

ASSIGNMENT # 2 I

INNER PEACE FLASH CARDS

PURPOSE: To create a set of cards that will inspire and remind you to center home in peace.

MATERIALS:

- ✓ 3 x 5 or 4 x 6 unlined cards
- ✓ Colored pens, markers, crayons, etc.
- ✓ Stickers, glitter, glue, sequins, etc.
- ✓ Personal Peace Journal

ACTIVITY:

- ◆ Reflect on the last five activities, each of which provided a different pathway for you to explore and experience inner peace.
- ◆ In your Personal Peace Journal, make a list of words that describe that experience. There is no right or wrong in this exercise; whatever your words are, they are right for you.
- ◆ Now select 7 of these words that are especially strong for you, and write each one separately on a card, in nice big letters. You can decorate the cards any way you wish. You might also write or draw whatever you wish on the back of each card. You now have a set of your own Inner Peace Flashcards.
- ◆ Read each card slowly, letting your whole self (body/mind/spirit) become one with the energy or quality of that word. (For instance, if your word is 'calm,' let yourself become totally calm.)
- ◆ Do a week of inner peace practice by:
 - ◆ Selecting a different card each morning to be your keynote for that day.
 - ◆ Upon arising, look at your card and steep for a few moments in its message.
 - ◆ Remember this quality all through the day, as often as you can, as you go about your daily activities.
 - ◆ Whenever you think of the word, go into the energy of it. Do this especially when you notice you are feeling tense, angry, or upset.
 - ◆ At night, before you go to bed, do it again.

- ◆ At the end of the week, when you have completed the entire set of flash-cards, reflect again on the energy of inner peace.
- ◆ Record any reflections, insights, or questions you might have in your Personal Peace Journal, or discuss them with a friend or co-learner.