

Personal Reflection Exercises...

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I believe that my natural state is one of peacefulness. Getting diverted from my natural state is like damming up a river. When I let go of built-up negative thoughts and tensions, I release the waters of my peaceful nature to flow freely.

I allow myself to open up so my mind and spirit can return to their original purpose. The more I do this, the easier it becomes.

A river, released, may hit against rocks or snags, but it either pushes them aside or incorporates them as it surges forward. Eventually, it returns to the bed it came from and digs itself even deeper into the banks and river bottom.

My mind is the same way. Once released, ***I sit back and allow myself to return to my natural state of peace and calm***, without concern for obstacles that may appear in my way.

Sometimes, when I first relax, I feel a surge of tension, like debris tossed up by roiling water. Yet as I relax, the river of my

peaceful self washes all of that downstream, away from me. I open myself up to the cleansing power of peace.

Self-Reflection Questions:

1. Do I try to force myself to be at peace?
2. What methods of relaxation work best for me?
3. In what ways do I open myself up to peace?