

## **SOUL LIGHT - Eight INNER PEACE**

A dear friend recently sent me this piece by an unknown author. It so reflects my own views that I would like to share it with you.

Be on the look-out for symptoms of inner peace.

The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

### **Some symptoms of Inner Peace:**

*\*A tendency to think and act spontaneously rather than on fears based on past experiences.*

*\*An unmistakable ability to enjoy each moment.*

*\*A loss of interest in interpreting the actions of other people.*

*\*A loss of interest in conflict.*

*\*A loss of ability to worry (this is a very serious symptom).*

*\*Frequent, overwhelming episodes of appreciation.*

*\*Contented feelings of connectedness with nature and others.*

*\*Frequent attacks of smiling and laughing.*

*\*An increased susceptibility to the love extended by others as well as the uncontrollable urge to Love them back.*

Let us be the instigators of this epidemic in our own neighbour-hoods and amongst our own circles of friends, relatives and social and business acquaintances!

Love and Blessings,

Les