

Focus for Day 63 , April 2: I RELEASE

"If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were."

Kahlil Gibran, Author of *The Prophet*

Jesus' disciples were frustrated that people were not open to hearing his message. He replied: *"Shake the dust off your sandals and move on."*

Instead of lingering longer, trying to convince someone of my point of view, I let go. I release any attachment to proving that I am right and they are wrong. I bless them and release my agendas.

Reflection Questions:

- ❖ What helps me to recognize when I am stuck and I need to let go?
- ❖ When have I crossed the line from sharing information to trying to convince someone the validity of my position?
- ❖ What helps me to release and move on?

Action Step:

I release any attachments to proving I am right, especially when I am talking with:

Focus for Day 64 , April: I CELEBRATE

“Encourage me to maintain my sense of humor; guide me to find joys. Celebrate my successes, even small ones.”

Brene Brown, Sociologist & Author

Life is a mystery to be lived, not a problem to be solved. Pausing to celebrate refreshes me to enjoy what is.

Jack Gilbert’s poem, “*A Brief for the Defense*” reminds me to focus on what I WANT, not what I am against.

“We must risk delight. We can do without pleasure, but not delight. . . We must have the stubbornness to accept our gladness in the ruthless furnace of this world.”

May we learn to cultivate joy, even in the midst of challenges.

Reflection Questions:

- ❖ How does pausing to celebrate nourish working towards the larger vision?
- ❖ How well do I integrate the paradox of celebrating what is completed, and also feel motivated to complete what is not yet finished?
- ❖ How do I express a “stubborn gladness in the ruthless furnace of the world”?

Action Step:

I celebrate even the tiny steps I have taken during the last 64 days to promote peace, particularly: _____

Closing Focus for April 4: I PRAY FOR WORLD PEACE

“When our actions are inspired by our spiritual nature, then every step we take leads us in the right direction.”
Rev. Jane Simmons, Ph.D.

Jane Simmons and her husband Gary, who are co-ministers and authors, invite us to expand our “reconciliation consciousness” day-to-day. Their “Q-Process” teaches how to *“live with nothing and no one against us.”*

Peace is not the absence of conflict, but the willingness to embrace what discord can teach us. From a spiritual perspective, disputes can become a transformative part of our journey. Rev. Gary describes conflict as our “spiritual midwife”, stretching us to adapt, yield and let go.

Reflection Questions:

- ❖ How does my spiritual journey inspire me to be a better peacemaker?
- ❖ What helps me to view conflict as a spiritual midwife for my growth?
- ❖ How will I practice on-going reconciliation as part of my daily prayer for peace?

Action Step:

I pray daily for world peace. I plant seeds of respect through my daily practices to cultivate a new culture of well-being for all humanity and creation.

**Feeling shattered is not the end of the story.
Being a peacemaker is the willingness to be “cracked open”
and praying for the Light to flow from the inside, out.**



***“Expansion”* Bronze is sculpted by Paige Bradley. Photo by Victor Lefar.
Visit Paige’s website at www.paigebradley.com for more details.**

Centered in Spirit, Peace Radiates from the Inside, Out-- Creating a World that Works for All

“We must learn to live together as brothers (and sisters) or perish as fools.” Dr. Martin Luther King, Jr.

Scars from personal, social, educational, economic, religious and political wounds can escalate violence.

In these challenging times, practicing the principles of nonviolence becomes even more vital to heal conflicts personally, locally and within our global family.

The future of humankind depends on our ability to find peaceful ways to solve conflicts. Together, we can create a better world that respects the needs of *all*.



Susie Leonard Weller, M.A. is the author of this reflection booklet.

She is a Life and Spiritual Coach, Certified Thinking Styles Consultant and author of: *Why Don't You Understand? Improve Family Communication with the 4 Thinking Styles.*

For more resources:
visit Susie's web site at:
www.susieweller.com
or email her at:
weller.susie@gmail.com