers and learners to one another." ~Martine Joseph

To learn more about Martine, go to: <https://twitter.com/loveawaken1>

#healmyvoice #harmonicvoices #onthepathtopeace #searchingfordivinemother
#martinejoseph #writer #connecticut #newyork #acim #acourseinmiracles #love
#loveawaken

Story Two: Confessions of a Starving Fat Girl

By Karen A. Porter

This story is about the author's journey with food obsession and avoidance of feelings. Her story includes years of sexual trauma by an uncle when she was a child and being a caretaker for her mother, father, sister and sister-in-law and the next step she is taking to heal.

Reflective Questions:

*The author talks about doing whatever she could to avoid feeling. What is your relationship to feelings? Do you let yourself feel? Are there some feelings that you list as good and some that you list as bad?

*Describe what a day of rest and relaxation and self-care looks like for you. When is the last time you had a day of rest and relaxation?

*Do you feel balanced with food, exercise, rest, recreation, rejuvenation and relationship? What is out of balance? What is one step you can take towards more balance and the nourishment of your physical, emotional and spiritual bodies?

Resources:

Nutritionist
Acupuncture

Quote:

"I was starving. Physically, my body did not absorb nutrients from food. Emotionally, I was feeling more, tolerating pain, grieving, feeling sadness. But where was the balance? Was I nourishing myself? Was I taking care of ME? ~ Karen A. Porter

To learn more about Karen, go to: <http://www.mamaporter.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #selfcare #nutritionist #feelings
#maryland #seattle #caretaking #healing #foodobsession #karenaporter

Story Three: SERENITY NOW

By Shawn Catherine Fisher (Safira)

This is a story about the author's experience of peace and "not peace." It is about vulnerability and how she learned to let people love and support her. It is also a story about waking up and being who she really is, soulful, bold, loud and passionate.

Reflective Questions:

*Have you set an intention for how you wake up every morning? What are the words you use? How do you shift to your intention if you wake up on "the wrong side of the bed?"

*What is your message to the world? How do you want to share that?

*Does bringing peace into your life allow someone else to find peace?

Resources:

Forgiveness
Body connection

Quote:

"My message to the world is simple. We are all connected. Love really is the answer. My way works for me. Your way works for you. I am ~fuck, yeah~ excited to see what we can dream, collaborate and build - together." ~Shawn Fisher

To learn more about Shawn, go to: <https://www.instagram.com/iamsccfisher/>

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#weareallconnected #collaborate

Story Four: *Cleaning Out My Emotional House* **By Andrea Hylan**

This story is about the author's experience with studying a spiritual, peacemaking program, uncovering repressed anger and sadness to learn how to stay connected to inner peace, even in the midst of chaos.

Reflective Questions:

- *What is an experience you had that changed everything?
- *What are some spiritual practices you have studied?
- *Make a list of questions you have about your life right now. Then wait for the answers with a daily practice of listening.
- *Who is your favorite spiritual or personal growth author and why?
- *Are you a peacemaker? Write about your experiences of peace in the midst of chaos.

Resources:

Spiritual Program

A Course in Miracles

Books about fairies, shamanism, conscious evolution, Huna and other healing modalities

Quote: *What I began to realize is that the issue, and my anger, wasn't about the time I spent with high school boyfriends. The issue was that I had cancelled things that were important to me because I wanted love and attention. Instead of setting boundaries and expecting that someone would love me and work with my schedule, I stuffed my own desires to try and win his love. That is what I wanted to heal. ~Andrea Hylan*

To learn more about Andrea, go to: <http://www.andreahylen.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #acim #acourseinmiracles
#thebelovedcommunity #peaceminister #fairies #huna #peacemaker #andreahtylen
#baltimore #losangeles #seattle

Story Five: *Releasing Shame* **By Kathleen Nelson Troyer**

This story is about how the author struggled with weight all her life and began to see the excess weight as a learning opportunity.

Reflective Questions:

*What body image messages started in childhood that are still affecting you in a negative way? (i.e., Too tall, too short, too big, too thin.)

*What is your relationship with food?

*What is standing between you and Peace?

Resources:

A Course in Weight Loss by Marianne Williamson
Acupuncturist
Chiropractor

Quotes:

"My struggle with my weight has been with me for as long as I can remember. It served as a burden, a challenge and an excuse. It was my life's biggest point of pain. It is only in the last few years that I have begun to see my excess weight as a learning opportunity. ~ Kathleen Nelson Troyer

*"I am speaking my mind more often and expressing my needs in all of my relationships. My relationship with me is shifting and evolving. I am learning how to take care of me and put my needs first. I realize how much time and energy I have wasted in my desire to be thinner."
~Kathleen Nelson Troyer*

To learn more about Kathleen, go to: <https://kathleennelsontroyer.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #shame #weight #bodyimage
#bingeeating #bulemia #adrenalexhaustion #whyweight #KathleenNelsonTroyer
#gentlymovingforward #dailykat #california #hawaii

Part II:

I Am Safe

“A world where it is safe to love is a world
where it is safe to live.”

