World Peace: Yes We Can!

Short Moments of Peace,
Repeated Many Times,
Become Automatic
Dedication

Peace on Earth and
Good Cheer towards Everyone
World Peace: Yes We Can!

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Introduction

This small book illuminates a vast treasure house of gems within humankind. It will provide the greatest of riches for many generations. The treasure is contained in the phrase “short moments of peace, repeated many times, become automatic.”

Such a simple book actually has the great power to bring about world peace. Herein, you will discover that only with your active participation can world peace be a reality. It is up to you, and it is up to me. Together there is nothing that we cannot be. We, the people of the world, are the leader we are looking for. We’re inviting you to believe in your ability and the ability of everyone to bring about a peaceful human community.

This book contains vital knowledge that is essential to world peace and harmony.
Short Moments: The Solution in All Problems

What is a short moment of peace? To know the answer to that question, stop thinking—just for a moment. What remains? A sense of alertness and clarity remains. This is what peace is: clarity and alertness that is open like a cloudless sky.

Just as a rainbow appears within the sky, thoughts, emotions, sensations and other experiences appear within the clarity and alertness of our always present peaceful nature.

When we stop thinking for a moment, we introduce ourselves to a short moment of peace, and before long we begin to notice that the peace that is present when we are not thinking is also present when we are thinking. All thoughts vanish naturally like the flight path of a bird in the sky.

The peaceful clarity and alertness we identified when we stopped thinking is the basis of all thoughts. It saturates all thoughts without exception. This is truly amazing! This is similar to the vast sky being present regardless of
whatever appears within it.

By relying on short moments of peace, peace becomes increasingly automatic. This may happen slowly or quickly. To see how you are progressing in short moments, simply emphasize how far you have come rather than how far you have to go. This gentle approach is guaranteed to take you all the way to your peaceful nature.

**Pearls of Peace**

Short moments of peace can be likened to creating a string of pearls. If you tie a knot at the end of a string, each pearl that is added to the string automatically leads to a complete string of pearls.

You don’t have to think about whether or not your pearl-stringing method is working; you simply add one pearl at a time and it leads all the way to a complete string of beautiful pearls. It is the same with short moments. One short moment of peace at a time takes you all the way to complete peace. You do not even have to think for an instant if it is working. Before long the necklace is complete and there is no need to string pearls. Similarly, by the power of short moments, peace becomes automatic. ‘Short moments’ takes you all the way to complete peace without thinking about it.

When we have a complete string of pearls, we have something very valuable. We don’t really know how valuable it is until it is complete. Then we look at it and are awed by its natural beauty. We may get a sense of the value from the first pearl on the string, and with each added pearl, this sense of value grows until we have complete certainty of its value.
So too, with short moments of peace, confidence in its value grows. As peace becomes more and more continuous in our lives, we find it has an immense power that we never dreamt possible—the power to solve all our problems and the power to show us how to act skillfully in all situations. When we recognize that inner peace provides tremendous value that can solve our personal problems, we gain certainty that it has the power to solve the collective problems of the world as well.

We are awed by how obvious peace is—amazed that it has always been present within us, even though we did not know it. And we are thankful we know it now.

**What We All Have in Common**

If we are committed to the change that will bring about world peace, we need to begin emphasizing what we as human beings have in common rather than focusing so much on our differences.

For example, we share planet Earth as the home where we all live together. We also share basic human needs, such as water, food, clothing and shelter. Every single one of us shares these needs. We also need health care, education and work that will allow us to contribute our strengths, gifts and talents. Additionally, we need time to rest, reflect and play. And, we have the ability to share the resources that fulfill these needs.

Fundamental to fulfilling these needs for everyone is our ability to get along, cooperate and live together peacefully. However, we have not been able to fulfill these needs because we have not been able to figure out how to get along with each other.

In order to get along, we need to again look at what we share in common rather than our differences. First of all, we can state that we each have a body and mind. This is a very simple fact. Our body and mind are basic to our presence in the world. Through our body and mind we decide whether we are going to get along or not.

As the body and mind are the place where we decide to live harmoniously or not, it is clear that we need to identify the body and mind’s qualities and characteristics that lead to harmony. We know that these exist because we have all known or heard of people and experienced situations that are particularly harmonious. You may even be one of these especially peaceful, cooperative people. What is important is that if we know human beings who
are harmonious, that means harmony is a natural potential that exists within all of us.

