

I AM PEACE



AN EBOOK BY
REV. LAURA JACKSON LOO

I AM Peace

by Rev. Laura Jackson Loo

Thank you for downloading this free eBook. You are welcome to share it with your friends. This book may be reproduced, copied, and distributed for non-commercial purposes, provided the book remains in its complete original form. If you enjoyed this book, please visit www.LauraJacksonLoo.com for more published work coming in 2019 and beyond. *In gratitude for you and your support.*

Visit: www.LauraJacksonLoo.com

Email: info@LauraJacksonLoo.com

Facebook: www.Facebook.com/LauraJacksonLoo

LinkedIn: www.Linkedin.com/in/LauraJacksonLoo

Global Peace Circle Group: www.LauraJacksonLoo.com/PeaceCircleGroup

Phone: 804-818-6084

In gratitude for design and photography from my dad, Pat O'Brien. I am in humble gratitude for the loving and unconditional support of my husband, Khan. And in gratitude for the many souls who have taught me Peace, and all those who continue to come together to amplify Peace through my global Peace Circle Group.

I AM Peace by Rev. Laura Jackson Loo

Published December 2018

I AM Peace

Table of Contents

The Search for Peace	4
Finding Balance	4
The Art of Peace	5
Peace attracts More Peace	6
Practicing Peace in Small Ways	7
Ways to Reconnect with Peace	8
The Vibration of Peace	9
7 Steps to Embodying Peace	10
Universal Truths of Peace	12
Global Peace Circle Group	13
Author's Note	14

The Search for Peace

Finding Balance

Peace is a funny thing. You're so excited when you find it. The next thing you know, someone cuts you off in traffic, with inches to spare. Or maybe it's someone who snaps a short or flaring response at you in the middle of a business meeting. Then, you suddenly feel that peaceful feeling you had just



moments earlier vacate your entire body, leaving you feeling anger, frustration, or anxiety-ridden. Whichever response, these new undesirable feelings have taken the place of the Peace you just had! Don't despair.

Peace begins within you, even amidst personal challenges or global turbulence. Peace is always there, in the stillness.

Life is about balance. It's about finding a way of restoring balance when you realize you are out of balance. By seeking to maintain this balance, there is another important awareness. Striving for balance doesn't mean suppressing your emotions. By desiring Peace and balance in your life, allow yourself to express what you are feeling in a healthy manner. Do you have a creative outlet? Because guess what? You don't have to be an artist to express yourself creatively. Living in balance also means balance in both sides of the brain, left and right. While the left side of the brain is analytical and logical-oriented, the right side of the brain is creative and intuitive. If you are more left-brained, begin to explore more creative pursuits.

While we seek balance internally, global life is also about balance. Who doesn't want **World Peace**?! Most everyone. Yet the macrocosm is a reflection of the microcosm.

Which brings us back to the self. Peace begins within. And balance begins in one's own life.

The Art of Peace



The first step is knowing that you **CAN** have more Peace. It is possible.

There are tools that can help you reclaim a state of Peace.

Many find Peace and solace in nature. The most enriching

connections with nature are when you explore natural surroundings such as parks, gardens, forests, mountains, or by the ocean or other bodies of water.

Practicing the **Art of Detachment** brings more Peace. It is a well-known practice in the Buddhism philosophy. Westerners may feel you love someone less if you are detached. Rather, you are simply allowing and honoring the other individual. Each person comes into this lifetime choosing their own experiences and learnings. You actually honor who they are and their journey by simply **holding the vibration of Peace and Love**.

I know a very wise soul who believes the famous book entitled *The Art of War* should really be called *The Art of Peace*. *The Art of War* is attributed to the Chinese military strategist Sun Tzu, meaning the “Master Sun”. There are 13 chapters, which translates into 13 principles. While it is essentially a military treatise, some feel it could resemble practicing the Art of Peace.

Martial Arts is similarly held in the same light. The highest form of the practice of martial arts is to **never have to use it**.

The question is, what would the art of Peace look like for you? Could you allow people or situations to be ‘what they are’, without giving it any meaning? In other words, would you allow yourself to practice the Art of Peace no matter what is happening around you?

Peace attracts more Peace

Have you had the feeling of Peace when you get along with someone really well? It happens when you ‘resonate’ with another.

