

Week 21: Creating a Peace Collage

“When you’re at peace with yourself and love your self, it is virtually impossible to do things to yourself that are destructive.” – *Wayne Dyer*



Photo by Nandhu Kumar on Pexels.com

What Does Peace Look Like?

I used to think Peace looked like a Beautiful scene in nature or my dream house or lots of money or an exotic vacation. But what I am learning is Peace is all about my state of Being. It’s about what’ on the INSIDE, not the outside.

Dr. Wayne Dyer says this about Peace...

“Make your first and primary priority in your life being in balance with the Source of Creation. Become thoughtful in your slow-down time. Being the Peace you desire means becoming a relaxed person whose balance doesn’t attract anxiety and stress symptoms. Extend the same slowed-down energy to all people...especially your family. Become conscious of your efforts to become the Peace you desire and to live in balance.”

Doesn’t this sound AMAZING? It sure does to me and I am going to strive to become this kind of person that is BALANCED and PEACEFUL. I believe Pursuing Peace is the very best thing I can do for myself to live a life filled with love and joy.

Art Therapy Project

I LOVE our art project this week...it’s time to get out of our journals just for a bit and create a canvas filled with Peaceful things...images, words and quotes. Anything that, just by looking at it we gain Peace. Of course if you want to put this in your journals then by all means do that. This is for YOU:). A canvas board will work PERFECTLY for this assignment, too!

Enjoy this two page PDF of Peaceful words and phrases for your collage!

[Week 21_ Creating a Peace Collage](#)

If you haven’t joined us yet what are you waiting for? It’s FREE and so inspiring!!! Our private FB group is [here.](#)

[All 21 lessons are here.](#)

Have a Peaceful Week!!

xoxo

Les