~Serena Anderlini-D'Onofrio

Story Six: *The Beginnings of Friendship* **By Dotti Drumm**

This story is about things the author learned about herself when she signed up to be a letter writer with a woman in prison.

Reflective Questions:

*Have you ever had a pen pal or had a relationship with someone through letter writing? What are some things you learned about yourself and the letter partner?

*How did letter writing change you or shift your perspective?

*Write a story about your experience.

*Write an imaginative story about having a letter exchange. Make up the story. How old are you and the pen pal in your story? Write a letter to your pen pal in the story. Write the pen pal's letter to you.

Resources:

Letter writing

Quotes:

"I think the women in prison are more normal than not. Even if they have 50 bunks in a room, they are respectful. Jackie has never written about any arguments between the women, only that it can be loud. They have a dog training program which Jackie loves. The women train the dogs in obedience and how to follow commands and then the dogs are adopted by families. One of their program graduates lives with the governor's family." ~Dotti Drumm

"I have learned to be less judgmental. The women in prison are not bad people. I would hope that whatever I did in my youth wouldn't follow me my whole life. We all make mistakes. Some of the consequences are bigger. Jackie is serving her time. If she has a chance to start over with her kids, more power to her. ~Dotti Drumm

To contact Dotti, email: drobot121@yahoo.com

#healmyvoice #harmonicvoices #onthepathtopeace #letterwriting #penpal #friendship
#shiftyourperspective #dottidrumm #artist #maryland

Story Seven: *Animal Love: The Lessons I've Learned from My Dogs* **By Beth Bracaglia**

This story is about the author's three dogs and what she learned about life, and herself, during their lives and when two of them died.

Reflective Questions:

*Have you ever owned a pet or loved someone's pet?

*What lessons have you learned from animals?

*Write a story about an experience of love for an animal.

Resources:

The Dog Whisperer: Cesar Milan

Quote:

"Some of the lessons that our dogs have taught me: Appreciate what you have, cherish your loved ones, reflect on the beauty all around you, realize that each day is a gift, and that we can certainly learn from all of life's creatures." ~Beth Bracaglia

To learn more about Beth, go to: <http://www.simplyorganizedtoday.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #BethBracaglia #simplyorganized
#maryland #florida #pets #petloss #simplyinspired #compassion #lifelessons

Story Eight: "I'm Okay, Really!"

By Beth Terrence

This story is about how the author learned to heal from the childhood trauma of living with a mother with mental illness. She tells a story about her mother forgetting to pick her up from school, when the author was in second grade, and how she started to hold her feelings inside. This is a story about healing and being in touch with her authentic feelings and truth.

Reflective Questions:

*Have you ever arranged to meet someone, and they didn't show up and you were stranded? What were the details? How did it make you feel?

*What secrets did you feel you had to hide in your family?

*Write about something you healed. What happened? How did you heal and how has that changed your life?

Resources:

Inner child healing
Shamanic Healing

Quotes:

"As I stood there alone and scared, I tried as hard as I could to suck back my tears. And, I did! I told myself to just act like it was okay and I felt the façade of "I'm Okay" wash over me, perhaps for the first time in a conscious way." ~Beth Terrence

"Today I know that peace begins with being true and honest with myself. As I allow my authenticity to shine out into my life and into the world, I continue to move into greater harmony; this is my path home. Rather than feeling alone or abandoned, I feel a deep connection to the greater whole." ~Beth Terrence

To learn more about Beth, go to: <http://www.bethterrence.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #mentalhealth #childhoodwound
#BethTerrence #author #shaman #maryland #shamanicpath #rossbishop

Story Nine: *Coming to Peace* **By Margaret Osondu**

This story is about the author's journey of reconnecting with her mother and welcoming her into her home with hospice care, healing, forgiveness and support during the last year of her mother's life.

Reflective Questions:

*What has been your experience of loved ones dying?

*If you knew that you would die in the next 30 days, how would you spend that time? Who would you want to see? What do you want to say?

*In the story, the author talks about drinking tea with her mother and using the Irish dishes that had been in a china cabinet untouched for 40 years. Do you have something sitting in a cabinet that you haven't used? Is it time to use it now?

