



## Peacefulness

A peaceful mind and a peaceful heart exemplify freedom. Peacefulness and freedom are like brothers and sisters to each other. They are some of the highest values humans can achieve. And when you realize that you are in that state, you feel bliss. And for some, that's the greatest place to be—that is—Being yourself. It's a time to sing, perceive a good Life, and sense a high value for who you are.

When in a peaceful state, your creative gifts easily surface. Your body can sense the joys of moving forward in Life. Good Life-patterns accumulate with this kind of behavior. That allows you to better exercise your freedom and mobility to continue with developing things that honor your world, your creations, and most important, reflecting on a good life.

Sustaining peacefulness initially requires some good old-fashioned discipline and mastery. Being obedient to your thoughts, desires and positive attitude reinforces your ability to proceed without worries or fears. Being enabled to speak your truth and express your feelings without hesitation or remorse are welcoming signs of Life in today's hectic world.

The essence of peacefulness is your birthright. It's programmed deep within your DNA, your society, and the quest of your Soul.

**By Robert V. Gerard**

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