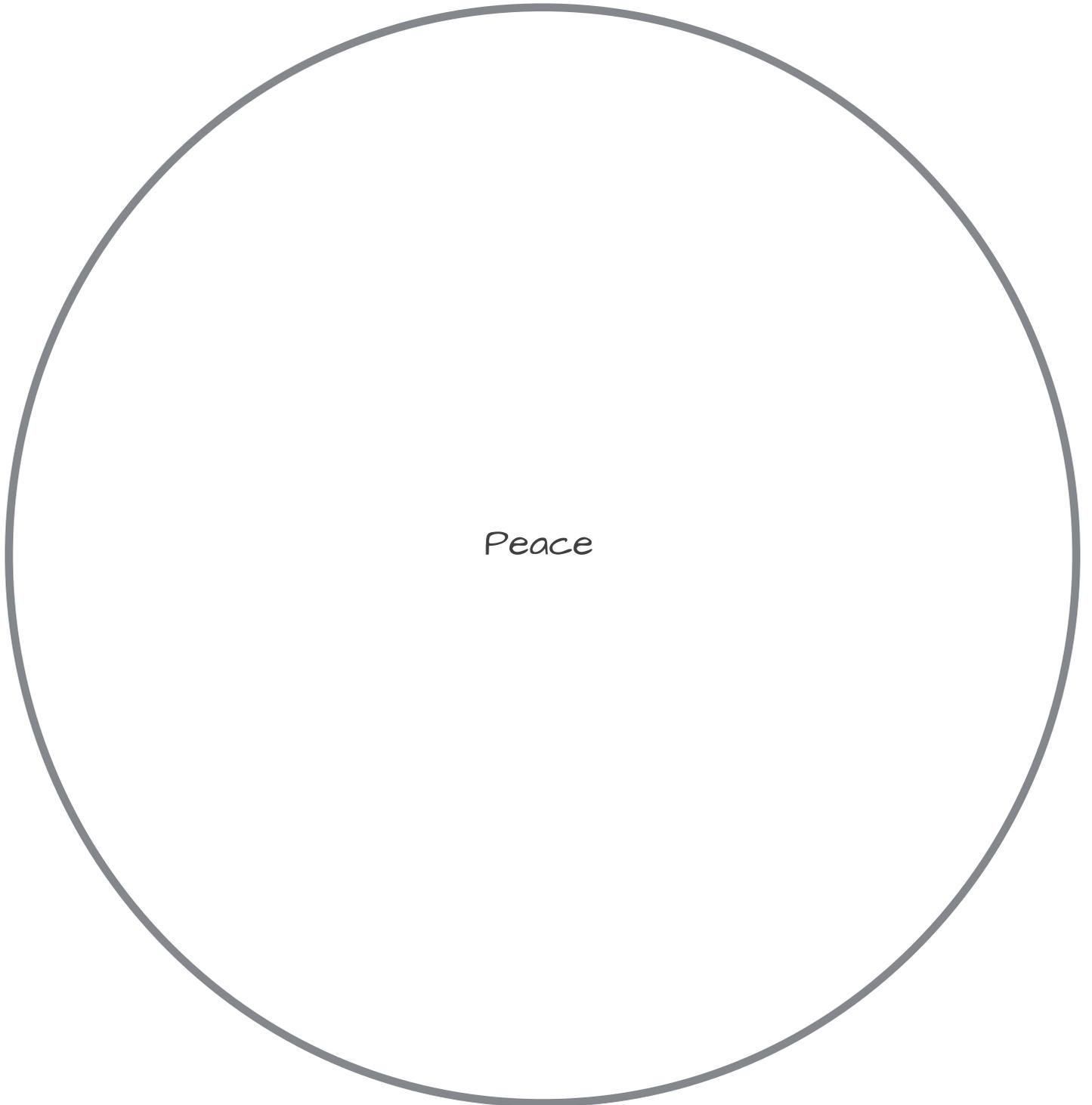


PEACE CIRCLE

Excitement



Peace

Anxiety

PEACE CIRCLE EXERCISE

Today, how far are you from the center of your Peace circle?

We will experience a variation of emotional and mental stimulants in our daily routine. We may not recognize we've given away our peace, and allowed stress to become our natural state of being.

Excitement or anxiety may not feel the same, however they are based on the same rise and fall of our emotions. Unfortunately, we will make decision and create consequences based on this unsettled state.

If we begin to observe our interaction with our self, and our environment we may be able to choose something different.

One of the resources used in the first module of the Aligning method to assist a client in achieving balance and aware.

Shown here we have the Peace Circle. Inside the circle resides the center, neutral and peace. We also have at the top rim of the circle is Excitement, and at the bottom rim we have Anxiety. It is optimal to live at the center of the circle, even in times of enthusiasm or uncertainty. The intention is to remain in, or as close to the center of the circle.

The exercise is designed to help you become more aware and should not replace any medical or psychological care taking.

Be patience, move slowly when doing the work, and always be gentle with the self.

Good Luck with the exercise!

Peace & Bliss, Kathrine

Follow all for steps through to experience the clarity of the exercise.

Step 1. Begin in a quite place, bring your awareness to what you are feeling: excitement or anxiety;

Step 2. Draw a line from the center of the circle to either excitement or anxiety.

Step 3. Observe how far are you from the center of the of circle?

Journal your experience in the space provided below, what or whom you gave your peace to.

Step 4. Now ask your self these questions.

- a. How important is the experience?
- b. How do I handle the rise and fall of my emotions?
- c. Is this action honoring my higher Self, as well as all parties involved?
- d. Am I invested in my thoughts, concepts or beliefs?
- e. How does it effect my peace.

We must first see the choices we are making and with this knowledge we can begin to choose wisely a path back to our center, a neutral or a state of peace.

