

# Chapter 12 **Creating Your Space for Peace**

By Linda Farr

**Y**ou probably already have a concept of what your “Peaceful Space” might feel like—relaxed, supported, surrendered, confident, and outside of time. Though it presents a different picture to each of us, you will recognize it when you feel yours. The intention of this chapter is to guide you so that you may connect, experience, and live more often in your Peaceful Space.

**In this chapter I will share with you:**

**Glimpses into the Peaceful Spaces that others have built into their lives.**

**A self-assessment to gauge your Peace Quotient.**

**Techniques to use in maintaining your Space of Peace.**

## **Defining a Peaceful Life**

In preparing this chapter, I questioned many individuals about what living a peaceful life meant to them, and how they succeeded in maintaining it. Their insights were varied (as would be expected), but the richness and creativity of their responses was impressive. Some envision a scene, real or imaginary. Some find peace through their breathing or other physical practice. Others repeat specific words that are personally empowering.

Whatever the technique, a peaceful life brings feelings of safety, inner knowing, loving, appreciation, surrender, empowerment, timelessness, and self-confidence. Compare that to your daily life!

For most, this feeling of serenity is anchored by a sense of being part of a spiritual connection to God or a universal power. It is a space that once felt, calls to be revisited. It seems to exist along side of our reality, like a parallel universe. We can slip into it when we relax, pause our thoughts, or meditate. I invite you to experiment and play with the concepts presented. The rewards will dwarf your efforts... Following is an excerpt of one such description:

***“Being Peaceful is like riding a wave, running a marathon, or experiencing any exceptional high. I feel connected to an energy source that is endless. Events flow, timing works out magically, and coincidences happen. I have learned (usually) to release thoughts of control and judgment, because what I once labeled as ‘bad’ often turns around and becomes my biggest blessing. There is a lot of trust involved, but then I relax into Peace and just ride the wave. My mind keeps focusing in the present because that is where I am and the action is taking place.” -Carol B.***