

THE SYMPTOMS OF INNER PEACE

1. A TENDENCY TO THINK & ACT DELIBERATELY, RATHER THAN FROM FEARS BASED ON PAST EXPERIENCE
2. AN UNMISTAKABLE ABILITY TO ENJOY EACH MOMENT
3. A LOSS OF INTEREST IN JUDGING OTHERS
4. A LOSS OF INTEREST IN JUDGING SELF
5. A LOSS OF INTEREST IN CONFLICT
6. A LOSS OF ABILITY TO WORRY
7. A LOSS OF INTEREST IN INTERPRETING THE ACTIONS OF OTHERS
8. FREQUENT, OVERWHELMING EPISODES OF APPRECIATION
9. CONTENTED FEELINGS OF CONNECTEDNESS WITH OTHERS AND NATURE
10. FREQUENT ATTACKS OF SMILING THROUGH THE HEART
11. INCREASED SUSCEPTABILITY TO KINDNESS OFFERED, AND THE UNCONTROLLABLE URGE TO RECIPROCATE.
12. AN INCREASING TENDENCY TO ALLOW THINGS TO UNFOLD, RATHER THAN RESISTING AND MANIPULATING