

## PEACE BE WITH YOU

Is it possible to spread the words “peace be with you” at a time when there is anything but peace in the world? No peace with violence and rioting. No peace with fear of a virus. No peace without religious worship. No peace in homes with domestic abuse. No peace home-schooling children. No peace with economic stress. Absolutely no peace at all! Wow, that was a long list.

If only we could go back to elementary school. It is easy for kids that age to reverse their major dilemmas. They call it flipping the pancake. They put all the negative things on one side of the imaginary pancake and flip it over to the good side. Done. Simple. Turn it over and look for the good. If only...

Skeptical but hopeful, I put it to the test, coming up with 12 ideas for manifesting peace in my own life. Here goes:

1. Embrace at-home time with family. We may never get that time again. Make it fun,
2. Call my relative's assisted living place and set up a daily FaceTime (every day at 9:am) on the floor's computer. Or send a laptop to him myself,
3. Set up a free Etsy store and sell unused jewelry, clothes, and unopened presents to bring in money;
4. Meditate, read, dance, try yoga and relax to the Calm app;
5. Take a multivitamin, drink 8 glasses of water, stay home as much as possible, wash my hands a lot- even after dog walking or bringing in the mail,
6. Do not have friends over even though I want to see them,
7. Develop a new attitude by not writing, texting or speaking words unless they are positive and kind. (it is not my job to convert others to my way of thinking),
8. Forgive all wrongdoers. Whether I know them or not. Let it go,
9. In honor of preventing domestic violence, do not hit, kick, punch, swear at, or defame anyone for any reason. And report DV if I suspect it;
10. Protect myself and my family from verbal assaults by unfriending people who rage or shame online,
11. Eat, drink, pray with my family every day. Do it online with extended family as well. Ask God to help me. He is waiting for me to ask. I am never alone.
12. We all have greatness and empowerment within us, we have the ability to truly forgive, and bring peace back into our life so that we can share it. It can be as simple spreading kindness and joy.

That's how I'm dealing with societies current challenges, it's worth a try, after all “it can't hurt.”

Well then, in a roundabout way I guess I answered my own question with a resounding “yes, promote peace - we can do it”!

So, let's get started.

Spread the words, PEACE BE WITH YOU!

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