
Peace Talk!

True happiness is found in simple, seemingly unremarkable things. But to be aware of little, quiet things, you need to be quiet inside. A high degree of alertness is required. Be still. Look. Listen. BE PRESENT. Everything natural—every flower, tree, and animal—has important lessons to teach us if we would only stop, look and listen. –from Eckhart Tolle’s Guardians of Being

To be aware, we can pay attention with our senses. Our breathing helps us to center our brains and our bodies. Having a series of words we use for purposefully inhaling and exhaling slowly is a means to help us become centered and fully present. Feel free to make up your own set of 8 inhalation/exhalation words to say out loud. Here are two to get you started on this journey of accessing both peace and alertness. When done with others, this is very powerful way to engage.

Inhale to these words *Exhale to these*

Deep	Slow
Calm	Ease
Peace	Love
Here	Now

You	Me
Connected	Here
Silence	Beauty
Safe	Space

May Peace Prevail on Earth (activities related to Gwynedd Friends’ Peace Pole)

Resource: Guardians of Being by Eckhart Tolle