Resources:

Books
Writing
Hospice Care
Music Therapy

Quote:

"Phyllis held on to her hand, her breath becoming shallow, her coughing continued. I felt her courage then she let loose of my hand. Craig was singing softly, and she was gone. Peace, I thought to myself. No longer was she living in fear of being alone. Peace. ~Margaret Osondu

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#grief #deathofparent #hospice #northcarolina #bookshop

Part III:

I Am Centered

“Imagine that the universe is a great spinning engine.
You want to stay near the core of the thing - right in the hub of
the wheel - not out at the edges where all the wild whirling takes
place, where you can get frayed and crazy.
The hub of calmness - that’s your heart.
That’s where God lives within you.
So, stop looking for answers in the world.
Just keep coming back to that center
and you’ll always find peace.”

~Elizabeth Gilbert

Story Ten: *Like the Center of a Compass* **By Penny Greeley**

This story is about a moment when the author was asked a question by her mentor: "Why do you want to go?" It helped the author let go of the expectations of others and discover her passion for writing, creativity and imagination.

Reflective Questions:

*As a child, were you more interested in "girl" activities or "boy" activities? Did you have the freedom to explore both? Did you explore both?

*How were you treated when you wanted to do an activity that was not classified as "gender appropriate?" Were you labeled with another word, like "she's a tomboy?"

*Who were some of the mentors and role models from your childhood?

*Write about a moment when your intuition or instinct kicked in and you knew you shouldn't do something even though someone or a group were pushing you to do it. It might have been peer pressure, or it might have been an adult who thought you should learn how to do something, even though you had no interest in it.

Resources:

Writing

Authors: Emily Dickinson, Alice Walker, Nikki Giovanni

A guide or mentor

Quote:

"Judy didn't sugar coat anything. I am deeply indebted to her. She taught me that I could take up space in this world and that my vulnerabilities and sensitivities are not a liability, they are a gift. She taught me that I could love the outdoors but there was no shame in sleeping in a cabin, not a tent, and I didn't have to build that cabin." ~Penny Greeley

#healmyvoice #harmonicvoices #onthepathtopeace #pennygreeley #maryland
#likethecenterofacompass #mentor #writing

Story Eleven: *Peace: It's a choice* **By Sharon Fallon Shreve**

This story is about the author exploring inner peace as a result of a daily spiritual practice.

Reflective Questions:

*What are some of the ways that you have learned to choose healthy behaviors that support you? Is there something out of balance right now? What is one step you can take to find balance?

*Make a list of daily spiritual practices that resonate with you. Which ones are you practicing now? What is your favorite? Why?

*How do you navigate the amount of time you spend on social media? Have you found a balance?

Resources:

Conscious Breathing
Daily Spiritual Practice

Quote:

"Daily practice is an ingredient needed for our wellbeing. It's as vital to our soul as yeast is to bread. Both ingredients are needed for expansion! The key word here is practice. For us to reap the rewards of inner peace, we must integrate the knowledge we've gathered and incorporate it with daily spiritual practice." ~Sharon Fallon Shreve

To learn more about Sharon, go to: <http://illuminedways.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #itsachoice #socialmedia #balance
#SharonFallonShreve #thepriestessprocess #virginia #illuminata #illuminedways
#nondenominationalminister

Story Twelve: Jackeman and Jackegirl

By Jacke Schroeder

This story is about the author's exploration in a relationship with a man that led her to a personal healing journey. (Since the publication of this story, the author ended the relationship and discovered a passion for standing up against elder abuse. She now runs a non-profit and speaks up for the elderly on television, radio and in writing. She has also collaborated in state government to get a bill passed that supports and protects the elderly.)

Reflective Questions:

*Are you in a love relationship with a partner? What are you learning about yourself?

*Have you avoided being in a relationship because of the past with painful experiences? What can you learn by developing a love relationship, if only for a short time?

*Write about things you have learned in relationships and the lessons you learned that helped you to continue to grow.

Resources:

Drumming

Runes

Self-love practices

Short term trauma therapy

Quote:

"I came to realize that my soul knew exactly what she needed. It wasn't work and it wasn't money. Both, I felt assured, would come again. Time was rapidly passing. I felt and still feel, as I'm going through this period in my life, as if an aspect of my unidentified purpose is on hold and can only come forth once I come to peace about my dark secrets, and learn to live fully, authentically me. ~Jacke Schroeder

To learn more about Jacke, go to: <https://www.facebook.com/Jacke-Schroeder-Corporate-Shaman-109022351462/>

#healmyvoice #harmonicvoices #onthepathtopeace #jackeshroeder #stopelderabuse
#carefortheelderly #maryland #oregon #corporateshaman

Story Thirteen: A Broken Femur, A Restored Voice

By Leigh Glenn

This story is about the author coming to terms with a moment in childhood that shut down her voice. Through her own self-reflection, she made friends with her past and moved forward.

Reflective Questions:

*The author speaks about her inner “saboteur.” Are you aware of a part of you that sabotages and criticizes yourself? Write about that part. What can you learn? What can you change?