So, the real question is: Can we hold ourselves to account for and exhibit our cooperative, harmonious nature? Most of us will answer a resounding "Yes!" Then all that is needed is the practical know-how to bring it about. The practical know-how is exactly what this book delivers.

**You Make a Difference**

You make a difference. Every single person on Earth makes a difference. By the power of gaining confidence in your innate peace, you make the single greatest contribution that anyone can ever make during their life.

How is this so? Simply put: Your peace equals world peace. This is a very powerful statement that you must never forget. With each person’s contribution of their own inner peace, we the people of the world, create world peace. How amazing that it is so simple. It is so obvious that it has not been seen!

As you grow familiar with the naturally occurring peace within by the power of short moments of peace, repeated many times, you increase world peace. This can be likened to having a great, unending treasure within you. Tapping into this treasury, you find its treasure is limitless. As we each draw on the infinite reserves of the treasury of peace, its gems shine brighter and brighter, and its glow shines everywhere throughout the world. As we each add our contribution of personal peace to world peace, we find there is an endless supply. We recognize that each of us has the profound power of making a significant contribution to world peace.

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The Practical Know-How to Make a Difference

World peace is inspiring! It calls forth from within us an aspiration to do our part to make the world a peaceful place. But exactly how do we do that?

You may be thinking: ‘How will my lifestyle change? Am I going to have to engage in special methods and practices that take time away from trying to provide for food, clothing, and shelter?’ This is a very real concern for almost all of us.

Well, we bring very good news. You have a peaceful nature already! So you do not need to find your peaceful nature anywhere other than where you are at every moment of the day. This includes every single one of your daily activities, such as working, parenting, playing, studying, sitting, walking, running, eating, earning money, riding, driving, talking, watching TV, and so on. Peace is already present; it is in you as you participate in daily activities.

You may ask: ‘How come I don’t know this then?’ We don’t know there is peace within because we were never taught this very important fact about ourselves. So, how can we learn it now?

The answer is in short moments. Short moments of peace, repeated many times, become automatic.

Short Moments: The Solution to World Peace

What happens is that short moments of peace are acknowledged one short moment at a time. At first, we may remember to take a short moment of peace only once in a while. This is perfectly okay and is the way it is for most everyone. Initially, we remember a short moment of peace and then we forget. This is normal.

However, we must not give up—ever!

We must not give up because these brief moments of peace, as momentary as they are in the beginning, are having a tremendous impact. This beneficial result may not be so obvious initially. The key point is to stay interested in peace. We must have this kind of resolve: ‘I will never give up on short moments of peace, repeated many times, until it is automatic!’

The simple approach of short moments will take us all the way to our peaceful nature. And when throughout the world, we gather together in the commitment to short moments of peace, we, the people of planet earth,
create world peace. It is as simple and powerful as that.

Each short moment of peace, taken by each person in the world, creates a great storehouse of peace that gets more and more powerful, spreading throughout the world.

**Short Moments: The Balanced View**

“Well, yes,” you might say, “but isn’t peace really separate from thoughts, emotions, sensations and other experiences?” Only from the point of view of our learned knowledge is there an apparent separateness; from the vantage of our peaceful nature, there is no separateness at all. On the account of the converging of the power of your aspiration for peace with the power of peace itself, a lucky meeting takes place. This meeting takes place naturally in the same way that the reflection of the sun and moon appear in water.

Another excellent illustration for peace existing within all of our thoughts, emotions, sensations and other experiences is one of butter existing in cream. When the cream is churned, the butter becomes obvious.
So too, short moments are related to the result of peace in the same way that churning cream is related to the result of butter. Just as churning cream cannot fail to produce butter, short moments of peace will not fail to result in peace.

In churning butter, the cream thickens gradually. At first it may seem like nothing is happening. However, with persistence, the cream develops a buttery texture and then butter itself appears. We can count on this without fail. And, our result of butter cannot be reversed back into cream.

Likewise, we can count on short moments of peace, repeated again and again. It spontaneously becomes automatic peace in all situations. As time goes by, we find irreversible peace within us.

By the power of short moments, we begin to discover more and more a sense of peace that fills us with soothing energy. By carrying on with short moments, whenever we remember to do so, the moments naturally begin to last longer. As the moments of peace grow longer, we find that our mind and body are functioning more easily. We begin to notice a soothing quality in our daily life.

