

## 5 Tools for Experiencing and Choosing Peace

### Tool #1 Forgiveness

**Tool #2 Visualization:** [Facilitator Note: The first tool is doing a visualization process to access greater peace - can be long or short depending on time]

We're all very aware that we're creators and to visualize, to imagine, is one of greatest authorities of creation that each of us has. So I am going to just guide us through a very short little closed eye meditation to begin to attune yourselves to a tool that you could use under your own authority in choosing Peace.

**Reflective process begins... (Facilitator Read slowly. )**

So if you will just close your eyes. And allow your consciousness to recall a moment when you have been fully, fully at Peace. It could be a very outstanding big dramatic moment, or it could be something very tender and small like moments in silence with nature. Or it could be something that you shared with another human being and you remember that moment where your souls were connecting as you looked into each other's eyes. It could also be by yourself, enjoying the fullness of silence. So allow yourself to really let go into this memory of Peace. And as you are recalling it, become aware of what you look like in this moment. Become aware of what you're listening to, if you are saying anything and if you are what does your voice sound like? Become aware of how you're feeling, your feeling of Peace and even the experience of the space that surrounds you, the environment that you're in. And now I'd like you to imagine a dial with numbers on it and you put the number on what the level of Peace that you are experiencing right now on that dial. And once you have that number, turn it up to "10" and just allow all the experiences of feeling, listening, looking, anchoring that in. Now you are up to the "10" of Peace. And let yourself just expand even within yourself this moment and put your hand on your heart to anchor your "10" of Peace. (pause) And when you are ready you can open your eyes. what this tool is showing us is that we really have the authority inwardly, through our creative visualization, through our awareness and intention to move ourselves into choosing Peace and experiencing Peace.

### **Tool #3. Chanting Ani-Hu**

Chanting the Ani-Hu is another tool that helps create a sense of empathy in a group. And if we are moving toward peace together, empathy is a key component. We did this earlier when we called in the Light and did an invocation of peace.

### **Tool #4. IIWP Worldwide Peace Prayer**

IIWP sponsors an internet Worldwide Peace Prayer, where Peacemakers from around the world participate in a simple, inner process to move into inner peace. This is a tool that we can use to join together with an intention to choose and experience peace. John-Roger gave us this tool – we sometimes refer to it as the “9 magic words”.

"God Bless You, I Love You, Peace, Be Still."

### **Peace Prayer begins...**

Tune inward, see yourself, those you know and all of us from around the world standing together, regardless of time zones. See us surrounding our planet with other Peacemakers chanting these 9 magic words and let's do it together 3 times outloud:

"God Bless You,  
I Love You,  
Peace, Be Still."

Allow yourself to become aware of any againstness you may be experiencing. Breathe in and breathe out, letting it go and giving it up to God. Relax. Envision peace in the hearts of people throughout the world. (Pause) Knowing this is done for now, go ahead and open your eyes.

### **Peace Prayer ends**

The Peace Prayer is a tool we can use individually or in a group in setting the foundation for peace. You can do it with yourself or others. You may even want to do the Peace Prayer daily.

If you would like to participate in IIWP's next round of the internet Worldwide Peace Prayer go to **iiwp.org** for the next round. Each round of the Peace Prayer usually lasts for 33 consecutive days.

**Tool #5 Gratitude**

**Gratitude is another tool for choosing peace.**

One of the greatest prayers is only two words:

**THANK YOU.** Thank you is a prayer.

You can say “Thank you for this breath.” or “Thank you for my life.”

Take a moment right now and bring to mind one thing for which you are grateful and inwardly, just say, “Thank you.”

