



Five Minutes to Peace ...

Why wait to read a fifty page eBook or listen to a half hour audio? Finding peace is as easy as changing your mindset - implementing key principles that require nothing but a mental shift. Below you will find the top three keys that will change your approach and lead you to a more peaceful mindset in less than five minutes.

1) Recognize that what you resist persists!

If you fight what you do not want, you will keep getting more of it. Stop being angry at life! Stop asking why. Accept everything that is thrown at you. Work through it- get help if you need to, but do not fight it. When you give in, you begin to see the lesson, you become calmer and more at peace with whatever else comes your way.

2) *This too shall pass!*

Whatever is happening in your life right now is only for a moment. People have gone through the same for centuries. It's your turn. And it will pass. If you are enjoying it, revel in it. If it is painful, live through it knowing that it is temporary. Everything passes with time and you can move through life more peacefully when you recognize that.

3) *Discover your passion - find something that brings you joy!*

It is imperative that you *do* the things that light up your soul. If you're still not sure what these are, take some time to remember the last thing you *did* that really fulfilled you. There is a difference between enjoying or appreciating something and actually **doing /creating** it. For example, many people find joy in music, drama, teaching, art, cooking, electronics, gardening, woodwork, but few gain pure fulfillment through the process of **creating** them! Find what you love to **do**. **Do** it every day. And if that's not possible, make time in your calendar to express yourself creatively. This is what will fuel your soul. You will find that creative expression is the best way to channel your frustrations, express your joy, interpret your life and find peace!

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