The Law of Attraction is one of many Natural or Universal Laws. Just as their names imply, these laws exist regardless of belief systems, religious traditions and manmade creations.

The Law of Attraction operates in such a way that what you attract is the result of where you have placed your focus. If you are looking to create more Peace in your life, then you definitely don’t want to immerse yourself in chaos, discord, frustration or similar emotions.



When you desire Peace, you focus on Peace. It doesn’t mean you will instantly be in a state of Peace from then on. However, the more you practice Peace, the more Peace you will attract. It’s just how the Universe works!

Another aspect of the Law of Attraction occurs when you choose Peace, you will also attract others who resonate at the same vibration. How much fun would that be?! All happening while you are more centered. You are more joyful. You are more contented. Then the more Peace you will continue to attract.

Here’s another wonderful phenomenon - **synchronicity**. When you notice synchronicities in your life, that is the Universe communicating with you, affirming you, and providing beautiful messages. When you focus on Peace, you will see a sign, hear a related story, read Peace on a bumper sticker. What an incredible affirmation that the Universe sees you, hears you, feels you, acknowledges you, supports you, and LOVES you. Feel free to respond, “Yes, I’ll have more of that, please!”

Practice Peace in small ways

Do you find yourself frustrated because you didn't 'hold your Peace' in a certain instance or in a particular situation? Maybe you had anticipated holding your Peace in a bigger way, and instead you experienced disappointment. We've already learned that Peace attracts more Peace. It's just how the Universe works.

When you focus on Peace, you are already beginning to practice Peace. First it's in small ways. It's actually how you create anything big in life. You begin by starting small and practicing regularly.



How close is kindness and compassion to Peace?

When you choose to hold the door for someone, that warmth and gratitude they express can translate into Peace for them AND for you. Another example is when you see that the cashier appears stressed or has just had a challenging

customer ahead of you. When you offer them a compliment or a kind word, that can translate into Peace for them, and possibly relief!

There are many ways you can begin practicing Peace. Most musicians begin their 'practice time' by playing notes and scales on their instrument. Even after they become an accomplished musician, they still 'warm up' with scales and long tones. They achieved a level of expertise by practicing daily.

It's the same with Peace. Everyone begins somewhere. Allow yourself time. Because just when you think you've achieved a lovely space of Peace can be when you lose your temper or 'have a moment'. Well, guess what? You get to let yourself off the hook! Just because you had a moment doesn't mean you haven't made progress. You have. You simply begin again. Because life isn't about being perfect. It's about enjoying the ride, having fun along the way, and learning to laugh at yourself. So as you travel the road to more Peace, be gentle with yourself. And when you hear the words, 'lighten up', remember Peace is a LIGHTER vibration!

Ways to reconnect with Peace

It's easy to talk about having Peace. How in the world can you reconnect with it when you're not feeling peaceful? Here are a few ways that can help you return to that sacred space of Peace.



Pat O'Brien photographer

Nature Being in nature is extremely powerful, whether you are walking, meditating, hiking, or just 'being'. Nature is an incredible connection to the Universe.

Meditation The art of meditation is the embodiment of choosing 'being' (heart) rather than 'doing' (mind). It is focusing on your breathing and releasing all concerns of the mind. I know, easier said than done! Allow yourself the time and space daily to just 'be'. It's an opportunity to recenter, rebalance, and reconnect, allowing you to return to that place of stillness and Peace.

Music There is so much music to choose from. What lifts your spirit? What music creates joy for you? What creates serenity for you? Do you find that you desire different music for different times or occasions? As a musician, playing all kinds of music is a wonderful outlet, creating joy, Peace and other gratifying emotions.

Smells / Olfactory Incense, flowers, scented candles, your grandmother's homemade cookies... These appeal to your sense of smell and can help you return to a state of inner Peace, including when you meditate (although the homemade cookies may bring you out of that state and to the kitchen!).

Movement Walking is one of the simplest forms of movement, and it's usually ideal for all ages. Yoga, Tai Chi, and Qi Gong are other forms of movement which embody exercise, meditation, and relaxation all wrapped into one! These ancient forms developed thousands of years ago allow you to go as deep as you are ready.