*What’s next for you? Make a list of questions. Write them in a journal. Say them out loud, once in a while. Notice when you have insights and ideas.

*Think of a moment in childhood or as a young adult, when someone said something unkind to you and you are still allowing it to limit you. What were the words? What is the first step you can take now to change this?

Resources:

The Book of Herbal Wisdom by Matthew Wood
Nature

Quote:

“The crux of the struggle is this: to live life as best I know how without his approval, or anyone else’s, and to try to practice intimacy in a culture that shuns vulnerability.” ~Leigh Glenn

To learn more about Leigh, go to: <https://artofearth.wordpress.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #saboteur #leighglenn #virginia
#writer #herbalist

Story Fourteen: *My Dance of Chaos to Peace* **By Sabrina Walters**

This story is about the author's childhood, growing up with chaos and abuse and how she learned to navigate feelings and find inner peace and personal power.

Reflective Questions:

*What goodness do you see from your upbringing? What are some of the issues you would like to heal?

*Do you believe in karma? What have you learned from "karmic" relationships? Have they supported or hindered your growth?

*Write about an experience of standing up for yourself. What was the situation? Were there any repercussions? What did this experience teach you?

Resources:

Akashic Records

I'm OK, You're OK by Thomas Anthony Harris

12 step groups: ACOA and CODA

Prayer

The Avatar Course

Quote:

"If I accept my chaos with compassion and love, it moves right thru me, just like a storm on a pretty summer day. Watch it come, watch it go. I might get wrapped up in it, but at least today, I am aware enough to walk right back out of that bubble of Chaos. I've learned that judging experiences and beliefs as "good or bad" or "right or wrong" cause me and the world suffering.
~Sabrina Walters

To contact Sabrina, sabrinagw@comcast.net

#healmyvoice #harmonicvoices #onthepathtopeace #sabinawalters #chaostopeace
#theavatarcourse #healingfamilyrelationships

Part IV:

I Am Stillness

“Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict - alternatives to passive or aggressive responses, alternatives to violence.”

~Dorothy Thompson

“Ego says: Once everything falls into place, I will find peace.”
Spirit says: “Find peace, and everything will fall into place.”

~Marianne Williamson

Story Fifteen: *Peaceful Moments* **By Adrienne MacDonald**

This story is about the author's childhood of growing up in Northern Ireland and having her home bombed. She has made a commitment to peace programs in her everyday life, as an adult.

Reflective Questions:

*The author writes about peaceful memories that bring peace into her awareness and a sensation in her body. Write a list of peaceful moments that you can remember to restore peace in your life. It could be as simple as watching the sunrise or petting an animal or drinking a cup of tea.

*What have those moments of peace taught you about how you want to live your life? Are you living a life of peace? Do you tap into peaceful moments?

*How do you restore peace when you feel angry or when a loved one dies? Do you have practices that help you restore and cultivate peace inside of yourself? Write about the practices.

*How can you live with peace as your upmost intention?

Resources:

BraveHeart Women Harmony Project
CPR and Safety
Box-it program with Pizza Hut
A Peaceful Moments Journal

Quote:

"I cannot create Peace and war at the same time. I can have one or the other." ~Adrienne MacDonald

To learn more about Adrienne, go to: <https://www.cprinatlanta.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #peacefulmoments
#northernireland #adriennemacdonald #georgia #cpr

Story Sixteen: *My Journey*

By Karen J. Brand

In this story, the author shares about her mother's suicide when the author was four and the journey of healing, peace and a relationship with angels.

Reflective Questions:

*What is your dream life? Do you dream? Do you record them? Do you have recurring nightmares? How do you use your dreams for insight and healing?

*What are some of the questions you have asked yourself for exploring life? The author lists a few questions: Why was I put here? What's the purpose? Why am I even alive?

*Have you ever been to a medium? Write about experiences you have had with a deceased loved one. It might be contact that felt like a direct communication or subtle experiences of remembering them.

*Have you made peace with your past? Write about an experience.

Resources:

Angels
Journaling
Mediumship

Quote:

"One of the things I know about myself is that I "see" people. I mean really look at them and deeply see into them. I see their soul, and it's the most beautiful thing that I've ever seen! I see the layers of desperation, pain and fear that covers it, but I go deeper to see the essence of them, that place where the beauty lives and the best of them resides." ~Karen J. Brand

To learn more about Karen, go to: <http://wingsofthesun.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #karenbrand #wingsofthesun
#angels #suicide #healing #mediumship #maryland

Story Seventeen: A.F.G.O.: A Not So Zen Perspective from the Slowly Awakening, Nearly-But-Not-Quite Enlightened
By Jamie Dee Schiffer

This story is the author's reflections on holding a space of peace and possibility while also living a life that is full of challenges and lessons to learn.

