



Artwork by Zindy S. D. Nielsen

Symptoms of Inner Peace

1. A tendency to think and act spontaneously rather than on fears based on past experiences.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging other people.
4. A loss of interest in interpreting the actions of others.
5. A loss of interest in conflict.
6. A loss of the ability to worry.
7. Frequent overwhelming episodes of appreciation.
8. Contented feelings of connectedness with others and with nature.
9. Frequent attacks of smiling.
10. An increased tendency to let things happen rather than to make them happen.
11. An increased susceptibility to the love extended by others as well as an uncontrollable urge to extend it.

by Hede Marker