The Vibration of Peace

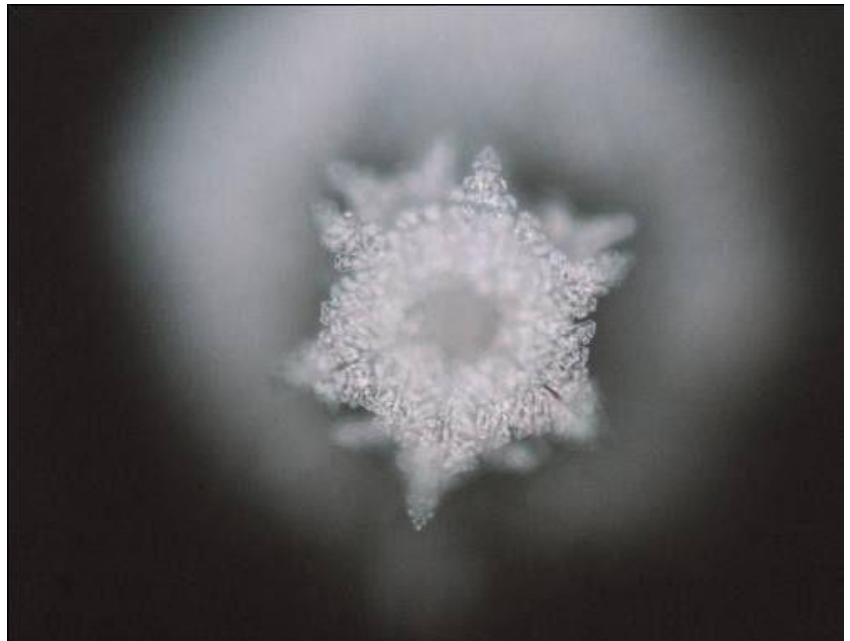
When you choose Peace, you are consciously choosing to align yourself with the **vibration of Peace**. It is a very high vibration. (The higher vibration, the lighter it is.) The more you align yourself with this vibration, the more other (lower) vibrations fall away.

When you choose to 'hold your Peace', there is no longer room for chaos and

drama. As you practice more Peace, others will share less drama because you are not as reactive. You are choosing something different, something much more rewarding and loving, for you and for them. You can still love others without being pulled down into their experiences. You can choose to listen with 'peaceful ears'.

The image pictured above is the water molecule of the vibration of Peace. Thanks to the profound work of **Dr. Masaru Emoto**, we can see how intention affects water. Water is the easiest medium to see the effect of energy. Dr. Emoto studied frozen water crystals using dark field microscopy. By printing words onto individual samples of water, or playing different music or using various intentions, the molecular structure of the water changed.

If this is possible - which his work clearly demonstrates - then what else is possible? Besides blessing the water you drink, how much more Peace - and joy and love - could you have in your life?



7 Steps to Embodying Peace

Sometimes it may feel challenging knowing where to begin. I have created 7 steps you can use to embody more Peace. And as you practice Peace, it will become easier and easier.



Step 1

Embrace the awareness that you are loved and supported unconditionally. The Universe / Source / God so loves and supports you. Whatever challenge, either seemingly momentary or looming large overhead, The Universe acknowledges your amazing self and the wondrous opportunities in your future.

Step 1 is about embracing the awareness that you are fully supported and unconditionally loved by the Universe.

Step 2

These next few steps are centered around what I call the 3 R's: **Recognize**, **Reconnect** and **Refocus**. The first "R" is to **Recognize**.

Recognize that you are off-balance and are not feeling Peace within you in this very moment (even though Peace never left you, but we'll get to that). Before you can move to releasing whatever non-peacefulness you feel, it is necessary to first recognize you are not aligned with Peace, for whatever reason. Awareness is the first step to regaining a peaceful state!

Step 3

The second "R" is to **Reconnect**.

Reconnect by dropping into your heart. If you haven't had this experience yet, it begins with stepping out of the chaos and going deep within. This may take some time to practice, and not always easy when you are in 'the heat of the moment'.

Say to yourself, "I am connected to the Universe in this very moment and in all moments. There is never a time when I am not connected to the Universe. I feel the peaceful, gentle, and loving connection with the Universe."

Step 4

The third “R” is to Refocus.

