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Tapestry Living



The Soulvolutional™
Way

An Evolutionary Revolution for the Soul

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Spiritual Practice Peace

Achieving peace of mind begins with finding an inner peace that can be achieved at all times, not only when a person actively participates in meditation to find it. True peace is something that is within always.

Some simple ways to achieve the inner peace you are looking for can come from other places, not only meditation.

All things pertaining to spiritual
progress in life depend upon
peace.

Hazrat Inayat Khan

- Practice spiritual exercises and develop strength and understand of adversity.
- Practice gratitude for everything in your life
- Even for the adversity as it is a lesson for growth. External gratitude leads to inner peace.
- Practice the positive affirmations about yourself
- Look for the positive in everything and everyone around you. When practiced, a warm glow of inner peace will fill your insides.

Peace cannot be kept by force;
it can only be achieved by
understanding.
Albert Einstein

Practice Honesty

The most difficult aspect of honesty is to be honest with you. If you can't be honest with yourself, then it is impossible to be honest with others. When you can be true to yourself, this is one of the greatest gifts you can give yours towards obtaining true inner peace.

You are more than your physical body

Your core is your divine essence or your spirit. It deserves peace, true inner peace.

Practice Positive

Practice thinking positively. Look for the good in every situation and every person. Practice positive actions that result in receiving positive feedback.

Practice being Neutral

In every situation, practice looking at it from an outside observer taking neither side. This will open your awareness up giving you more choices in life.

A Journey

Remember life is a journey, it is not a destination. A journey that will allow you to learn and grow in self-awareness if you allow it that will bring true inner peace.

Practice these simple suggestions on a daily basis to become full of greater inner peace and quiet serenity.

When you are proclaiming
peace with your lips, be
careful to have it even more
fully in your heart.
Francis of Assisi

Peacemakers - they love, are kind, and compassion-ate. They show neither judgment nor intolerance.

They dismantle confrontation and rebuild it into a beautiful structure - at times slowly in order to ensure the peace and beauty is revealed.

Warriors - courageous, committed, strong, with a destination upon their journey. They approach a situation, assess it and then quickly strike to dismantle the energy in order to dissipate the violence, judgment and hatred.

The end result may be the same but the journey to arrive vastly different.

To be the peaceful warrior it is to breathe in the essence of both and know when to be peaceful and when to be a warrior.

There are gateways, experiences if you will, along the journey we call life that will reconnect our soul to itself merging it into a whole. While many have fragmented pieces that have been left behind, it is not enough to simply recollect the pieces within. They must be merged together after collected so that a being may experience wholeness, fullness, and completeness.

Our universe is in constant motion, her stars, and her planets. Her innate intelligence and the completeness of law that dictates her evolving and movement, reveals clearly that these same laws, this same innate intelligence is within each of us. The constant movements of the universe, those laws that dictate the mechanics of nature, are within every aspect of our being, of existence itself. The way the ancients guided their lives through the rivers of the universe by contemplating the stars as their compass, is the same way each of us can set the charts out for our own course. The same mechanics apply.

I call myself a Peaceful
Warrior... because the
battles we fight are on
the inside.

Socrates

A peaceful warrior inhales deeply all of these mechanics, all of these changes, and sets course. They know what must be distilled and fermented and what must be set a fire and burned to ashes. Within each of us are the peacemaker and the warrior. Within each of us is the mechanics of the ancients laws - such as balance meaning to find our own way, choices to reclaim our power, integrity to live our truth, compassion to awaken our humanity, presence to inhale the beauty of living the moment, cycles to learn the steps of the dance, surrender to simply embrace all that is, and unity to remember our connection within all.

The alchemist would say, yes deep within is the ability to transmute the base of who we are - even with the fears and confusion - and return it to the gold. Return to the gold elixir of life with clarity, serenity, and peace. They are the steps to the phoenix rising once more. They are the laws we do not remember, yet live every day.

The Taoist may say that yes, yes these are the ways to find the way. The Shaman may say that these are the "rules" discovered after learning to put the pictures together. The pictures only share more "rules", allowing you to learn the mechanics to make your own pieces and to create your own puzzle.

What picture will you create? Will it be of peace?

