

10 MANTRAS FOR PEACE

1. This moment is new.

With this new moment comes new strength and new thoughts and another chance to begin again. This waking, breathing moment is another opportunity to be at peace. This is a new day, where anything can begin.

2. Peace begins with me.

Wherever I go, I bring peace with me. Where this is trouble and grief, the peace must begin with me. Where there is anger and bitterness and frustration, peace can begin with me. Peace lives in my heart, and I can draw it forth. I am the source of my peace.

3. I am one with all that is.

I am one with the good and the bad, the dark and the light, the day and the night, the happy and the sad. I am one with everything, because I am some of everything. There is chaos around me, yet peace surrounds me, for I am. "At the deepest level of Being, you are one with all that is." - Eckhart Tolle

4. Inhale peace, exhale love.

Inhale strength, exhale wisdom. Inhale joy, exhale gratitude. Beauty, love, creativity, joy, and inner peace can be sourced from within, yet what is within has been created by something that was once without. I inhale only what is joyful and nourishing, and I exhale a reflection of that goodness.

5. My happy future stems from my peaceful present.

In this present moment, all of my future happiness resides. This shall be the only time and place where positive change occurs. "Every thought we think is creating our future." - Louise Hay

6. Forgiveness corrects my misperceptions.

Inner peace can only, in the purest sense, be reached when I practice forgiveness, let go of my painful chains to the past, accept how life has unfolded and claim presence as my power.

7. I embrace the power of love.

I radiate love, because I know that is what I am, deep down. My power of love overrides my love of power, of control, or perfectionism. I choose to see life as it is rather than as I think it should be, or would be, or could be. I am willing to settle into a peaceful flow with whatever comes my way, in love and gratitude for whatever lessons and opportunity it may bring. There is no true peace without love. There is no true love without peace.

8. I choose peace instead of this.

I choose another way. I have the miraculous capacity to choose one thought over another, and to change my direction and perception in any given moment. Wherever I am going right now, I know I can either stay on that path or redirect.

9. I free myself from being a victim.

I free myself from destructive thoughts and doubts and fears. I free myself from the burden of holding a grudge that would weigh me down. I am free from the stress of the drama that is not me. I am free from chaos because I am meant to be at peace in this moment.

10. I choose compassion.

Though I may not like my feelings, I can be compassionate towards them. I will let them come, I will acknowledge them and understand their message, and I will let them move on. Though I may not like this situation, I can focus on solutions instead of difficulties. I shift my focus from problems to opportunity. I embody positive peace in the face of negativity. My attention lies in joy, not despair. My smile is a source of uplift. I lift the world around me with compassion. This is how I am a compassionate person.

~ *Author Unknown*