Reflective Questions:

*Do you have an acronym you use when life gets tough? The author shares A.F.O.G: Another F**king Opportunity for Growth.

*What are your beliefs about life? Are we here to learn lessons? Do we have a soul contract? Explore your beliefs in writing.

*What are some of the lessons you have learned and cycled through more than once? Money, worthiness, judgement? Is it harder or easier to go through a cycle, once you've gone through it before?

*What are some of the tools you use to support yourself?

Resources:

Law of Attraction
Positive quotes and memes

Quote:

"I believe so strongly in, and so easily see, the divinity in others, that it's become relatively easy to maintain a peaceful existence with others. My challenge is to be that gracious, generous and kind to myself without the harsh light of self-judgment. And so it goes...deep breath, and release..."Ommmmmmmm." ~Jamie Dee Schiffer

To learn more about Jamie, go to: <https://www.a-passionate-life.com/jamiedee>

#healmyvoice #harmonicvoices #onthepathtopeace #jamiedeeschiffer #lifelessons #afog #virginia #lawofattraction

Story Eighteen: *Be Still and Know* **By Betsy McMahan**

This story is about the author reflecting on different levels of peace from stillness to the simple actions of smiling or holding a door open for a stranger.

Reflective Questions:

*What are some of the ways you practice peace?

*Click on the link to One Thousand Acts of Peace in the Resources list. Write down a few of the suggestions and incorporate them into your week. Write about the experiences.

*The author also talks about her relationship with her rescue dog and the healing they brought into each other's lives. Write about a special animal or person and explore how knowing them changed and improved your life.

Resources:

One Thousand Acts of Peace: <http://www.onethousandactsofpeace.org/>

Meditation

Angels

Song: Somewhere Over the Rainbow

Quote:

"This morning I awoke with a profound understanding about the ripple effect of BEing peace. I recognized, more deeply than ever, if all beings in our world would consciously take moments each day to be still, world peace would be our everyday experience. In the stillness and the experience of pure peace, one feels at one with everyone and everything." ~Betsy McMahan

To contact Betsy: mcmahanb@yahoo.com

#healmyvoice #harmonicvoices #onthepathtopeace #BetsyMcMahan #maryland
#onethousandactsofpeace #meditation #angels

Afterword

Beth Terrence

This afterword is written by Beth Terrence, one of the facilitators, as a reflection of the nine-month process we experienced as a group in writing stories for Harmonic Voices.

Reflective Questions:

*Make a list of a few places where you do not feel peace. Pick one. Write about what you are experiencing. If peace is a choice, what is one thing you can choose differently?

*Do you belong to a group that is committed to peace? How does that help you to cultivate inner peace?

*What are some ways you practice peace?

*Beth used a holistic approach in her exploration of peace. Here is a list of each section with one question:

Body: Do you feel healthy?

Mind: Do you experience a calm mind?

Emotion: Are you holding in feelings that need to be expressed and released?

Spirit: Do you feel a sense of connection to your self? To others?

*What are some other questions you can ask holistically: Body, Mind, Emotion, Spirit. Write them down and reflect on each one.

Resources:

Zero Balancing

Marianne Williamson

Gandhi

Quotes:

"One of the things we noticed early on in our group sharing was that most of us were not experiencing a whole lot of peace. In fact, there was a lot of chaos going on in many of the

women's lives. I witnessed something that I so often come across in my own journey and in my work with others. When we invite in a positive energy or vibration, such as peace or love, we begin to stir up everything inside of us that is 'not that' energy or vibration. We are essentially creating an alchemical container for transformation to occur and this is really what a Heal My Voice circle is - an alchemical container for transformation and healing." ~Beth Terrence

A peaceful body

A peaceful mind

A peaceful emotional state

= A PEACEFUL BEING

A peaceful spirit

MANY PEACEFUL BEINGS = A PEACEFUL PLANET

To learn more about Beth, go to: <http://www.bethterrence.com/>

#healmyvoice #harmonicvoices #onthepathtopeace #bethterrence #maryland #shaman
#recoverycoach #mayisformetta #afterword #zerobalancing #gandhi
#mariannewilliamson

Heal My Voice Mission:

Heal My Voice empowers and supports women and girls globally to heal a story, reclaim their inner authority and personal power and step into greater leadership in their homes, businesses, communities and the world.

www.healmyvoice.org

To purchase the book, Harmonic Voices: True Stories by Women on the Path to Peace, go to Amazon. Available in Kindle and Paperback: <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/>

PEACE OFFERINGS: 101 Ways to Achieve and Maintain Inner Peace. It is my gift and blessing of peace to you.

1. Believe in God. Energizing belief in God daily through your thoughts, faithfulness and spiritual exercises is the key to unlocking inner peace. Know that God believes in you, too.

