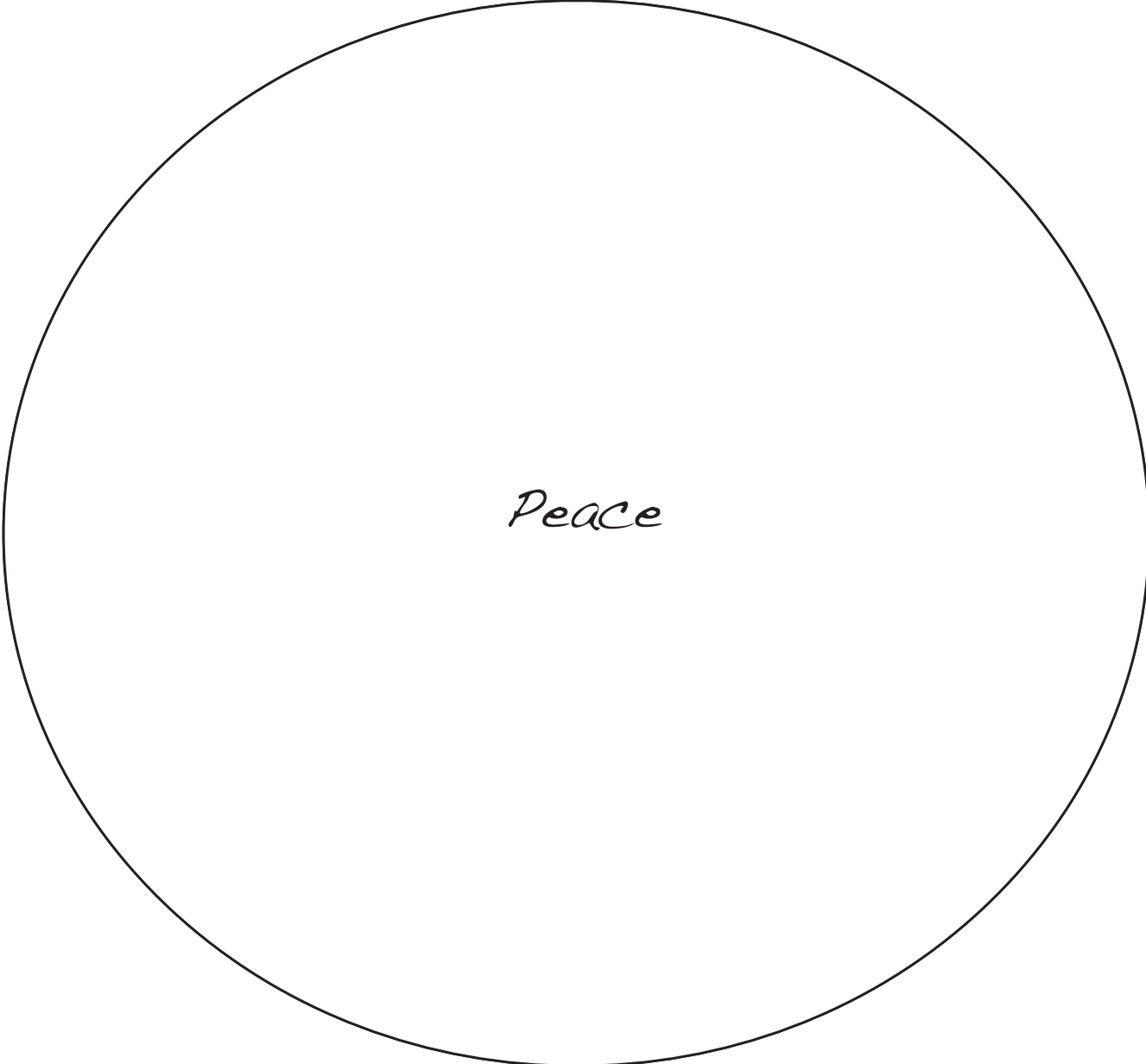


PEACE CIRCLE

Excitement



Peace

Anxiety

PEACE CIRCLE

Excitement or anxiety may not feel the same, however they are based on the same rise and fall of our emotions. The stimulants in our daily lives take us away from this place of peace, and allow stress to become our natural state of being. Today, how far are you from the center of the Peace circle?

As shown here we have the Peace Circle. Inside the circle resides peace. We also have at the top rim of the circle 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 closely to the center of the Peace Circle. Good luck with the exercise! Peace & Bliss, Kathrine

This exercise may help you return to your center, a place of peace.

Step 1. Begin in a quiet place and bring your awareness to what you are feeling: excitement or anxiety

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

Step 3. Today, how far are you from the center of the circle? Journal in the space provided below the experience and the date of what or whom you gave your peace to.

Step 4. Now ask yourself 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. How invested am I in the stimulants that affect 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 natural state of peace.

The Peace Circle Worksheet is taken from the The Aligning Program: stage one of the three stages.