

Achieving Peace of Mind
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You might ask if anyone is able to achieve peace of mind during these times we are forced to witness and to unwillingly participate. Constantly bombarded with political differences, Covid 19, confinement and lack of even knowing who we are, we are left many times alone and without hope.

Note: This is a guest post by Vlad Dolezal of [An Amazing Mind](#).

“While explaining stress management to an audience, the lecturer raised a glass of water and asked ‘How heavy is this glass of water?’ Answers called out ranged from 3 ounces to 15 ounces.

The lecturer replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it. If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it for a day, you’ll have to call an ambulance. In each case, it’s the same weight, but the longer I hold it, the heavier it becomes.”

He continued, “And that’s the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on.”

“As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden.”

So much of our peace is interrupted by our minds, which then affects our emotions. It is like a war in our minds. Conflict, conflict and more conflict. The only way we can stop it is to use a

technique I used in teaching critical thinking skills in my classrooms. It is called metacognition—thinking about what you are thinking about. We are therefore called to monitor our thoughts; are they negative thoughts that take away one’s peace of mind? Try then to replace those thoughts with positive thoughts. Corinthians 2 verses 10-45 allude to the battle that is constantly going on in our minds. We’re asked to let go of those thoughts. “As a man thinks in his heart, so is he”. Yes, thinking with our hearts can put an end to the war inside you. We’re not here for misery, we’re here to enjoy our lives. Even though our circumstances in life are not happy in the year 2020 , our minds have to have a new start; a start that puts us on a path to find peace.

We spend so much time in negative thought due to the actions of others. We mull their words and ours over and over and over. Dissecting, analyzing; What did he/she mean by that comment? Who do they think they are?”

The old Catholicism practice of going to confession before one could partake in the body and blood of Jesus Christ has really gone by the wayside. But, it’s principle still goes on in that one is at least supposed to confess his sins to God in private.

I visited St. Mark’s Catholic Church a month ago, looking for solace amidst, what I thought would be, empty grounds. To my surprise, people were masked and socially distanced from one another, waiting to be hopefully the 25% who would be admitted to morning mass on that Tuesday morning. The lines were unforgivably long and I watched as only what seemed, very few, being admitted.

I wondered. Were their thought like mine? Mine, a mixture of hopelessness, anger, judgment?

But then, I thought, “Aha!” That is exactly what we Spiritualists teach in our beliefs. Holding ill thoughts of another can actually harm them as well as ourselves. Do you think that when you get to the place of judgment that God will ask you to speak of another person’s wrong doing? Like; “So, what do you think about your friend’s transgressions. Wasn’t she just awful?” No. You will be asked to account for what you have done; what thoughts of transgression you have held against others like our political opponents. We are all judgmental when we are faced with taking sides.

We hear people talk about God’s grace. Some equate that with God’s favor. By definition, grace means: ...” a way of moving that is smooth and attractive and that is not stiff or awkward. I thought: Ok I get it! My vision went to a couple dancing—smooth or awkwardly? I thought about it in those terms both figuratively and literally---If you know what I mean. It defines our relationships with people---smooth or awkward? If we find our interactions with our bosses, our spouses or friends, our political opponents smooth,; then we have Peace of Mind.

But, here’s the connection to confession. Take time to talk to God about those things you wish to purge from your soul. Holding in all your ill thoughts about jealousies, envy, hate only robs you of your peace of mind. Talk to God. All the things that have to be sorted out in a relationship with others also have to be sorted out in our relationship with God.

In Ephesians 2, it says that it is by the faith in God that we receive God’s grace.

God’s grace is amazing. Developing a consistent attitude of gratitude toward Him is key in navigating this life with minimal anxiety. Learning how to lead yourself, your family and others through adversity smoothly is the key to having Peace of Mind. Being able to see God’s hand in circumstances, interpret His will and the lessons He’s teaching, and then communicate what He

shows you in a way that gives peace and confidence... that's what we're about as we explore God's grace. Yes, stuff happens and we ask "Why" ? Just like we say to children, "Just because I said so." They cannot figure out the why? But eventually they find out "why". So it is with God. God may not be able to answer your whys as to why these things have befallen us, but eventually we will see the path that God has lead us on.

God's grace is available to everyone. One needs only to ask God to help him find Peace of Mind.

Affirmation for the week:

Thank you, God, for my Peace of Mind which leads to my full Spiritual Development.