

# Peace Beyond the Pain – 5 Peace Building Practices

Last week I wrote about sadness and gratitude. Today let's explore perfect peace.

Even during sad times, perfect peace can and does exist. It's not a tricky balance or even a paradox. Perfect peace is a result. How? By immersing oneself in deep truths consistently in what is the nature of existence and wisdom philosophies. Possibly there are other ways, but this has been my path. The beauty of this life of choice and practice is that it has immediate and long-term benefits.

As physical beings, we can't escape the pain associated with such. Yet, we don't have to suffer needlessly. We actually don't have to suffer at all. When we choose to develop our consciousness state and understand that we are not separate from the whole, then we ignite a world of exceptional possibilities and then live some of them. Just how good can it get?

## Peaceful Practices



1. Most every morning, I wake and look forward to my time alone with my higher Self. It is my path to complete freedom, to joy, to happiness, to bliss. I say most, because the tricky part is when you are a guest in someone's home. My alone time is most usually curtailed and it keeps me in longing. I find ways to help with

this, sleep headphones are very helpful. With the thought of respect for another's space, I don't impose my private times into their life.

2. My other mainstay for serenity is to be outside. It is a lifeline and I crave my time outside. Here I am inspired, encouraged and rejuvenated. There is a connection between the light of day and our inner self that communes beyond our complete understanding. At least it's beyond my understanding. I have read about it, but most importantly, I experience it. Try it out. Make a goal to be outside everyday for at least 20 minutes. You may have to dodge rain showers or button up the coat tighter, but it's so worth it.
3. Another key to my peaceful state is limiting media, specifically news, social networks and entertainment. So do I live in a cocoon? No, I manage to be aware of important events or happenings, however this awareness is managed. My media entertainment is mostly limited to social interactions, family over for movie night, etc. Social network activities are sporadic or useful for a specific purpose.
4. I have a continued practice in my life. It comprises two elements: the present moment and gratitude. I pet my puppies and acknowledge they live this way too. They only know now and they are always grateful for the attention, walks, treats and closeness to me.
5. I use music as a tool. I have speakers throughout the house and have it going almost, always! Reflective, instrumental in the morning, classical when I'm creating, roots music for chores, dinner music, dancing music, jazz, rock and roll, etc. I'm grateful for services that help me curate exactly what I want to feel or contribute to a mood.

All of this to say, yes even though I have built peaceful practices in my life, I still can feel sad and miss the physical connection of a loved one. The caveat is I don't let

that rule my life. I feel it, then move on. I appreciate the passion that resides within me. I hope to never ever lose that as long as I walk this Earth plane.

These practices do provide peace and are how I seed my consciousness. Much love to you my friends. Julia

As I finished writing this, I went next to write out the sixty-seventh verse for the Tao Te Ching. It is a perfect follow up and I was greatly encouraged all over again.

### ***Tao Te Ching – Sixty-Seven***

*The world may say that the subtle Way of the universe which I describe is great, but that it has little bearing on worldly life.*

*Truly, it is just that it is not definable, like the small ways of the world, thus it is indeed great.*

*There are three treasures which I embrace and follow closely: the first is to be kind; the second is to be simple; the third is to not put one's own importance first in the world.*

*Because kindness and compassion can produce courage, simplicity can thus be broadened to contain the world.*

*By not putting your own importance first in worldly affairs, you will not impede the natural growth of all things.*

*If a person endeavors to be brave without first being kind, great purposed, without first simplifying his life, an authority, without first denying himself, he cannot evolve freely from strife, and is only courting destruction.*

*Kindness can help to win a war. Kindness can help to defend a fortification.*

*Kindness will invite the corresponding energy of kindness from Heaven through all the divine beings who support and*

*protect.*

*– The Complete Works of Lao Tzu: Tao Teh Ching and Hua Hu  
Ching by Lao Tzu*



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