2. Look for goodness in all you encounter. Be a seeker of all that is good.

3. Spend time daily observing yourself – your thoughts and emotions. Reflection upon yourself brings you understanding about yourself and your patterns. Be truthful with yourself about patterns that are unhealthy. Changing negative life skills to positive life skills changes the world for the better.

4. Meditate. Meditation allows you to be a disciple to your Higher Self – the “you” that is conscious of its connection with God – the source of all. Make time to be still and be in oneness with God through meditation. Meditating puts you in peace space.

5. Serve others. When you give peace to others through being helpful and of service, you will be the recipient of peace, too.

Mother Teresa said: “Every act of love is a work of peace, no matter how small.”

6. Stretch your imagination through knowledge. Give your spirit wings to soar through wisdom. Make peace with yourself that you do not know everything and fill each day with learning experiences.

7. Keep a daily peace journal making note of beautiful moments of peace you experienced during the day. Create a peace book filled with images, i.e. photographs – quotations – that instill you with peace. Ponder upon peace.

8. Believe in yourself as a peacemaker. Live your life knowing that the peaceful choices you make in your own life make a difference in the world. Get acquainted with your neighbors. Take the first step to start building a neighborhood of peace.

9. Limit the time you spend watching television news programs; reading newspapers. Fill your free time with life enriching activities that help strengthen you so you are able to maintain peace easily in your life – even in chaotic times.

10. Live in the now fully, abundantly and peacefully. Don't worry about tomorrow. God is already there.

11. Pray. Make time for prayer. In your "talking to God" time, ask for support for peace in your life and peace on earth. In St. Padre Pio's words: Don't worry; pray. Join the World Peace Prayer Society (www.worldpeace.org).

12. Affirm peace. Say affirmations proclaiming peace in your life, i.e. "I am one with God's peace." Cultivate positive thinking habits. Develop a positive peaceful outlook.

13. Get quality sleep time. Enjoy a peaceful sleep. Create an atmosphere of peace in your bedroom through colors, art, bedding and pillows.

14. Declare peace intentions. When you wake up in the morning, express your intent to live a life of peace. Start your day with the intent that in all that you do, you will be a peacemaker, i.e. "Today is a new day and it is my intent to fill all my waking moments being peace filled."

15. Play peace songs such as "Let Peace Begin With Me;" and John Lennon's "Imagine" in your car; in your home. Fill your life with sounds that soothe your soul and make you feel at peace.

16. Use the word "together". Together is a magical word. Use it in your life to solve problems, i.e., How can we resolve this together? Use it in your life in your relationships? How can we work together? How can we play together?

17. Pursue peace in all you do. Look for ways to embody Martin Luther King's words: "We must pursue peaceful ends through peaceful means." Look for alternatives to fighting and quarreling that occurs in your life and family's life. Look for peaceful resolutions.

18. Be God's peace angel to those whose worlds are in turmoil. Be an angel of hope to those who are feeling hopeless perhaps over a lost job or relationship ending.

19. Talk to a child about what peace means to them. Learn from children the truths about peace. Ask children to paint a picture of what peace looks like.

20. Send a SASE to Jayne Feldman/PO Box 95/Upperco, MD 21155 and receive a free BE A PEACEMAKER bumper sticker.

21. Discover, imagine, explore peacemaking through the book *PeaceQuest* (www.celebratingpeace.com/book/html) which promotes four basic themes: Peace for Me, Peace for Us, Peace for Everyone, Peace for the Planet.
22. Take a class in peace solutions for conflicts. Sign up for a peace studies program. Learn about peace; teach peace to your family. Sponsor a peace speaker to come to your town.
23. Plant a peace pole on your property or in your community as part of a Children's Peace Festival (www.peacepoles.com).
24. Learn about people who have been champions of peace; i.e Peace Pilgrim; Mattie Stepanek. Learn quotations about peace.
25. Speak up for peace's sake. Be the voice of peace.
26. Write a letter to someone currently in the armed forces and thank them for being a peacekeeper.
27. Practice peace daily. Just like playing the piano, peace takes practice.
28. Visualize a TV news program with the words: Breaking News! See the newsperson telling the listening audience: "We've just received this breaking news. There's peace on earth!"
29. Live a peaceful life by living simply. Uncomplicate your life. Have just what you need.
30. Make time to study the stars and connect with the peacefulness of the night sky.
31. Think of peace as an important ingredient in the recipe of life. Stir in an abundant helping of peace in all your experiences rather than stirring in trouble. Be a peacemaker not a troublemaker.
32. Say a blessing daily upon your home. "God bless our home with peace and all those who reside within."
33. Walk in peace. Whenever you are walking, visualize that yours is a peace path. Visualize that your walk is sacred and that God's peace flows through you and to the earth. Your walk blesses the earth with peace.

