

Living...Peace

Each of us has to choose what life means to us. Whether you see your health and wellness in terms of a journey, or just living a more meaningful and content life, what stands out is the need to communicate and respond to your inner core. This is, after all, what draws us to becoming who and what we truly are.

How do we know the inner core, let alone respond to it? When we dare to enter a realm where we make conscious contact with our Spirit, then we can be led to Father God's purpose in creating us.

The "P pack" (Problem, Process, Purpose, and Power) are found in Peace, a passageway that we enter and exit throughout life, each time at a higher level. The most powerful prayer is not in asking God for a miracle (even though I know that I am a walking miracle), but to pray for His unfolding safe passage along the journey ahead that only He is fully aware of. I live for the peace that floods my Spirit when I feel and know the presence of the Lord. This doesn't mean that all things are always the way I'd like them to be. It means that I surrender the direction of my path to His power and know, even in the face of danger or trouble, that everything will be okay.



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My faith is like a song to the Lord. I've seen instant answers and long-suffering answers. People have come and gone and stayed, for my good. Even those I considered enemies served a purpose. When I thought God was not listening but continued to pray-shout-plead-scream,

He would show up with solutions or methods for me/my family to maintain and remain. Gifts and talents have produced fruit so that I could give to others. I've seen others, with my help, get things that I am still praying for. Go figure—He is in control, and I wouldn't want it any other way. That kind of power has no business being in the hands of man. As good as we can be, we are still finite creatures and could never manage that power.

You Are Not Alone

Experience is a keen teacher because of the price it requires to obtain. Most of the time, we discern our own circumstances from an in-the-bottle concept. We feel that we are the only people on earth with “this” specific issue and burrow within ourselves, holding an enormous load of negative emotional trauma.

Sometimes a sickness or severe pain or a deeply troubling issue sheds light into an unexpected place. I came to the realization that many people outside of my bottle were in similar circumstances—some just like mine. My secret fears and deepest hurts were common to many everyday people around me, although I did not know about their dilemmas. Imagine that—besides not being alone, now I knew there had to be a way out. If anyone else had found it, I could, too.



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Where Are You?

So, the question is, “Where are you in your body, mind, and spirit involvement right now?” Your answer to this simple question will determine what happens next in your quest for wellness. The purpose of this book is to help you make the connections you need to change your destination. Remember that changing behavior and allowing the Spirit to soar is a work in progress—a process that takes a coordinated effort, one day at a time. Understandably, assessing your body-mind-spirit involvement may not always be a walk in the park, but it’s worth the energy and absolutely essential in your achieving your next level of peace. How you see yourself, how you think of yourself, and what you do for yourself tells the story of what life means to you.

Here is a simple little test:



“Wellness Wheel” created by Cowen, Sarah, Operations Coordinator at the Greater Wisconsin Agency on Aging Resources, Inc. Used with permission.

Picture yourself in the middle of the Wellness Wheel (Seven Dimensions of Wellness). Give some serious thought about where you feel you are today. Now, draw a circle and divide the circle into the sections above as they are currently proportioned in your life. This visual exercise can demonstrate a sobering need for change. The more an area is extremely out of proportion from the others, the more work you have to do.

Excerpt from: **Wellness Tools for Creating Change**
A Women’s Three-Point Harmony of Body, Mind, and Spirit
www.Amazon.com (<https://tinyurl.com/ybbdhyq4>)