Never underestimate the power of this simple practice. It is the most powerful force on Earth.

**Short Moments—Together**

What begins to happen is that the initial short moments grow longer. Along the way it dawns on us that these moments of peace are actually revealing the permanent nature of our own mind. We discover that peace is available to us all the time. The peace that starts as a short moment is recognized to be present all the time. This dawning is similar to the way the sunrise illuminates the entire landscape and sky. Once the sun rises we see everything clearly.
Before it rises, the blueness of the sky and the elements of the landscape are lost in the dark.

This can be likened to our being lost in the dark of thoughts, emotions, sensations and other experiences until we glimpse the light of clarity and comfort that are available to us in short moments of peace. When the sun of our peaceful nature rises, we become increasingly confident in its power to provide a balanced view of our thoughts, emotions, sensations and other experiences. Our outlook naturally evolves to one of peace and togetherness rather than one based on our personal points of view. We find clarity within the flow of viewpoints.

The stability, love, wisdom and peace of the balanced view actually leads us all the way to tremendous certainty of its power to enliven peace and harmony throughout the world.

The ability to love is present at all times.

**Short Moments: Keep It Simple**

We begin to see that short moments repeated again and again do become automatic, as was stated when we first heard this simple instruction. By putting what we have heard into practice, we attain confidence in the power of short moments to bring benefit to our lives. We keep it simple: Short moments, many times.

As our clarity develops, we see that we aren’t as complicated as we may have thought. In fact, we’re quite simple.

Our new balanced view starts to make it clear to us that our thoughts, emotions, sensations and experiences are simply points of view within the balanced view of our peaceful nature. This can be illustrated by the way planets and stars appear within the expanse of space. Similarly, points of view—thoughts, emotions, sensations and experiences—appear within the balanced view. And just like space is unaffected by any event within it, the

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balanced view is unaffected by its points of view—our thoughts, emotions, sensations and experiences.

The clarity and openness of space can be likened to peace. By the power of short moments, we become certain of its power to be unaffected by points of view and to provide a very special kind of intelligence that shows us what to do and how to act in all situations. This means we have greater clarity and the know-how to use that clarity to be of benefit. Initially, we know how to use clarity to benefit ourselves in bringing about unity, peace and harmony within. We empower ourselves with short moments that grow longer and longer.

Eventually, we see that just as we have been empowered by short moments, this very same potential for empowerment lies within everyone. At some point, based on our own experience, we come to the conclusion that by everyone empowering themselves with short moments of peace, we, the people of the world, unify as the force that brings about world peace.

As was said in the beginning, “It’s up to you and it’s up to me. Together there is nothing that we cannot be. Your peace equals world peace!” We cannot be stopped. It’s up to us.

**World Peace: Yes, We Will!**

We live at a time of many conflicts and wars around the globe as well as very serious problems that face the world economy. We may not be able to understand right away that not relying on our peaceful nature is the root of these problems. Perhaps we may blame political and economic leaders for
the severe difficulties we face; however, while political and economic leaders may make decisions that jeopardize the welfare of all of us, the actual cause of the problem is much more basic.

The actual cause of the problem is that we need to change the way we think and act, and this involves all of us. It is natural to look for the cause of the problem but not always easy to find it and correct it. Most of us do not have the skills to keep peace within ourselves. If we do not know how to keep peace within ourselves individually, we are unable to keep peace around the world.

Right now, by the power of short moments of peace, we are changing the world. Change is evident in each short moment of peace. When short moments of peace are repeated many times, peace becomes automatic. We create a peace zone within ourselves. We make peace our own.

When many of us commit to short moments of peace, peace zones spring up all over the world like precious gems lighting the earth. Short moment by short moment, the whole world becomes a peace zone.

**How to Choose Peace in Every Moment**

For many of us, it is most difficult to rely on peace when we have disturbing thoughts, emotions, sensations, or other experiences. It is important to see that even very disturbing states arise within our peaceful nature that is always present. Please remember that the basis of all points of view is our peaceful nature.

We choose to have peace or not. Moment-to-moment peace is the most important choice we will ever make.

Practically, this is how it works: When disturbing states and other points of view arise, rely on a short moment of peace. Over time, by the power of the short moment growing longer, we begin to experience peace regardless of what type of thought, emotion, sensation or experience arises. Much to our surprise, we find that all of these points of view rest in peace!

