

CHOOSING PEACE

by Elisabeth Fayt

When you worry about your finances, you choose stress.
When instead, you trust and Pre-Pave: "My needs are met now and always",
you choose **PEACE**.

When you complain about your life, you choose discontent.
When you see your life as a dream and you are the creator of the dream,
you choose **PEACE**.

When you gossip to a friend, you choose drama, then wonder why more shows up in
your life.
When you allow others to live their life, without interpreting how they should live it,
you choose **PEACE**.

When you insist on discussing old hurts from the past, you invite pain.
When you forgive, and Pre-Pave: "I am healed", you choose **PEACE**.

When you read the news, and discuss with passion the injustices of the world,
you choose hopelessness.
Why not rather, silence the mind and pray for world peace.
In this way, you choose **PEACE**.

When you tell a little white lie, you choose dishonesty, and wonder why it is hard to
make sense of the world.
When you express truth, with candor and courtesy, no matter what the outcome, you
choose **PEACE**.

When you are criticized and allow yourself to feel hurt, you choose resentment.
When you receive criticism with an open mind to learn and grow,
you choose **PEACE**.

When you give so much that you become tired of giving, you choose fatigue.
When your giving is infinite and you Pre-Pave: "I am grateful for the ability to serve",
you choose **PEACE**.

When you scold a child in the heat of emotion, you choose impatience.
When you guide a child by being the example, you ask for **PEACE**.

When you focus on how others are different from you, you choose separation.
When you Pre-Pave: "We are all one, seeking the same happiness",
you have chosen **PEACE**.

For PEACE is within your reach
It is in the simple way you respond
To life's ebbs and flows
You've known it all along.

So here is your reminder
The steps are simply three:
Be mindful of your thoughts,
Pave it Forward and let life be.

In choosing to be kind
Despite what may be there
And choosing to forgive
Regardless of what is fair.

You create PEACE in your heart
That will show in all you do
And others will be better
For simply knowing you.

TODAY I CHOOSE PEACE:

Peace in my thoughts.

Peace in my words.

Peace in my actions.

Peace in my world.

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Change no circumstance in my life. Change me.

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