

PEACEMAKING

By Mary Elliott

PEACE is an attribute of God. How can we prove this? Simply look around. If Harmony/Peace were not the first Law of the Universe there would be no Universe. Planets and stars would collide in chaos and the fabric of matter itself, sub-atomic particles, would do the same. Since All-That-Is can only create from the Substance of Itself, then we can logically ascertain Peace is an attribute of It.

But what of Peacemaking? Peace implies a passive state. We say things like, “peace and quiet,” or “inner peace,” or perhaps while walking in the forest we feel a deep, abiding peace.

The truth is, in those situations, what we are really feeling is a sense of total aliveness and goodness; a Oneness with the universe that is anything but passive. It is instead a complete participation with the process of Peace.

Peacemaking: Completely participating in the activity of peace means non-resistance to acceptance and completion. It means first to have absolute trust in the Spiritual truth that God’s intent toward us is infinite Good. And because of this, your life experience will be unlimited if you participate in the activity of peacemaking. I’m not talking here about personally changing the world by ending war or stopping domestic violence. Those issues are worth working toward and should be kept in mind, and no doubt humanity will evolve in its understanding of these someday by expanding race consciousness. But I’m talking about us and our own little worlds. I’m talking about how peacemaking and non-resistance can improve the quality of our lives on a day to day basis. For example, as I write this I am at my house in Oregon. My two new renters, and my friends Jan, Bill, George and I were digging into a barbeque steak dinner. On the surface, the scene was anything but peaceful. There was much loud talk, laughing, comments about how great the food was, and generally getting to know each other better. At one point someone started talking about our respective childhoods and how meals were eaten. Did our families gather at the table? What did we talk about? Was it a pleasant experience? I made the comment that there is something about sharing food around a table that brings people close together, and George agreed with me. Later we all drifted out on the porch and visited. To me that night was a deep bonding experience because all six of us shared ourselves openly and honestly. We respected who each other was, even if our lifestyles were very different. In other words, for those few hours, we participated in inter-active peacemaking.

It is also amazing how making peace with yourself can change your life - not by resigning yourself to what you don’t like - but by knowing the intent of God is 100% for your Good. Then you only need to actively participate by not resisting. **So choose** something you are dithering about. For example, most people would like to lose a few pounds. While you are dithering, you are not at peace. You are, in fact, at war with yourself and your food. You choose sides. Celery is good. Chocolate is bad. You start a diet. You are good. You don’t stick to it. You are bad. Pretty soon you are slapping yourself up the side of the head, and sending shots over your own bow at yourself. **Stop, already!** Take a deep breath and put down that gun. Pull yourself together and get yourself all on the same page. What do you want? You don’t want to diet. You don’t want to look like you do in

the mirror. What you want is to weigh X number of pounds. Why do you want to do that? Because it will cause you to experience peace with your body image. **Now, God’s intent** (because It has no choice) is that you be the same experience of peace It is. Remember, there is no God who cares if you weigh 300 pounds or 120. All God knows is Peace, and is constantly creating it.

As we participate in that process by choosing what we want to weigh and accept the results, our weight problems will disappear.

This process will work in all facets of our lives - relationships, abundance, tasks, and goals. Decide what the perfect situation would look and feel like, and then make yourself open to receive it. (I know this works because it is happening to me right now. I reached my target weight a few days ago).

For me the second and fifth steps of Spiritual Mind Treatment are the peacemaking portions of Spiritual Mind Treatment. By becoming One with the experience of any Spiritual attribute I may need - Life, Love, Abundance, Knowledge, etc. – I make Peace in my mind. The last step is often referred to as “letting go and letting God.” It’s where we mentally quit working toward our goal and become receptive so that All-That-Is, (Who, of course, is much older and wiser than we) will manifest the Perfection of who we are.