If we rely on short moments of peace, all points of view flow on by like a line drawn in water and there is no need to change them.

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Like the light of the great sun outshines all planets and stars during the day, the power of our peaceful nature outshines thoughts, emotions, sensations and other experiences.

In our peaceful nature, we find a profound intelligence we did not know we had and are introduced to it right on the spot wherever we are. It’s this simple: If we do not rely on peace, we never find this special intelligence. However, if we take peace all the way to being peaceful at all times, we find that this special intelligence includes complete mental and emotional stability, clarity, insight, compassion and skillfulness in all situations.

So, when we look at the results of short moments of peace, we can see that they are very powerful indeed. We as a global human culture have finally tapped into a form of knowledge that can give us complete mental and emotional stability, clarity, insight, compassion and skillfulness in all situations. This is truly amazing! With the internet and telecommunications available today, this is the first time in history that everyone can know this, and we are showing its power, together.

Based on this, we, the people of the world, assert, ‘World peace: Yes, we can!’

**Change**

Peace is the most significant aspect of human nature and the place where everything converges to create world peace. The change to our peaceful nature is one of commitment, action and experience. Initially, we must have

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a one hundred percent commitment to peace and it must be coupled with the action of short moments of peace, repeated many times, until it becomes automatic. When the commitment and action of this one simple change are in place, the experience of confidence in peace is certain. Reaching confidence and certainty, our peaceful nature is obvious at all times.

The change to peace is an action coming from a deep understanding that we, the people of the world, have the power to make the world a peaceful place that fulfills all beings’ basic needs, including their share of resources.

**Peace is the Best Choice**

We each have the ability to choose peace for ourselves. It is natural to us. No one can give us this ability, and no one can take it away. Regardless of our circumstances, we have the indestructible strength and power of peace within us.

In nature, everything unavoidably comes from peace, endures in peace and resolves in peace. Peace is never affected by what appears within it.

By the power of the enthusiastic interest in short moments of peace, it becomes more and more automatic until it is evident at all times. Know that this is your natural state.

Like a royal crown passed from generation to generation, short moments of peace provide a basis for conviction that peace is our birthright and natural legacy.

Each moment of peace tells the story of our origin.  

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**What Can I Do Today**

Peace is not made by nations. Peace is made by people. In order for us to make peace, we need to have simple instructions that we share in common. The instructions in this book and at www.greatfreedom.org show us how to empower ourselves and build world peace by the power of short moments of peace, repeated many times, until it becomes automatic.

Join a free online social network based on short moments of peace, at www.greatfreedom.org. There you will find people who are committed to supporting you in creating a peace zone within yourself. It is an instant source of friends around the world. You will also find free instruction from instructors in short moments. They can show you how to find peace in all situations.

You don’t need a computer to participate in the great movement for world peace. If you have a cell phone or land line, we can communicate with you no matter where you are located in the world.

If you do not have a phone or computer, we can communicate by mail.

And if you cannot read, hear or see, we will make certain that you receive the information you need to empower your peaceful nature and make it a reality all of the time.

All of this support is free. It is funded solely by the generous contributions made by those who have found value in short moments of peace.

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Peace is Power

True peace is the means of great strength and power. It is the only quality in life that provides complete freedom from confusion and ups and downs. There is nothing else in life that can make this promise.

Peace is the end of war. When the war within individuals is ended, peace naturally arises. When this occurs in many people collectively, war between people ends. The power of peace spreads around the earth. This power is yours to claim right now. Do not hold back. What could be more important?

There is no information that is more vital than this. In its power is revealed an intelligence that can solve every problem we face.

Keep it simple. By the power of short moments of peace, our innate peaceful nature is discovered, as though a blindfold has been removed from our eyes.

When we join together in short moments it takes us all the way to complete clarity and peace. We discover incredible skillful means to ensure that we make choices and decisions that are of benefit to all.

This will ensure that access to our peaceful nature will endure for future generations, making the world rich with its greatest natural resource—peace on earth and good will toward everyone.

Please make sure this heartfelt advice spreads and flourishes.

