

Living Inner Peace Programs™
Inner Peace is a Choice ~ What Are You Choosing?

A Guide to Inner Peace
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From Pain to Inner Peace Worksheet

You must be WILLING to have inner peace, and set a clear intention. Answer these questions:

1. **What is causing me the most stress right now and disturbing my inner peace?**

2. **How disturbed/stressed out am I over this** on a scale of 1 to 10? (1 is slightly irritated, 10 means losing sleep at night). _____
3. **What is my level of willingness to shift?** 1 to 3 = not ready yet, seek personal coaching; 4 to 6 = could be persuaded but not ready enough to commit; 7 or above means you are truly ready. _____
4. **What are my feelings?** Describe how you feel when you think about the situation. Then describe how you would like to feel. How would your life be different if you felt different?

5. **I am ready, it is time.** It is important to make a personal commitment to change, setting a clear intention to have inner peace around this issue. Write it out, "I am ready, it is time."

Now the groundwork has been laid and its time to take back your power by using the 7 Principles. Answer the following questions by being completely honest with yourself:

6. **Awareness vs. ig-norance.** What do I need to look at? _____
What is my responsibility here? _____
7. **Acceptance vs. resistance.** What can I change? _____
What do I need to accept? _____
8. **Forgiveness vs. blame:** Who am I blaming? _____
Where am I holding this tension in my body? _____
Am I **ready** to forgive? _____ Am I **willing** to forgive? _____
Level of willingness (must be 5 or higher to continue, see No. 3 above)? _____
9. **Gratitude vs. expectations:** What were my expectations? _____
How has this served me? _____
10. **Faith vs. fear:** What am I afraid of? _____
What do I need to have faith in? _____
What new seeds of faith will I plant today? _____
11. **Surrender vs. control:** Am I willing to let go? _____
Level of willingness (must be 8 or higher)? _____
12. **Service (withholding):** What do I need to give to others in order to heal myself?

Close your eyes and see yourself giving fully. Notice how this makes you feel. Now radiate that feeling from the center of your heart outward and shower the entire stressful/painful situation with this new sensation to transform it from stress/pain to peace. **Open your eyes and describe how you feel when you think about the situation now, on a level from 1 to 10.**

SUMMARY (the 7 Principles in Action)

- Become **Aware** of what's causing your stress;
- Be willing to change what you can, and **Accept** what you can't;
- Be willing to **Forgive**;
- Have infinite **Gratitude** for what you've received;
- Have **Faith** through setting new intentions;
- **Surrender** your ego and any need to be right or in charge;
- Be more open to being of **Service** for others.

What actions will you take to begin to manage or eliminate the stress in your life?

Remember to use the Tools:

SIX TOOLS TO HELP YOU MAINTAIN YOUR INNER PEACE

- 1 **Pray** with clarity and conviction calling for inner peace to lead the way each and every day.
- 2 **Affirm** in an ongoing way that inner peace IS your natural way of being in the world.
- 3 **Imagine** each night just prior to sleep, yourself leading a happy, healthy and peaceful life.
- 4 **Mediate** for daily guidance as to how to achieve greater peace as you move through your day.
- 5 **Journal** you thoughts, feelings and insights following each meditation session.
6. **Give back** to an organization or person that feeds your soul by tithing 10% of your blessings.

Self-care is a by-product of self-love. How can you expect to receive the love you deserve in life, if you are not willing to give it to yourself. Take care of yourself, you are precious.

**TEN TRUTHS TO REMEMBER
WHEN TRANSFORMING PAIN TO INNER PEACE:**

1. Its not about friends, or enemies, only teachers;
2. What we give out, we eventually get back;
3. To blame is to point your finger and lose your power;
4. Anger is a final attempt to control a situation;
5. Control can stunt your growth;
6. Expectations can make you miserable;
7. Peace comes from the inside out, no one can give it to you;
8. Inner Peace regardless of circumstance is your personal choice;
9. Fear locks you up, Love sets you free; and
10. Withholding love is self destructive.

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From Inner Peace to World Peace

Once you've established inner peace, you will want have that become a way of life for yourself and those you love. Here are some non-political things you can do to help elevate the consciousness of peace on the planet.

1. Do your inner work (pray, affirm, imagine, meditate and journal) each day to stay balanced and not react to worldly situations.
2. Do your part for the world (pray, affirm, imagine, mediate and journal) each day to bring about more peace on the planet.
3. Share the 12-Step process with someone you love. Walk them through it and help them to find greater peace of mind.
4. Host a Workshop for your church, school, community or organization.
5. Become one of our Inner Peace Leaders and facilitate classes and workshops to teach people how to become more free. Pick up the literature at the back of the room.
6. One of the main reasons we have conflict in the world is due to a lack of understanding the various religious traditions. Another way you can help to bring more peace on the planet in a non-political way is to take it upon yourself to really study a religious traditions that is not your own. As you begin to understand more, you can share that knowledge with others to create more understanding on the planet. Ignorance can be our worst enemy.
7. Another way to bring about more world peace in a non-political way is to be of service to those in need. There is a wonderful organization called [HeartFelt](#) that sends out volunteers across the nations to help people in need. If everyone took it upon themselves to be of service, there would be very little time to be in conflict.

What are some other ways in which you can carry your inner peace out into the world and make a difference?

PRAYER FOR INNER PEACE

Take a moment to just center yourself with a few deep breaths. In this moment, imagine what it would feel like to be totally and completely surrounded by God's love. Now, pray this prayer for peace:

Dear God,

Thank you for carrying me, protecting me, loving me. Thank you for removing all obstacles from my path, for I know that I am divinely guided. I know that all my needs are met in divine timing. I know that as you are for me, nothing and no one can be against me. I know that not only am I blessed, but all those around me are blessed beyond measure.

I give thanks for the love, the light, the health, beauty and the wisdom that fills my body, my mind and my heart. I know that my mind can rest in peace now because all is well. Regardless of circumstances, I move beyond all appearances and into the truth. The truth that sets me free. I surrender all to you dear God. Let your will be done right here and right now.

Thank you God for relieving me of all fear, doubt and worry. I am free, and I now abide in deep inner peace.

Amen.

PRAYER FOR WORLD PEACE

Take a moment to just center yourself with a few deep breaths. In this moment, imagine what it would feel like to be totally and completely surrounded by God's love. Now, pray this prayer for world peace:

Dear God,

I know that you are all powerful, all knowing. And I give thanks for the awareness that you are in charge and that there is a divine order in the universal affairs, an order which I cannot comprehend.

I have great gratitude for the peace of mind that extends beyond my mind and into the minds of all mankind. As this peace expands and multiplies itself, may all weapons by a single handshake, be transformed into food that feed the starving children. Let all greed through a single tithe, be transformed into acts of love and kindness that consumes the consumer. Let all power, through a simple agreement, become the power that nurtures, heals and saves lives. Let all wounds be healed with a single embrace. Let all pain be dissolved through laughter. Let all sorrow be released through a smile to a stranger. Let all guilt be banished by helping someone in need. And, let all the darkness be removed from our very soul by the receiving and releasing of our very next breath. And, let peace and love fill the hearts and minds of all of humanity.

Amen.