34. Create peace time in your life with those living in your home with you. Peace on earth begins with times of peace at the supper table; sharing a bathroom; sharing chores.
35. Write our government a letter encouraging the creation of a Department of Peace.
36. Celebrate BE A PEACEMAKER DAY – a day to spread the message of peace celebrated annually on June 10th.
37. Learn origami and create a dove of peace and hang in your home. Have a basket of origami doves and give as gifts to visitors of your home.
38. Be realistic when making plans and setting goals. Don't sabotage your inner peace by unrealistic expectations.
39. Do a web search by typing in the word "peace" and explore websites dedicated to promoting peace.
40. Nurture children with peaceful environments. Plant trees in your community; clean up trash.
41. Record a message of peace for your answering machine message.
42. Stamp your letters and checks with a peace statement, ie. "Peace is not an absence; it is the presence of God."
43. Embrace St. Francis of Assisi's words: Lord, make me an instrument of your Peace." Be a peace instrument in God's orchestra of life. Keep yourself tuned to spreading peace in the key of you.
44. Make peace with yourself and the way things happen in your life. Take the pressure off yourself in recognizing there's a lot that you can't control. You can, however, choose your response to all your life's happenings. Choose to respond with peace.
45. Make an appointment with yourself to have a day, an evening where you are free of the stress of having to be some where doing something.
46. Enjoy the peacefulness of solitude. Spend time alone to replenish your soul. Remember the great masters of life who have mirrored to us the importance of spending time alone with God.

47. Make peace with stressful demands by prioritizing your workload. Ask yourself, "What do I need to do now?" After you complete the task, give yourself a respite.

48. Practice patience. Practicing patience is practicing peace. When something is not happening fast enough for you, pause and breathe in the peace of living your life on God's watch.

49. Be happy with what you have. Have an attitude of gratitude and thanksgiving. Appreciate the life God has given you. Thinking about what you are grateful for in your life keeps things peaceful in your soul.

50. Walk a gentle path through life. Walk in oneness with your integrity. Don't compromise your values. Peace comes with living in oneness with your ideals.

51. Smile. Peace starts with a smile.

52. Take mini "peace pauses" throughout your day. Practice relaxation techniques.

53. Buy a peace lily for your home or office. Make plants your peace partners in bringing peace to your environment. Plants supply oxygen. Humans breathe oxygen. Having healthy air to breathe is a real peace booster.

54. Look for ways to plant peace seeds in your daily life. See yourself as a Johnny Appleseed, instead you are a Johnny Peaceseed. Look for small ways to spread peace. Spread seeds or little acts of kindness and peace. Check out Seeds of Peace (www.seedsofpeace.org).

55. Read the passages in the Bible where the word "peace" is found.

56. Take flower essences that energize peace inside your body. Essences such as Indian Pipe and Peace Lily support your body with the vibration of peace. Flower essences are available from Green Hope Farm - www.greenhopeessences.com.

57. Accept that no matter how good your aim, there are days you totally miss the mark. Be at peace in not being perfect.

58. Make friends with nature. Spending time with nature has the benefit that peaceful vibrations rub off on you. How you ever noticed how contented cows are as they graze in a pasture? Take time to chew your food peacefully.

59. Slow down your pace through life. Notice the pace you go through life and then slow it down a notch. Your heart will thank you.

60. Breathe in peace by giving peace breathing space in your home. Deal with clutter. Get in the habit of putting your belongings away. You'll be amazed at the peace you'll experience in organizing your stuff.

61. Use headphones to drift off to sleep listening to peaceful music. You can choose to have peace chants, subliminal tapes that promote peace and well-being or lullabies because you are God's precious baby.

62. Dedicate time to doing nothing without having any guilt.

63. Practice peace by saying "no" instead of agreeing to do everything for everyone every time you are asked.

64. Visit a cemetery. Walk respectfully among the tombstones. Read the epitaphs. Imagine those who are "resting in peace" being angelic messengers to you. What message do they convey?

65. Reflect upon childhood joys that brought you peace. Find ways to bring those precious moments into the now in support of your inner child.

66. Go to a masseuse to give your body an experience of peace when your body is stressed; go to a counselor to give your mind an experience of peace when something is troubling you. When you are hurting inside, get professional help outside.

67. Be responsible for your life and choices. Don't just "get a life". Get the one that is yours. Peace comes with acceptance of being responsible for your life.

68. If someone makes you feel they are off their rocker then go sit in a rocking chair, and peacefully rock back and forth visualizing being rocked in God's arms. Visualize that the person who irritated you, is also being rocked, soothed and comforted. When people mirror to us they are off their rockers, God is whispering: "Rock for them. They have forgotten how it feels to be rocked in arms of love."

