

FEBRUARY 23

Global peace.

Beginning from within,

One being at a time.

Because . . . YOUR PEACE COUNTS.

Be the cause of peace happening!

—Mackenzie Jordan

Make Peace in Your Life and Make Peace in the World

Every minute we focus on what we want, we manifest its appearance into our lives. I started my enlightenment journey eighteen years ago. At that time, I was in so much emotional pain that I couldn't even imagine that peace was possible for me, and I certainly didn't imagine that I could contribute to a peaceful world. I often found myself slipping back into old behaviors, indulging in what seemed like endless hours mourning over past behaviors and agonizing over my decisions. I often thought that I wasn't getting anywhere—for all my work, effort, and suffering, I still wasn't happy. I didn't understand then that every moment I focused on my goal of peace in my relationships and within myself, I was shifting my consciousness. Even the moments filled with regret served my bigger goal because I was at least becoming more aware of my self-destructive behaviors. Each awareness, each action, each moment produced growth.

Some of us start in so much pain that it takes us longer to achieve peace, but it is available and possible for all of us. Even more remarkable, when we bring peace to our own lives, we contribute to world peace. Think about the image of a small pebble that is dropped into a calm pond. The