Thank you for rising up one by one in order to link ourselves together in peace around the world. Thank you for joining the force of peace that is sweeping the world! Thank you for insisting that peace is important!
People Share Experience with Short Moments of Peace

From a Great Freedom Participant in a War-Torn Country

Right now, there is a war going on in my country, and it's escalating. There are hundreds of people dead already, thousands wounded, and damage of billions of dollars. There are combat jets flying through the air, tanks crawling on the ground, and missiles and bombs exploding everywhere. The pain is enormous, and the sad thing is that even when this war is over, a new wave of terror and violence will start as a reaction. In the past I used to feel very frustrated, angry and aggressive in a situation like this—I wanted to kill anyone that was threatening my family, country and environment. I was convinced that "we" are right and "they" are wrong, and we have to use force to make the enemy understand that. When that didn't happen, I felt helpless and sad.

Because I identified with “my” people's side, I only looked at my interests, and ignored any considerations of the people on the other side, blaming them for the situation and holding them responsible for the consequences. But today my direct experience is different. After practicing short moments of peace and living from awareness for a while now, I can see beyond ‘my side’ and ‘their side’. I don't identify myself any more with my nationality and can see directly that I'm just a simple human being, just like my "enemies". Our pain is the same and we're sharing the same needs and essence. This war is happening just because we're holding to different belief systems and we see each other as different; but if we don't hold to them we can see each other as we really are: brothers and sisters of the same race and nationality—the human one.

Since I'm not caught up anymore in my beliefs and stories, they no longer have power over me. I no longer act from fear or anger and can see the whole picture. I can see the whole conflict and the solution to it very clearly, and I cannot take sides anymore. I know that there is no right or wrong in war—just pain. Because I've seen it within myself, I hope more and more people will come to see this and understand how easy and beautiful life can be. Taking short moments of peace brought me to feel more and more connected to each and every person I meet, without giving meaning to their name or label.

This is not theoretical—it’s very practical. Since I'm no longer controlled by my thoughts and emotions, I can see each situation clearly and act in a beneficial way—even now, as alarms are sounding outside my house...

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Peace of Mind

I’m very grateful for such a clear and concise teaching on the nature of our peaceful existence. I have found that the peace of mind I was always seeking is actually already the case. Complete mental and emotional stability, clarity, insight and compassion reveal themselves as inherent qualities rather than characteristics that I need to bring about through laborious efforts. I’m no longer fearful and worried about all the decisions and circumstances life offers and I’m able to live freely and be of benefit to myself and others.

For a long time I wondered whether life’s deep meaning was peaceful or not. I constantly asked myself, “What is it that I really want? How do I want to contribute to this world?” I tried many approaches and sought advice from many teachers to answer my questions. I also realized how much effort and focus I was putting into fixing myself. I saw that I was looking for painful symptoms to go away, but since they weren’t, I was just becoming more and more frustrated. In the end, there I was with all the same points of view and no escape from them.

In learning about short moments and by committing to allowing all of my points of view of health, career, relationships, and everything to be as they were, with no need to rearrange them, I found that the negative aspects of these points of view started to resolve. They started to lose their power to cause me to feel one way or another. I finally allowed myself to stop thinking about everything so intently and stopped trying to figure everything out. I also gave up trying to fix others. Then, life began to flow and I became much more relaxed and happy.

I am immensely grateful for the gift of relying on short moments to reveal the peace and intelligence that is available to each and every one of us here in this very moment.

True Happiness and Benefit

I considered myself an open positive person with lots of love to share with all. I had a lot of positive ideas about myself, people and about life, and I had found great ways to contribute to people spiritually and in terms of being really helpful, with a positive attitude.

When I was introduced to the Great Freedom Teaching and started to take short moments of peace, immediately I knew that I had missed something about myself and about others. The short moments and the support of the teachers helped me to recognize all the things that I had avoided. I could see it in myself and I could see it in others, and immediately I knew that all my
positive thinking, spirituality and my ways of contributing to people from that perspective had limited me so much from being completely open to everything that appeared in my life.

Now, after one year of resting as peace, using the support of the teachers and being around the community, I don't feel that I have anything to avoid. I can be with people and it doesn't matter what kind of person I have next to me or what kind of ideas they have; I can simply be with them without trying to change them. I can also be with my family without taking responsibility for their actions, and I can be with my partner in a way that we can enjoy each other completely without any expectations or ideas about what our relationship should look like. I can be with myself no matter what is occurring and I don’t feel like I always have to have positive thoughts, experiences and sensations to feel good about myself.

