



Welcome to Unity's Interactive Worship Service

Today's Topic: Peace of Mind

Power Point notes available at:

www.unityofbakersfield.org

Peace of Mind



Dr. Deborah Whitehouse, dean of the College of Health Sciences at Eastern Kentucky University has written numerous articles for Unity Magazine and had this to say about our desire for peace of mind:

"Peace of mind is high on nearly everyone's wish list.

Peace of Mind



Many people attend goal-setting seminars and set peace of mind as one of their main goals, right next to their ability to express happiness. But peace of mind, like happiness, is not a goal to be striven for; it is a state of uplifted consciousness."

Peace of Mind

As someone once said, "Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extended outward. It is from your peace of mind that a peaceful perception of the world arises.

It does not mean to be in a place where there is no noise, trouble, or hard work; it means to be in the midst of those things and still feel calm in your heart."

Peace of Mind

As the story goes: The men were sitting in the boat when a storm came up. The waves tossed the boat and the men began to panic. They feared this storm would sink their boat and they would perish. All but one, the one resting peacefully in the bottom of the boat. When they awakened Him, He calmed the sea with the words: "Peace, Be still!" (Mk 4:39). So at peace was the man called Jesus that He could command peace with just a few words.

Peace of Mind

Right now, many people are experiencing the storms of fear and anxiousness. Our ability to command peace is a much sought out quality. After all, if we don't have peace, what do we have? Chaos and fear running the show. If we are unable to muster the peace that passes all understanding, how do we handle the challenges that the storms bring?

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Without our ability to create a state of peaceful consciousness, then we, like the men in the boat, won't be able to think clearly, choose wisely and call forth with calm assurance to say to our life storms, *Peace, be still!*

Remember daily to affirm: Today my peace of mind is not disturbed by things beyond my control.

Peace of Mind

What people sometimes forget in the midst of all our daily routines is that we all have the ability to create a consciousness of peace.

Unity author and member, Jan DeVires shared this true story with Unity readers:

The bus stop had once been similar to other bus stops. It had simply been a point along the street marked by a pole that read "BUS STOP."

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Unlike most city bus stops, however, this particular bus stop was located on a broad, grassy stretch that separated a drainage ditch from the street. A bit of shelter was provided by a tree that grew nearby. For years most people gathered near the street, close to the pole, as they waited for their bus. It was a noisy spot, with busy traffic whizzing by.

Then one day there was a change.

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From out of nowhere appeared a bench, a homemade one. Although fashioned together from weathered wood, it was quite sturdy, having durable legs and solid arms. Its back held a simple, roughly carved message: "For Those Who Wait."

The bench was placed back a bit from the bus stop, under the tree to take advantage of the sheltering limbs.

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It was positioned at an angle so the would-be-passengers wouldn't have to crane their necks to see approaching buses. They could sit peacefully.

In addition, just off to the side but within full view of those waiting, a small garden had been dug. The garden had been neatly formed in a kidney-shaped design and planted with a variety of colored flowers.

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The pastel colors had been carefully chosen, almost as if to imitate a captured rainbow. The changes affected the entire atmosphere of the bus stop. It was transformed from a bland point among the city's rush to a place of peace and tranquillity. A short newspaper story revealed that the changes had been brought about by one individual who simply wanted to make things nice for others. He wanted to create a place that would be a refuge from the crush of the busy world.

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Not all of us have a bus stop bench under a tree with a rainbow patch of colored flowers to remind us to just let go and let God so that we can have peace of mind.

However, we can take steps in creating a consciousness of being that will, as the Daily Word reminded us today to *feel the presence and peace of God*. Here are seven creative steps to help in this process:

Peace of Mind

Step one: Remember the promise given to us by the master teacher:

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid" (John 14:27) .

FOR PEACE OF MIND, RESIGN AS GENERAL MANAGER OF THE UNIVERSE.

LARRY EISENBERG

QuoteFave1.com

Peace of Mind

Step two: Pay attention to your mental and spiritual attitudes. Are your activities and thoughts processes being guided by fear to faith? *"Do not fear or be dismayed at this great multitude; for the battle is not yours but God's"* (2 Chron. 20:15) .

Life-Lessons #29

If you want peace of mind, stop fighting with your thoughts.

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Step three: Use the power of music. Some once said that: "Music is the moonlight in the gloomy night of life." Music has been proved to be a stress reliever. A study was done at Baltimore's St. Anges Hospital where classical music was piped into all the intensive care units. It was found that half an hour of music produced the same effect as ten milligrams of Valium.

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Step four: Employ the therapy of laughter. "A cheerful heart is a good medicine," declares the writer of Proverbs (17:22). A study done at Stanford University Medical School found that developing and using humor in ones life had a direct effect on three emotional levels: anger, fear, and depression.

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Step five: Don't expect everything to be perfect, including yourself. As Isaiah once proclaimed: *"You are precious in my sight, and honored, and I love you"* (43:4)

"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be"

~ Wayne W Dyer

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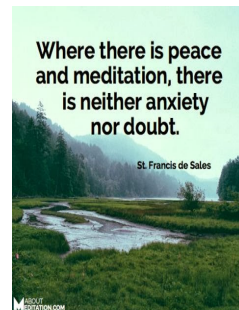
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Step six: Live one day at a time. Many people are deprived of peace of mind because they live with anxiety over the past and with fear of the future.



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Step seven: Take care of your soul by taking a minibreak. Life was not meant to be reduced to movement from appointment to another, from task to task. Taking time to stop and smell the roses allows the soul to rest, to breath, to take in the beauty and fragrance of life.



Peace of Mind

PROMISE YOURSELF
TO BE SO STRONG
THAT NOTHING
CAN DISTURB YOUR
Peace OF MIND.

CHRISTIAN D. LARSON
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