MINDFLOW
RADIO

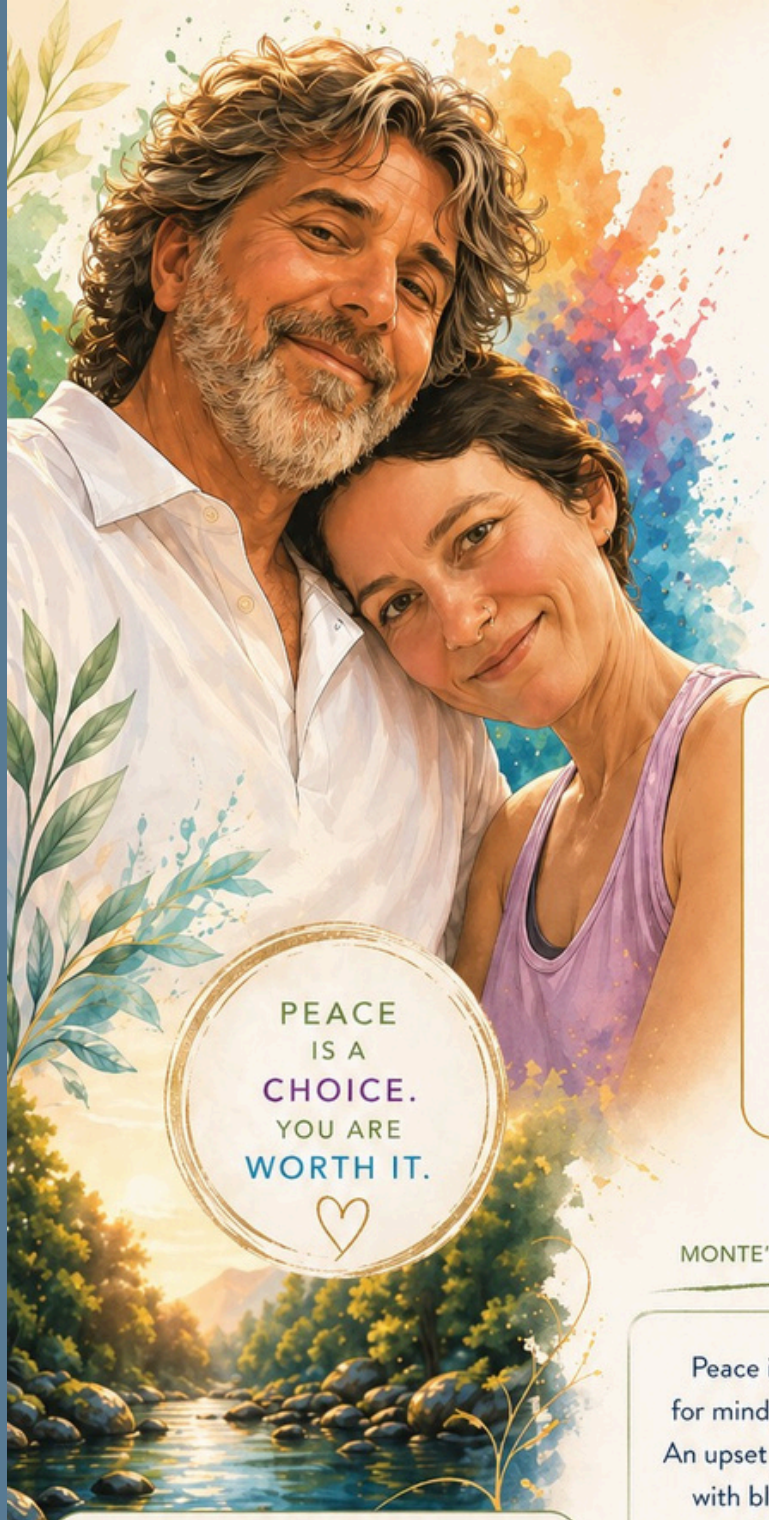
PEACE RESET
TOOLKIT

7 PRACTICAL SKILLS TO CALM STRESS,
CLEAR YOUR MIND, AND RETURN TO YOURSELF



CALM YOUR BODY | CLEAR YOUR MIND | RESET EMOTIONS | IMPROVE RELATIONSHIPS | BUILD DAILY RITUALS | CHOOSE PEACE | RETURN TO YOURSELF

PEACE IS A PRACTICE. YOU ARE WORTH IT.



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PEACE RESET TOOLKIT

Welcome

We're so glad you're here.

A NOTE FROM US TO YOU

We have been actively choosing peace through the ups and downs of marriage, family and business. We have found that it is worth the effort. It helps us to be on the path of improving our mind states and agency.

Choosing peace

WHAT YOU CAN EXPECT

Within this ebook, you will find 3 skills from Jai and 3 skills from Monte and the final skill from both of us.

We have used AI to create beautiful pages for your eyes to enjoy.

The words and skills are ours.

MONTE'S PERSPECTIVE

Peace is imperative for mind effectiveness. An upset mind is a mind with blinders on. A peaceful mind is able to see all the variables of the situation.

JAI'S PERSPECTIVE

Making the decision to choose peace and become peaceful was a life changing intention that has guided me for the past 3 years. It has not been easy but it has been simple.

Having this guidepost has made the direction I am going clear. Though the destination is not known and that's ok.

CALM YOUR MIND | LOWER STRESS | IMPROVE RELATIONSHIPS | FEEL MORE BALANCED | RETURN TO YOURSELF

Let's take this journey together.

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Are your thoughts helping you—or draining you?

Contemplation vs. Rumination

CONTEMPLATION

allows the mind to consider how something may improve within, often focused on a virtue you wish to cultivate.

