



**PEACEFUL** 

PRACTICES

## **Peaceful Practices**

HYGHER POWER LIFESTYLE

Peaceful practices are actions and ideals that can help facilitate a more peaceful life for you and the ones around you. Putting out kindness will only attract more of the same.

Some ways to create a more peaceful life for you and the ones around you are as follows:

**Positive Affirmations**: Eliminate the A.N.T.s which are Automatic Negative Thoughts. Words hold tremendous power and positive affirmations allow us to activate this power. At the beginning of every morning wakeup and repeat positive mantras to yourself. "I am great", "I am confident", "I am powerful", "I am loved"... KEEP GOING!

**Detox from consuming violence and sad news**: We know that consistently watching violence and hearing about bad news can cast a black cloud over our thinking as well as our perception of life. These things can disturb your inner peace and shake your reality to its core. Try taking a few days off or a few weeks if possible and watch how clearer and light life becomes.

**Recycle**: Recycling to me has always been an act of peace, kindness, and thankfulness towards Mother Earth. It's a way for us to make the most from the materials that she provide without continuously and necessarily demanding more from her.

**Breathe Deep**: Stop what you are doing, close your eyes and take a few slow and deep breaths. Sometimes, being in-tuned with your breathing can bring about a state of peace and calm that can weather any mental storm. Give yourself five minutes and just breathe.

**Going Plant-Based**: If you believe strongly in karma or if you simply have compassion for animals then going plant-based is something that you should consider. Aside from the many health benefits there's a peace and oneness with life that also comes as a byproduct of the lifestyle.

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Catch and Release: I have always believed that no life is more valuable than another, no matter the life-form. I believe that there is something powerful about catching and releasing an insect that can very easily be terminated. As nagging and annoying as they can be, every life-form has the right to live out their purpose and destiny. Also, you would be surprised at just how important insects are to our very existence. Practice this peaceful method and see just how great it makes you feel.

Embrace your Imperfections: Learn to love and appreciate what you have become and work hard to improve what you can. Every scar is a badge of honor and every feature is what makes you YOU. Once you are able to see this value and beauty within yourself you will work harder to improve what you can and embrace what you can't.

Adopt A Pet: Help give life a chance. In addition to this great gesture, there are actual studies that show that pet owners have lower blood pressure and stress levels than non-owners. I adopted my dog-son Lucky in August of 2012, just two days before he was to be euthanized. I can't even express how much value his life has brought to my entire families life. There is a tremendous amount of peace, virtue, and gratefulness that comes from this.

Long Walks: Taking a nice long walk allows time for reflection, thinking, and becoming one with life around you. Taking a stroll also allows you to decompress and disconnect from the stressors of everyday life. Aside from the many health benefits that come from just taking a casual stroll, you will return from your walk better than you were before you started - literally many steps closer to the person that you want to become.

