



☺ Symptoms of Inner Peace ☺

“Be on the lookout for symptoms of inner peace. The hearts of a many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has up to now been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- 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 (this is a very serious symptom).
- Frequent overwhelming episodes of appreciation.
- Contended feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed at your own risk.”

This list was found on www.wildmind.org, a website that has information on meditation.

* Some additional symptoms you might experience include:

- A natural tendency to focus on the positive rather than the negative (this is a difficult one for those who tend to be more on the pessimistic side).
- An ability to keep things in perspective (things just don't upset you as much).
- An increasing tendency to notice and find joy in the little things in life (such as a smile, a sunny day, the natural beauty that surrounds you everyday).
- An ability to trust yourself and your judgment.

~may you find your way to inner peace.