RUMINATION

also known as story—drains your energy, creates tension in the body, and overworks the mind toward burnout.

NO STORY. BACK TO THE BODY.

When you begin to spin, say:

No story. Back to the body.

Watch your breath, scan for tension, and consciously release.

Thoughts are energy.
CHOOSE WHAT YOU FEED.



Can peace be *powerful?*

Being right can divide.
Being peaceful can bring differences into harmony.

Let Peace Lead

Let go of the need to be right, or the belief that control must come through force and reaction.

When you vote with the energy of peace and equanimity, the returns can be profound within yourself, your relationships, and your community.

Stay open to the possibility that others also carry perspectives shaped by real experience.

REFLECTION QUESTION

Can I honor my perspective without rejecting another person's humanity?



Why am I stuck in resistance?

Acceptance Leads to *Manifesting*

ACCEPT WHAT IS HAPPENING.

As you release judgment and the need for things to be different, imagine yourself at peace in every cell of your being.

Let it emanate outward and watch your world begin to change.

PRACTICE

Relax your jaw.
Exhale slowly.
Let this moment be here.

REFLECTION QUESTION

When emotion begins to bubble up and your thoughts focus on why things are not the way you want them to be, can you notice your shoulders, jaw, and mid-back?

Peace within
CHANGES EVERYTHING

Do you want to feel more
empowered over your state of mind?

The Thank You *Practice*

Taking responsibility for your inner dialogue
is an act of agency. It is an act of empowerment.

One simple way to begin having more agency
is repeating the phrase *thank you* in your mind,
without attaching it to anything in particular.

Simply saying *thank you* gently directs the
mind to notice what is positive in this moment.

Use this practice throughout the day,
during good times and bad times,
to improve your state of mind.

Do you feel your mind
lighten up when you
use this practice?

What would it be like to develop benevolence as a core philosophy?

The Benevolence *Practice*

Benevolence is the practice of wishing the best for all beings, including yourself.

It is a guiding principle of a radically compassionate mind state.

Silently repeat:
May all beings find their way toward peace and contentedness.

Say this in your mind and ponder the deeper implications of benevolence for all.

Use this practice to soften the heart and widen perspective.

REFLECTION QUESTION

How does it feel to wish for everyone's happiness?



Do you realize we are all confused Tao beings?

The Soul Light Within *Practice*

We all carry the spark of Universal Intelligence, Tao, or God within us.

However, we tend to be confused about who we really are.

Visualize a blue-white streak of light within yourself and within everyone you encounter.

Then intellectually ponder this possibility: all humans are divine, yet confused about our true power.



REFLECTION QUESTION

Can you imagine this divine light within yourself and all others?

When peace reaches you,
let it move through you.

Inner Work, Outer Impact

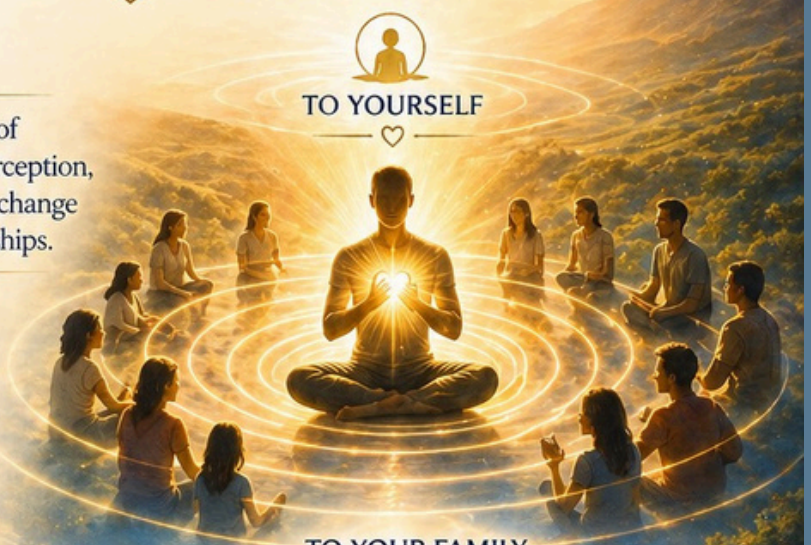
The value of self-development is priceless.

Being able to recognize the state of your mind, adjust your lens of perception, and choose peace creates lasting change within yourself and your relationships.

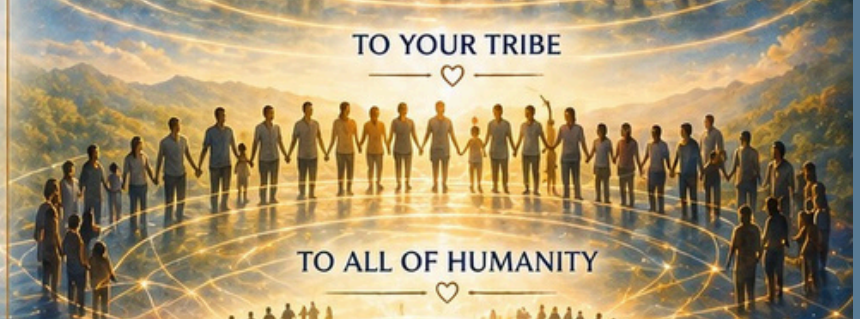
If you are fortunate enough to experience peace, notice and appreciate that gift.

Many people move through life without access to steadiness, clarity, or inner calm.

Use the peace you cultivate to bring more peace into your family, your community, and the world.









THERE ARE FOUR PRIMARY RELATIONSHIPS:

- *To yourself*
- *To your family*
- *To your tribe*
- *To all of humanity*

REFLECTION QUESTION

How can the peace I've found become peace I share?