

3 peace is already within you

you need to know

Many people think that peace is something we have to look for outside of ourselves or work very hard to create within ourselves. Actually, peace is a natural state of being that is already within us; it is just hidden by all of the stress and tension we take in and focus on.

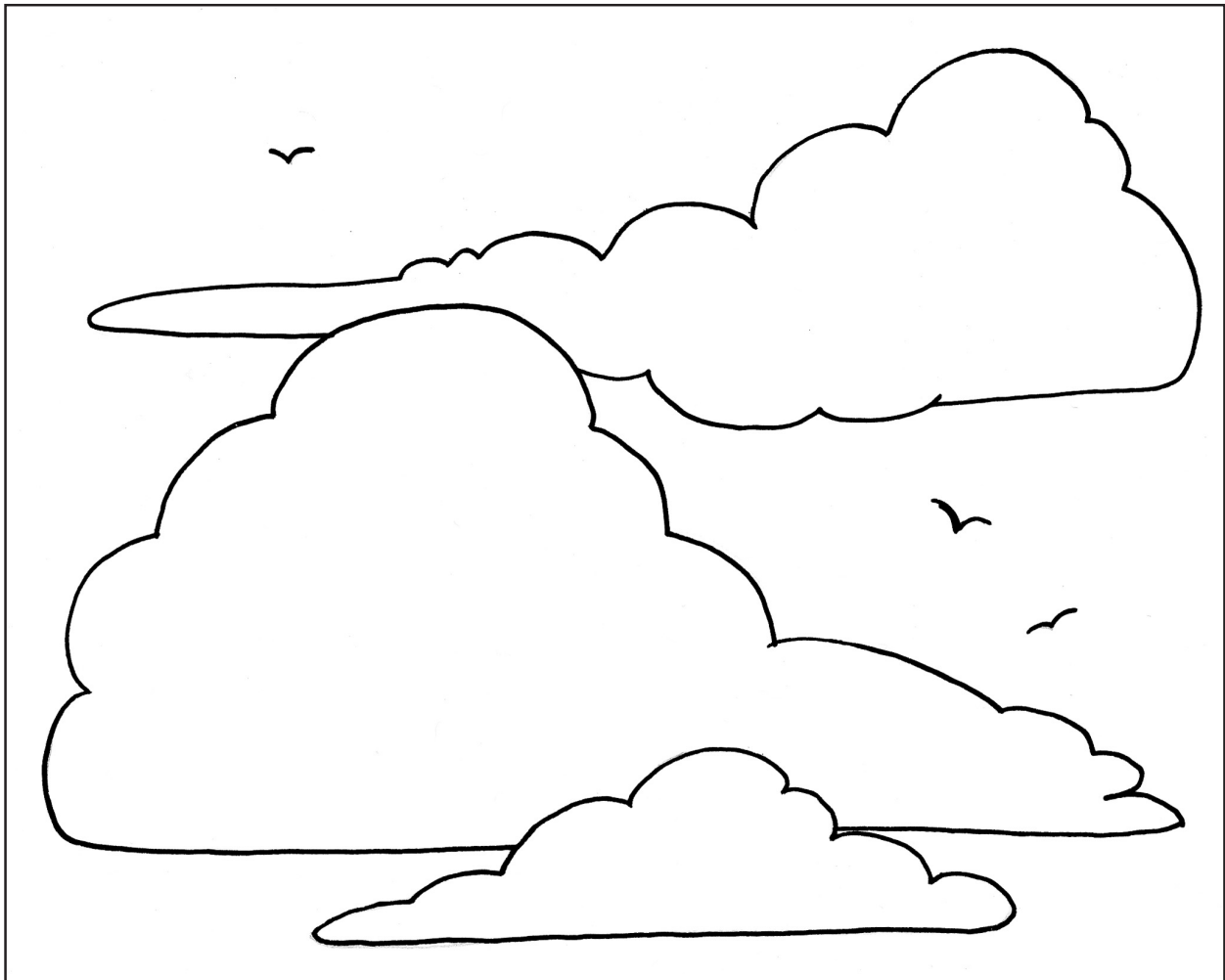
When the renowned fourteenth-century artist Michelangelo was asked how he created the exquisite and powerful statue of David from a solid piece of marble, he replied that David was already in the stone; he simply chipped away the excess. Like the statue of David, your peace is already within you. You simply need to unearth it by peeling off the layers of anxiety that are covering it up.

You cover up your peace every time you think of, or dwell on, a stressful thought. The thought does not destroy your peace, but it can cause you to forget it if you continue to dwell on the anxiety.

activity 3 * peace is already within you

directions

Shade in the pictures of the floating clouds below with a pale blue crayon or another light color. The clouds represent your natural state of peace. Then take a few minutes to sit quietly, breathe slowly, look at those peaceful clouds, and feel that deep relaxation within you.



Next, using a darker color, cover up the clouds by writing the names of people, situations, or things that make up the anxiety in your life. Write as many stressful things as you can think of.

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more to do

When you looked at the shaded clouds, were you able to feel the peacefulness they represented? If you were, write about what that was like. If not, tell what you think prevented you from feeling it.

Tell what it was like for you to cover up the peaceful clouds with stressful thoughts and words.

Think about how you cover up your own natural state of relaxation when you choose to dwell on anxious thoughts. Describe a time when you remember feeling calm but lost sight of that feeling when you began to think anxious thoughts.

As you go through the rest of the week, be aware of the times that you cover up your natural state of relaxation with tension.