

The Symptoms of Inner Peace

- A tendency to think and act deliberately, rather than from fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging others.
- A loss of interest in judging self.
- A loss of interest in conflict.
- A loss of interest in interpreting the actions of others.
- A loss of ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the heart.
- Increasing susceptibility to kindness offered, and the uncontrollable urge to reciprocate.
- An increasing tendency to allow things to unfold, rather than resisting and manipulating.