

SYMPTOMS OF INNER PEACE

by Saskia Davis

Inner healing happens when you get to a space of gratefulness and peace despite afflictive circumstances

A tendency to think and act spontaneously rather than on fears based on past experiences

An unmistakable ability to enjoy each moment

A loss of interest in judging other people

A loss of interest in judging self

A loss of interest in interpreting the actions of others

A loss of interest in conflict

A loss of ability to worry

Frequent, overwhelming episodes of appreciation

Contented feelings of connectedness with others & nature

Frequent attacks of smiling

An increasing tendency to let things happen rather than make them happen

An increased susceptibility to love extended by others and the uncontrollable urge to extend it