

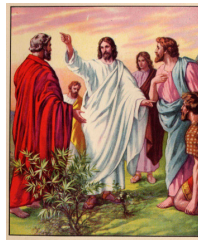


Welcome to Unity's Interactive Worship Service

Today's Topic:
Seven Steps For Creating Peace

Power Point notes available at:
www.unityofbakersfield.org

Seven Steps For Creating Peace



Jesus on the issue of peace.

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid; for in the world you will have tribulation. But take courage; I have overcome the world.” (John 14:27;16:33)

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With these statements by Jesus, it can be said that peace in and of itself is very elusive when it comes to dealing with the world. In fact humanity has been at war with each other even prior to recorded history. Archaeologists have found graves where signs of violence were seen on the bones of those buried. As tribes grew and grassing and hunting areas became precious to their survival, they fought anyone encroaching upon them.

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Recorded history states that the world was at peace only once.

Pax Romana,

Lasting for about 207 years from 27 BC to 180 AD, during this time no significant violence has been recorded (wars) and it is believed that this was the only time in human history that "world peace" has occurred. However, within that time there were rebellions and insurrections everywhere around the world.

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What does that say about us as a species? In fact we need to look no further than our own families, communities, states, country to find the answer. Are we truly living a peaceful life? If not why not? What can we do to develop and create peace in our lives, even if the world is going crazy?

“Peace I give you, not as the world gives, but as I give.”

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I believe that Jesus gave us seven steps that can be used at anytime to help us create peace for ourselves, no matter what is going on in and around us.

Step one: Attitude

Our attitude toward someone or something is the foundation from which all things spring forth into manifestation and demonstration. It is here the spiritual law of mind action works its wonders.

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As the old saying goes:
"Attitude is Everything!"
 How right that is, for how we "see" things determines the emotional response that will create the action that will produce the cause that will put us on the proverbial treadmill of cause and effect of peace or war.

"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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Step two: Embracing Spiritual Law

The Law of Attraction is always at work. As Jesus pointed out time and time again, what you give is what you get. So what we put out into the world will come back.

It has been said that if you nurture your mind with thoughts of peace and well-being, you will draw those things to you that will create peace and harmony in your life.

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Step three: We Are All Players

Everyone has their place, their part to play in this activity, this drama, this adventure called life. When we finally realize, as Jesus did, that everyone is a vital part of the whole we begin to "see" life differently. What we "see" is God has truly given everyone an opportunity to be co-creators with the Creator, and there is no need to justify competition, jealousy, envy, or any belief that would cause us to believe others can...

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...threaten our ability to have a good life. A life that emulates peace and harmony in all that we do and say.

"If you have inner peace,
 nobody can force you to be a
 slave to the outer reality."

~Sri Chinmoy

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Step four: Simplify Your Life.

Studies have shown that one of the reasons why we have a hard time creating peace in our lives is that we have over-extended ourselves. How many times have you said or heard someone say, "I wish I could go back in time, it was so much simpler then."?

What would it take for you to simplify your life? What would you give up to have a sense of peace and well-being?

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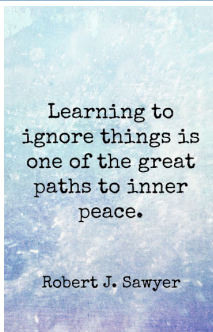
Step five: Relinquish all Attachments

What have you attached yourself to, what have you created as your god in your life? Is it to control an outcome? Is it to control someone else's behavior? Are you in bondage to your job? In bondage to technology?

When we start to simplify our lives and ask the question, "Do I really need this, will it create harmony in my life and with others I serve?"

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What kind of thing or issue are we so attached to that it needs to satisfy an ego generated need to look good, have control, or to have the latest toy? What is it that we are attached to that is keeping us from creating peace and well-being in our life?



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Step six: Purify Your Intent

If we were to really understand how powerful we are, how powerful our belief system is as a part of the co-creation process in our life and affairs, we would never harbor bitterness or revenge again.

The lady known to the world as Peace Pilgrim once said, "Your motive, the intent by which you live your life, must be simply, one of service generated by love."

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Peace

It does not mean to be in a place where there is no trouble, noise, or hard work.

It means to be in the midst of those things and still be calm in *Your heart.*

— Lady G. G.

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Step seven: Practice Forgiveness

There can be no lasting peace within ourselves, or with others we share this world with without the activity of forgiveness. Part of this activity requires that we realize that we are all connected. We are connected in two ways: active participants or observers - witnesses to what is going on. Either way, we become a part of the process that demands our attention.

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When we begin to live life with the understanding that we are all connected to each other, that what we want for others is what we tell the universe we want for ourselves, living life with a forgiveness attitude of mind will go a long way in producing the kind of peace making we will need in order to create a lasting peace in our lives and affairs.

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Peace Pilgrim: *This is how I found peace in my life: overcome all things false with truth and hatred with love...first within yourselves and then with the world.*

