

– THE COACHING CONNECTION –

Connecting You With All That You Can Be Personally and Professionally

Simple Ways to Create More Peace

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We are bearing witness to an incredible time in our lives. It is more important than ever to be grounded and focused in our lives. The war in Iraq may be winding down, but there still remains much unrest in the world. Many people are wondering how to make the world a more peaceful place. By cultivating peace within ourselves we naturally increase the peace in our homes, families, local communities, nation and the world. The first step to a more peaceful world is a more peaceful self.

As peace truly does begin within, let there be peace on earth and let it begin with you. Some powerful practices to create more peace in your life include forgiveness, quiet time, listening and joy.

As Henri J. M. Nouwen wrote “Forgiveness holds us together through good and bad times, and it allows us to grow in mutual love.” Especially during difficult situations it is important that our responses to others are forgiving and peaceful. As we forgive those who have hurt us in some way, a new freedom emerges as we set ourselves free from our attachment to negative emotions. We ask ourselves “what needs to be forgiven?” The answer

Henri J. M. Nouwen gives us is we need to forgive one another for not being perfect. Remembering that there is no disagreement or difference with another that is worth giving up your precious peace for allows you to have more peace within yourself.

By taking a few moments in silence and stillness you can restore your soul. As you draw upon the wellspring of peace within you, you can find a sense of peace and calm no matter what is going on around you. Take time to feel the presence of peace in and around you each day. Be comforted by knowing that wherever you are, your peace is. Turn off the television, spend time reading an inspiring book, listen to relaxing music, engage in an enjoyable activity or take a walk in nature. By doing so you will be able to create peace in the your inner and outer world and will be better able to face any challenge more easily.

How many times in our lives do we find ourselves having to choose which path to follow? Many of us may be uncertain of which job to take, where to find a new home, or maybe how to handle a particular situation. Sometimes we may think we have the answer and other times we don’t even know where

to begin to look for it. We will not know what is in our highest good unless we ask for guidance first. When we create quiet time in our lives and listen to our inner wisdom, we open the way to find the best solution for us. In many cases solutions we had not yet thought of begin appearing. By opening our hearts to receive and listening for our highest good, whatever it may be, we create a shorter path to our peace within. Meditation, prayer and deep breathing are a few simple ways to create quiet time each day. These practices create the opportunity for us to listen and hear the wise voice within each of us, our internal guide, our intuition.

Another powerful practice to create peace is to invite joy to fill your mind and heart each day. As you do so you will be filled with a gladness of spirit. Joy is an attitude we express. It is a gift we give ourselves in the present moment. It lifts us above negative circumstances and lets us see the

positive in all things. To create more joy in our lives we need to share our joy with others. Celebrating small wonderful moments everyday and acknowledging all that we are grateful for are simple ways to experience joy. To have an abundance of peace within do not wait to bring joy to your life instead bring your joy to life.

COACHING NUGGETS:

Always remember you can have peace within by:

- Forgiving yourself and others for not being perfect
- Creating quiet time to go within to find your peace
- Taking time to listen to your inner guidance
- Sharing your joy, which brings you joy.

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The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Cathy Nealon and Angela Zakon. Your suggestions are important to us. If you have a question or topic you would like to see The Coaching Connection address please contact Cathy at 383-3639, www.AchievingAbundance.com or Angela at 447-4337, www.ZakonGroup.com