



June, 2007

## PURSUING or DISCOVERING PEACE THE CHOICE IS OURS

Hoping to find peace in a certain job, geographic location, relationship, activity or new purchase is not helpful in having peace. When we pursue peace there is always doubt that we can catch it, and if we do catch it we will doubt that it is enough or worry that it will evaporate.



Being peaceful is easy when all is going well. But what about those days when the dragon is winning ?

Can we have peace then? Yes if our intention is to have it in the place of pursuing it. With our intention we either pursue peace or



discover and have it. If our intention is to pursue we may never allow ourselves to fully experience it, because the intention is to pursue, to keep chasing after it and not to discover and have it. If

on the other hand, the intention is to discover peace then we can do that in whatever circumstances and situations we find ourselves. Where we need to look for peace is inside ourselves in the place of trying to find it in lifestyles. If our intention is to discover and have peace, we will find it within and allow it to flow from us with no doubt of its presence or need to preserve it.

Don't chase after peace—have it. That's all well and good as a statement, but what is peace? How can we know it? Can anyone experience it? Does everything have to be right before we can experience it? Can we be penniless and have peace? Is it possible to be friendless, even hated by everyone and discover peace in ourselves? The answer to all these questions is yes. We can be peaceful in any life style and with any challenge, if we know there is nothing wrong with us, and we may have some issues to work out and problems to solve.

- Peace is the experience of knowing there is nothing wrong with us, and that realization is achieved by learning to identify ourselves *with* our issues and problems rather than identifying ourselves as them. *I have an issue or problem—it doesn't have me.*
- Peace comes with the certainty that we are doing our best and will do better when we learn to.
- Peace comes with knowing that nothing matters except our actions and reactions in the moment.
- Peace is an experience of knowing that every moment is basically a space of self-discovery.
- Peace comes with knowing the human mind's basic intention is to nurture us in every moment in the lives we have.
- Peace is the result of self-responsibility—knowing we are in the driver's seat, whether that means holding the steering wheel ourselves or turning our lives over to God or someone else to run for us. We know we are primarily the ones in charge because we're the ones who can take it back if we want to.

Having peace in the face of adversity is everyone's possibility that can be achieved only by deciding to *be* peace and stop searching outside for it. When we make this decision then we have to practice it by developing the points listed above.

**Have a peace-filled-life. You deserve it.**

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**Master Peace Institute is making a CD that will be available soon**

**...Entering The Boundless Sea Of Existence...**

**look forward to it.**

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