More and more I see that all is equal and I'm not dependent on anything that appears. I have discovered a freedom and openness beyond all the things that I used to know and now I can truly be of benefit to myself and others. I’m so grateful to see that we all can discover true happiness that is not dependent on anything and that we can simply be ourselves—it's a great relief!

**The Clear Way to Peace**

Since I was a child I remember the underlying feeling of unease about my thoughts, emotions and actions, my family, my school, my country, my life and the world. At 16 years of age I began the search for inner peace, confidence, and to find someone to finally tell me how to live! I searched for almost ten years in different practices always wanting even more inner peace, more calmness, and more amazing states. My life did improve in a way, but it is nothing compared to the changes that are happening through short moments of peace.

Since I started relying on peace, the search stopped immediately. I no longer look for anything outside what is right now. I know in my experience that life is not a complex, mysterious thing, and that I don’t have to work so hard in order to live with ease and enjoyment. As I continue to rely on peace for short moments, I can see that the underlying wish for my life has come true: I enjoy living every moment and I know how to be with people in a natural and open way. I don’t find myself fearful of the future, and I know that the next day will be even better.

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It is really easy to gain confidence in awareness/peace with the loving support of the teachers, teaching and the worldwide community—all gently and directly showing me the clear way to peace in myself and in the world. It is a true simple gift that changed my experience of life forever, and I am really grateful for this.

**Underlying Ease in Everyday Life**

Before I started relying on short moments I had a lot of questions of how life is supposed to be. There were a lot of thoughts about women, sex and about work. All these didn’t really get clearer with time. It felt like they always came up no matter what choices I took in life. It was a confusing time.

When I started resting for short moments I started listening to awareness instead of to what everybody else said was good for me. I realized that most of my thoughts about things were not my own, but came from how I was taught to focus my awareness. Starting to rely on awareness with the great support system of the Four Comforts of Great Freedom—the practice of resting for short moments, many times, until it becomes automatic, the teachers, the teaching, and the community—helped me see my innate wisdom. Gradually I stopped following all the questions I had and instead I let awareness support me with the wisdom to make choices out of a balanced view. The greatest gift of all was to have a support system that was always there for me when I needed it.

Now, awareness is recognized in everyday life, and all points of view are gradually outshone. I just let things be as they are. There is no need to follow after all points of views as they gradually settle. Awareness gives me the answers I need in the moment and there is total rest in relying on awareness. I feel more like a human than I ever did before. There is an underlying ease in everyday life and points of view are enjoyed as their marvelous appearance as awareness—empty, clear and wholly positive.

**Hard-Wired Peace**

I love short moments of peace. When repeated many times, peace, like the instinct to stand tall, becomes automatic, regardless of age, background or current circumstances. This is what I’m finding and why I persist. I am infinitely familiar with stumbling and raising my fists at supposed deterrents, yet innately I know we are hard-wired for peace, and I know that it’s in every one of us. We’ve simply become conditioned to forget, accustomed to disharmony.
When I slow down for just a moment, open up and tune in, peace and clarity are vividly here. It’s like I am really meeting myself for the first time, and eventually a balanced view arises greeting everything I do, every sensation I feel, and every person I meet.

I now recognize that personal peace has the power to benefit not only myself in my daily walk of life, but the entire world as well, through the seamlessness of cooperation, generosity and openness. The time to make a difference is always now, always available.

The commitment to short moments of peace repeated many times has reflected for me that whether I stumble or flow, it really doesn’t matter, for peace is in the stumble, and peace is in the flow: a balanced view. What could be more important than short moments many times?

**Amazing and Ordinary Stability**

Before I realized short moments, my main way of trying to find stability and well-being was through mentally understanding everything—if I only understood how everything worked then I would have well-being. There was always an effort to maintain this. I explored ways of communicating so that I could mentally understand how everything was a wisdom appearance but it gave me no stability. I was always trying to maintain this state of knowing.

When I was introduced to short moments of peace, I quickly realized that, if I was to be able to experience benefit, I would need to relax my mental processes and give up trying to understand. The relief was apparent just days after relaxing the concept of "trying-to-get-my-head-around-everything." For the first time in a long time I could be natural and easy with myself and others.

