

***"Blessed are the peacemakers, they shall be called Children of God." - Matthew 5:9***

To make peace is to reconcile.

In fact, Jesus is called the Prince of Peace.

To be a peacemaker, you must take action to promote harmony, to reconcile, and to emulate Christ.

Peacemakers are bridgebuilders.

They see the gaps between those who we purport to be and who we really are. When our actions don't align with our words, we're out of whack and out of peace with ourselves as well.

That's the topic this week, because active peacemaking requires we also make peace with ourselves, and not just others.

We all have egos and unfortunately, they can easily get in the way.

Here are some signs your ego might be blocking your peace:

1. You think you've got it all figured out - all the things, from A-Z. Spiritual, lifestyle choices, politics, people, the whole shooting match. Wrong!

This side of Glory, we're all still trying to put it all together. You have peace with that, saying you know the answers to everything? That's arrogant and fake.

2. You're a knowledge collector, but an action procrastinator. Peace comes in practice, not knowledge.

3. You look down your nose at those who are "less than" you and your beliefs. This is how you know you've left love and peace behind in favor of judgment and one-upsmanship.

4. You don't question anything, you just accept it at face value. This is pretend peace, not true peace. Peace comes as we question and probe.

Inner peace is the golden ticket to outer peace, and peace has many layers - just like an onion!

Inner peace requires ACTIVE nurture. What does that look like?

1. Inner peace is a choice - it doesn't just happen. Like all relationships, the pursuit of creating peace is essential.

2. Meditate, pray, and journal. This is an ACTIVE practice to ACTIVATE peace.

3. FOCUS on where you want your energy to go - does it create peace? ENERGY flows where your focus GOES.

4. Get outdoors - take a walk, walk the dog, feel the grass between your toes, and allow the sun to kiss your skin.

5. Question yourself - is this true, or are you pretending? Are you just "keeping the peace" or stuffing your feelings?

6. Move to create inner peace. Our bodies are created for movement - you'll create a whole suite of chemistry in your body that makes you feel good AND creates inner peace.

7. Do good. Be a do-gooder all through the year. Turn on your turn signal, let someone get ahead of you in line. Say please and thank you. Donate food, blood, or old clothing.

Marcus Aurelis said, "She who lives in harmony with herself, lives in harmony with the world."

When we walk and talk in integrity, we create peace within.

Our alignment assignment has merged-

Thoughts + Action = Peace

Personally, I've found peace for myself by:

Being true to myself. I can only be me - everyone else is already taken.

Doing the right thing - even when it's hard, even when it's humbling and requires rug-eating repentance, it's a REQUIREMENT.

Making immediate amends. Don't wait - say something! Sooner or later you're going to put your foot in your mouth or say something you shouldn't have - all you can do is clean up your mess and immediately apologize by taking responsibility.

Trying to understand (as best I can.) I believe everyone is doing the best they can. If I judge them, I don't love them, and I choose love!

Knowing that I'm okay. I'm enough. I'm human and loving, even when I make mistakes and/or fail.

I've noticed that active peacemaking requires that you show up, that you tune in, and that you hold everything in your hand with a slightly opened hand...

Think of a baby chick: you'd hold it with tenderness and care, but securely allowing for the wiggle. 🐣