There are no pieces, no framework, nor instructions. There is a rainbow palette, a star filled universe, the wind, the Earth, the Spirit guides, the ocean, and a fire. Those are the tools, the wisdom, and the medicine to begin crafting new pieces for a puzzle picture yet discovered for a truly peaceful world.

For now, for today, there is simply a white canvas ready to be created. I hand each of you a paint brush knowing the rainbow palette exists for each of you, paint your path, paint your pictures, and allow all that can be to be.

**There is no way to peace,
peace is the way.
A. J. Muste**

Spiritual Practice Joy

Joy - an experience to emotional feelings of happiness, abundance, and pleasure. It is an elation of knowing satisfaction when we serve others. We practice joy when we host ceremony, when we are in deep service to others, and when we have moments of deep connection. We also can practice joy through dance, through community and through awareness.

We cannot experience the practice of joy unless we have also experience sorrow. We allow tears to flow until they once more become tears of joy for the experience. It is not separate from sorrow, but rather a stepping stone to joy.

As we have just celebrated the joy of the solstice in our life, take a pause. Make a note in your journal of all of things in your life that brings you joy. When we are in sorrow, it can bring peace to go back and reflect upon those things that bring us joy in our journals.

Joy comes in many forms from laughter, from ecstatic dance, or from moments watching a hummingbird feed upon a bloom.

Finding experiences of expressing joy is a practice to be cultivated. When we are seeking joy, we find it in everyday experiences from the jam on our toast to the abundance of love felt. Seek to find experiences in joy every day through simplicity.

When you express
your gratitude, you
will bring joy to
others' lives. When
others know joy,
your life will be
filled with
happiness.

Arthur Dobrin

A Prayer

O Great Spirit, whose voice we hear in the winds, And whose breath gives life to all that is, hear us.

Winds of the East, Great Grandfather Fire, the spark of all life, we humbly seek the purification of your bold visions that we may once more experience the passionate joys.

Winds of the South, Great Grandmother Earth, the nurturer of all life, we humbly seek the grace of your embrace that we may once more experience the abundance of joyful love.

Winds of the West, Great Grandmother Ocean, the womb of all life, we humbly seek your power to dissolve and wash away all boundaries and limitations that we may once more experience the blissfulness of your joy.

Winds of the North, Great Grandfather Sky, your breath gives life, we humbly seek your clarity that it may soar us in your joyful visions.

O Great Spirit, whose voice we hear in the winds,
And whose breath gives life to all that is, hear our voices.

What was once impossible now summons us to dismantle the walls between ourselves and our sisters and brothers, to dissolve the distinctions between flesh and spirit, to transcend the present limits of time and matter, to find, at last, not wealth or power but the ecstasy (so long forgotten) of commonplace, unconditional being. For the atom's soul is nothing but energy. Spirit blazes in the dullest of clay. The life of every woman or man-the heart of it-is pure and holy joy.

George B. Leonard

Often, we humans must learn to adapt to the cycles of flood and drought that are such significant aspects of our inner landscapes. In our inner worlds, flood and drought can be accompanied by desperation or despair, for few of us are comfortable with the absence of, or overabundance of, water, of emotion. We may fear death through desiccation or drowning. We want change, now! Yet, when we are able to wait, to have patience, the waters return, or recede, and our inner worlds bloom again.

As we age, we are called to accept and honor the power of our watery emotions, and to value our journeys through the desert. This is challenging work that teaches us to embrace and love the world and us, in all weathers. In doing so we are reminded we, like this Earth house in which we live, contain all that is. We are the Medicine Wheel, and we are, along with Pachamama, who births us, sacred.

In this journey we all have moments that are far removed from what we call joyful, whether it is sorrow or deep despair, but with the ascension into soul joy allowing a filter to shift perception, we can take those moments and say “I am not perceiving this situation as joyful, but I know it will bring me an opportunity of blessing.” That simple affirmation to self, acknowledging and allowing all emotion to be filtered through the joy filter will shift your perception. It will shift your reactions and even as you state your affirmation of joy, it is being created for you.

Ascension to joy allows for you to bring laughter and play into your life. So many times life wears us down into a seriousness that does not allow for the laughter and smiles to flow. The soul joy filter brings smiles,

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