Refocus to observe your situation from a broader perspective. In business, they talk about looking at a situation from a 20,000 foot view. Ask yourself, “What more could this mean?” You could also ask yourself, “What is the deeper meaning of this?” By refocusing your perspective, you are consciously choosing to observe or witness the experience versus being pulled into it and ‘losing your center’.

Step 5

What more is possible. The next awareness has to do with possibilities outside of your awareness. Choose to step back into Peace, into your center, and ask yourself, “What else is possible” or “What more is possible.” Choose to open to even greater possibilities in your life.

Step 6

Breathe in “All is well.” Now breathe again. All is in Divine Order.

If everything is energy, then there is much happening that you cannot see with your physical eye. It also means there is a deeper meaning, an opportunity, in everything you experience or witness. The good news is you don’t have to choose to personally experience what is happening. Instead, you can be in a place of allowing, knowing that all is truly well.

Step 7

Say to yourself: **“I AM Peace. I AM Peace. I AM Peace.”**

Feel the energy flowing up through you of confidence, balance, and centeredness, with an energized peacefulness rippling through you. Beautiful... you **ARE** Peace!



Universal Truths of Peace

Peace is represented in every culture

Here is Peace represented in Chinese characters.



Peace is free

You don't have to earn Peace! You don't have to buy Peace. You don't have to be worthy to have Peace. Peace is FREE. Peace is for YOU. And....



Peace is for everyone

Peace is for everyone! It's not for this person and not for that person. It's not based on your race, ethnicity, gender, color, religion, upbringing or anything else. Peace just is. And it just IS for everyone.

Your divine blueprint is wired for Peace

Did you know that you are already wired for Peace? If you believe differently, it may be based on your life experiences or on your environment.

What would it mean if you released old belief systems that no longer serve you, for instance that Peace isn't for you? How good does it feel to know that you are no longer bound by limiting beliefs?

You are already Peace and you are wired for Peace! How good does that feel?!

A special invitation for you

It's wonderful to have tools and support to create more Peace. How would you like to join a monthly **Peace Circle Group** where you can experience the vibration of Peace and help amplify it around the world?

JOIN ME the first Monday night of every month for my **global Peace Circle Group conference call**. This group began meeting in early 2009. In 2017, my Peace Circle Group became a global conference call, enabling more people to join.

It's free and open to all, with love donations welcome. Join me, and let's cocreate Peace together and amplify it around the world!



Author's Note

By downloading this free eBook, you have chosen more Peace in your life. I am in gratitude for you and your amazing choice!

Often when someone is looking for Peace, it's usually when they have experienced a lack of Peace. I know because it has certainly been true for me at times in my life. And yet, these experiences are what make you who you are, in this very moment. All those challenging and growing experiences offer the opportunity to choose, learn and grow. YOU get to decide how you want to move through something. Before you react, there is a moment in which you can ask yourself, "Do I need to get emotionally involved and allow all my energy to be drained, or can I choose to 'hold my center' and move through this experience without being pulled into it?"

Peace isn't always easy. It is knowing there is deeper meaning in everything. What is this experience trying to tell you? It is also remembering that you have a choice as to how you respond. Like anything, the more you practice the easier it becomes.

The beginning of 2009, I felt the calling to create a circle group where people could come together in community. I contemplated an intention for this circle group. What I clearly heard was "Peace". Little did I know at the time Peace carries one of the highest vibrations. I have always felt Peace is something most people desire; not only Peace in the world but Peace in their own lives, and especially within themselves. It's creating a state of Peace, where critical voices and life experiences are quieted, or better yet, transcended, allowing a return to the natural state of Peace.

In 2017, my Peace Circle Group became a global conference call. Over the years, I was asked if it existed in other places. I responded that I wasn't aware of anything else like it. My Peace Circle Group was and is a cocreation with the Universe. A woman passing through the area who attended once, shared that it was similar to a group she attended in Findhorn, Scotland. I consider Findhorn to be one of the foremost examples of **New Paradigm Community** in the world. Needless to say, I felt incredibly honored.

Whatever has brought you to this moment, I want you to know you CAN have more Peace. Whatever you have been through, whatever is happening in your life in this very moment, Peace is yours. It is a gift. The Universe is saying, "Do you remember, this is what you already are?" The Universe is saying, "I AM Peace, and if you are made of me, YOU are Peace." Together, WE ARE Peace!

Infinite Blessings, Rev. Laura