69. Peace is a maintenance program. Visualize yourself as a peace flower in God's garden. Make certain to fill your life with that which supports the blossoming of your soul and

that includes a support team of friends. Make time to weed out negative thoughts that choke peace from growing abundantly.

70. Send a card to a hospitalized veteran throughout the country through the VA's Chaplain's Service. Let them know that you appreciate what they have done for all of us in rising up in defense of peace. The address is: National VA Chaplain Center * 301/110C * Hampton, VA 23667.

71. Make peace with yourself. Be a good friend to yourself. Stop the battles inside of yourself. Smoke the peace pipe; raise the peace flag. Monitor your viewpoint. You are experiencing your life based on the way you choose to view life and what happens to you. Put your focus on peace.

72. Peacefully co-exist with others. Remember the wisdom taught by our elementary school teachers to live in peaceful co-existence with your classmates. Now that you are grown up, don't forget to peacefully co-exist.

73. Contemplate the concept that we share oneness with God while at the same time not sameness with each other. Behold the beauty of diversity.

74. Create peace rituals in your life. Hot relaxing baths. Listening to calming music. Having a cup of tea. Take a short walk after work in order to unwind.

75. Laugh out loud daily. Laughter sends peace waves through your whole body.

76. Make use of the time you spend in your car. We spend a lot of time in our cars. When you are in your car, visualize yourself as a peace pioneer and you are mapping a path of peace for the world. Be kind to other motorists. Play peaceful music in your car. When stopped in traffic, send blessings of peace to all around you. Imagine your car is a peace-mobile.

77. Tell those you love, you love them. Go to sleep at night with the peace of mind that you filled your day make certain those you love heard it from you and experienced it in your actions.

78. Make peace with computers. Make peace with new technology.

80. Eat food that gives your digestive system a peaceful experience. Practice self-care and soul-care.

81. Be courteous and thoughtful to others. Courtesy and thoughtfulness support peace. Just imagine that God is the person you stop and hold the door open for. God is the person that you let into the line of traffic.

82. Be like the angels – God’s cosmic cheerleaders. Root for peace. Root for peace efforts being made in the world. Root for peace summits. Root for peace conferences.

83. Pay attention to the yearly announcement of the recipient of the Noble Peace Prize. Know the name of recipients of the Noble Peace Prize.

84. Whenever you see 4:44 on the clock, think to yourself: It is peace time. Peace in all 4 directions; peace in all 4 seasons; peace in all 4 of our bodies – physical peace; mental peace; emotional peace; spiritual peace.

85. Develop listening skills. When talking to someone, look into their eyes. Give them your undivided attention and hear every word they are saying to you. Listen with your heart. We can give peace through conveying to others: I see you. I hear you.

86. When you have a situation in your life with another person where you reach an *en passé*, reach for the phone and call a mediator.

87. When you are unable to wrap your arms around peace because of some violation to your soul or the souls of others seems too great, remember to call upon God. Let go and let God be your refuge – your place of peace.

88. Learn peace prayers from different faiths.

89. Do a peace dance. Let your body flow with peace. Sing a peace song. Eat Ben and Jerry’s Peace Pops.

90. Write a peace poem. Ask members of your family to contribute a line or verse that conveys their conviction to peace on earth.

91. Learn about September Eleventh Families for Peaceful Tomorrows (www.peacefultomrrows.org). Their mission is to turn their grief into action for peace; seek effective nonviolent solutions to terrorism and to acknowledge our common experience with all people similarly affected by violent throughout the world.

92. Make someone happy. Share joy moments. Share peace moments.

93. Be tolerant of those who have different beliefs. Live a judgment free life.
94. Love yourself. Love others. Cultivate friendships with people of all races and creeds. Be open in giving and receiving peace.
95. Wherever you travel, feel like you are being sent by God to be a peace ambassador. Be friendly. Consider your vacation a “peace mission” assignment from God. In your travels you have the opportunity to spread peace.
96. When conflict arises, ask yourself: is the conflict occurring inside or outside of yourself. Often times what is going on around us is a message to us to heal the inner conflict within us. We get what we focus on so conflict tells us we’ve lost sight of peace.
97. Start being a peacemaker today. Peace is achieved by taking one step, followed by another step. But you have to be willing to start walking. Start your peace walk.
98. Make peace with your body. Do not compare yourself to media images; make peace with your age.
99. Surround yourself with peaceful scents. Stimulate the olfactory sense with peaceful fragrances such as peace incense.
100. Whenever you have the opportunity, be forgiving. When you give someone your forgiveness, you are giving yourself inner peace.
101. Checkout www.psalms91angels.com. Psalms 91 is known as the shield and protection Psalms and brings peace and comfort to all who read it daily.

Blessings of peace profound to you

Rev. Jayne Howard Feldman

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