**PROMISE YOURSELF** “**to be so strong that nothing can disturb**

**your peace of mind.”**

All humans in God’s creation can learn to observe life from the unclouded side of existence and instill personal hope and optimism. Sadly events like Coronavirus, fires, earthquakes, hurricanes and a long list of painful and frightening natural occurrences cause disturbances.

Remaining strong and maintaining a “peaceful easy feeling” inside seems difficult. Weakness and negative thought slips in when we are faced with media and social information about pandemics, and humankind’s inhumanity to humankind. They complicate and bother peace of mind.

Each night before lying down for sleep, Sandy and I turn on soothing meditation music. Our favorites have Tibetan singing bells as the source for relaxation and a full evening of peaceful sleep. To avoid anything disquieting peace of mind, I have silent mental conversations with God in the stillness. It begins with setting intentions for the night. Every night, I think, and mentally express personal intentions to God and the Holy Spirit. I’ll list three examples, but some nights, I only imagine one or two. Your choice.

“My first intention is to sleep deeply, and peacefully and awake at 7:00 AM fully rested, refreshed and energized for my new day of opportunity.”

“My second intention is to focus my attention on organizing tomorrow, so I accomplish my planned and surprise tasks.”

“My final thought is to pray for peace in all the world, and to pray for family and friends with health and personal issues.”

Once my intentions are stated, I mentally recite affirmations. If I am concerned about the bad or frightening news in the world, affirmations strengthen my resolve…

I am courageous.

I am an advocate for peace.

I am grateful to the Divine for peace in my heart.

I am love, and because I am love, I have no room for anger, judgment, or revenge.

I am wisdom, and because I am wisdom, I have no fear or doubt.

When I awake and before I get out of bed, I express a personal Thank You to God…

I am grateful for a full night’s sleep.

I am grateful for a morning stretch.

I am grateful for my (wife, family, church, dog walks, sailboat, etc., etc.)

All ideas are just that…ideas. Try your own, but I suggest you write some of them in a journal during the day and peacefully say them to yourself as you prepare to sleep.

**Let nothing disturb your peace of mind. God’s peace always.**

**Ted**