Now everything is amazing and ordinary in the same instant. I am experiencing an ever increasing stability. Less and less can anything alter this stability. It is so amazing! I am deeply grateful for the practice of short moments of peace, repeated many times until it becomes automatic.

**A Tremendous Relief**

Through the recognition of short moments of peace, I now see how the pursuit of perfection through points of view never served me. I used to keep a food journal because I was in fear of the “double-digit dress size.” The scale was my taskmaster and I exercised compulsively. I can’t help but laugh when I remember what a limited place of non-recognition I chose to live in. Today, through the balanced view of resting in short moments of peace, I am
no longer affected by those points of view, and I no longer rely on the antidotes of contrived activities, wishful thinking or analysis.

Short moments of rest has resolved all my extreme ideas and has resulted in my living a balanced life. With this internal balance I know I am best serving myself and others and I do so with great joy and enthusiasm.

My inspiration comes everyday from the choice to relax my mind and let everything that occurs flow on by naturally. Now I know that nothing else needs to be done to create ease and comfort. By identifying with the power of short moments of peace, repeated many times, I utilize my strengths, gifts and talents to be of greatest benefit and effortlessly solve problems and make decisions based on each moment of this peaceful rest. I choose harmony over conflict, and I can meet all challenges with grace and wise determination.

It is a tremendous relief to let all thoughts, emotions, and experiences be as they are. If this simple practice can work in my life, I know it can work in everyone’s.

**Rooted in Mental and Emotional Stability**

I had always suspected that there was something more to life than what I saw in others and what I was experiencing, but because my life was better than most of the people I knew, I was willing to just settle for thinking that this was all there was. In that settling, I ended up hiding out behind a lot of excuses and built up a lot of walls that kept me separated from people, places and things. It was impossible to be truly intimate with myself or others.

Once I started recognizing short moments of peace my life completely changed. Since walking the walk has always been much more important to me than talking the talk I am most grateful for these amazing changes. Namely, the relationships I once had that were filled with anger, blame, jealousy and bitterness cannot be found to exist any longer and it has become impossible to relate to people in that way anymore. I also learned what it means to really love and to care about others in a compassionate heartfelt way.

Now I feel a sense of contentment, energy, humor, and grounding rooted in mental and emotional stability, insights that I never knew were possible, incredible compassion that comes from a place of connected knowingness, a light-hearted interplay with all that arises and a balanced view that sees everything as it is.

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All of this has occurred just from my commitment to recognize short moments of peace, many times. Now my actions are based on what will be of benefit to many, and there is no more blaming others, no more expectations, no more hiding out, and no more wondering what my life’s purpose is—WOW!

I care about everything so much more now, and rather than avoiding things, I feel like every experience I have is one that I learn and benefit from. It’s a much more relaxed and enjoyable way to live! I am truly grateful for being able to live life in this connected way.

**Effort is Unnecessary**

My life has changed.

To my own amazement, it is now naturally subsumed in peace, and I did nothing special for this to come about! Two years ago, I was frustrated that life was an ongoing series of ups and downs. I passionately wished to find true stability that I could rely on in every circumstance, in order that I could contribute with my full potential in the world—naturally and happily.

I learned about short moments. Whenever it naturally occurred to me, I began to choose short moments of peace, rather than getting wrapped up in the ups and downs of thinking and emotionality that I was used to. In doing this, I saw that total ease and stable excellence is always available to me, just by recognizing it. Even in the midst of things like fear, anger, confusion and pain, I simply made the choice to recognize peace for short moments. With time, the peaceful nature of everything has naturally become a certainty that I can rely on to guide all my decisions and activities. Relying on my peaceful nature, rather than my previous strategies of striving to be a certain way, is on all accounts, a superior basis for life. It is easy, fun, a sensitive way to be, free of striving, and effective beyond what I could ever intentionally muster up.

My energy is not focused anymore, on attempting to control and manage the flavor of my experiences by analyzing, trying to be good, blaming, seeking, etc., in an habitual hope that at some point I might be able to come to some kind of control and stability with regards to my thoughts emotions and experiences. This never worked.

I am grateful and relieved that tremendous effort is unnecessary to live a peaceful and happy life. Through resting for short moments when this habitual effort and struggle arose, the natural moment-to-moment ability to
respond revealed itself. With no need whatsoever to worry, nothing to get and nothing to defend, what remains is a joyous energy to contribute.
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