

**Welcome to Unity’s Interactive  
Worship Service**

**Today’s Topic: Seven Pieces for Peace**

Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**Seven Pieces for Peace**

Peace, we all want it, we all search for it. It has been said that peace is built on the foundations of other spiritual practices; that it is an inner state of well-being and calm. It is also an outer project of promoting nonviolence, conflict resolution, and cooperation in the world. The root of the Hebrew word for peace, "shalom," means "whole" and points to this twofold meaning: peace within oneself and peace between people.

**Seven Pieces for 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.”  
–John 14:27

**Seven Pieces for Peace**

The peace I give you isn’t of this world. So don’t go looking for it here and there. The gift of peace that I offer you can only be found within yourself. The kind of peace that I taught about when you go within and pray to your Father. It is the:

**Positive Expression Affirming Christ Energy**

Another great soul “walked the talk” six and a half times across the US for peace. “Look within for your answers. Your divine nature—your inner light—knows all the answers.” –Peace Pilgrim

**Seven Pieces for Peace**

“All of us can work for peace. We can work right where we are, right within ourselves, because the more peace we have within our own lives, the more we can reflect it into the outer situation. My primary goal in life is to bring an awareness that peace within ourselves first must be the first step to manifesting peace in our world.” –Peace Pilgrim

**Seven Pieces for Peace**

While in ministerial school at Unity Village we were encouraged to find a place where we could release our problems and concerns. Our instructors knew full well how the ego mind can mess with you when you’re trying to develop a peace consciousness.

Even Jesus had to get away every now and then to reconnect with the source of his being. We are no different. If we can’t make time to establish a bit of peace for ourselves, how can share it with the world?

## Seven Pieces for Peace

The school understood that creating a peace consciousness, like any thing that we endeavor to build, requires us to piece together many things in order for the process to take place. And so here are seven pieces for peace that we were given to work with to help us build a peace consciousness.

### **Piece One: Develop a positive attitude toward life.**

The universe is very supportive; it is not our adversary. Anything that appears to be so is an opportunity for inner growth.

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**Piece Two: Live in harmony with the spiritual principles that govern the world and everything in it.** What we “give” we “get” in return. There are no exceptions. Our actions and intentions must be spiritually life-affirming.

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**Piece Three: Know that you have a special place in the circle of life.** You are here by divine right of consciousness. That means you have everything you will need to do the work that you are to do in this lifetime. This concept allows you to move from a “them” and “us” attitude of mind to one of “win-win.” The “them” and “us” attitude breeds justification for a win-lose competition, jealousy, envy, or any sense of limitation that someone or something can take our good from us.

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**Piece Four: Simplify your life.** We did an exercise in ministerial school that required us to make a list 10 major activities in our lives and the tools that helped us keep it all together. Then we were asked to simplify our lives by crossing out seven activities so that we were left with the three most important ones for us. Simple activity? Not hardly, it took most of us the entire class time to do it and for some it took a few days.

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**Piece Five: Spiritualize your thoughts.** Thoughts are energy and when released into the sea of race consciousness have a ripple effect much like a stone thrown into a pond. Positive thoughts attract positive energy and negative thoughts attract negative energy. Jesus knew this and constantly taught the people to think about and seek God first in all things!

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**Piece Six: Release your belief that you are separate.** As humans we are all connected through the human DNA, as spiritual beings we are all connected through spiritual DNA. The image in which we were created by God, the Christ. The Christ energy that permeates all of us. If we can remember that we are connected: “The Christ in me salutes the Christ in you.” It can go a long way in helping us develop a peace consciousness.

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**Piece Seven: Release all attachments to negative feelings.** When a person finally comes to the realization that they are the only ones responsible for their life experiences, it can be a very freeing and scary feeling. They realize they don't need to be in control or deal with the side effects of negativity that conflict brings into their relationships. A step back is the best step anyone can take to release attachments to outcomes. Jesus taught us not to worry about what others will do or say. How they may or may not treat us, but to stay focused on what was important, our relationship with God.

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**Peace: The Positive Expression Affirming Christ Energy** is an affirmative statement that says, "Nothing can disturb the calm peace of my soul. My mind is stayed on the Christ in me, and I rest in that essence and energy. And in so doing, there is no room in my mind, heart, or life for discord or disunity."

