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Peace On Earth

by Rebbie Straubing

The nature of our blue emerald, our fertile home, is peace, balance and beauty. It spins with unerring balance. It floats in space undaunted by its surroundings. It dances around the sun gracefully with ever-renewed enthusiasm and full presence in every moment.

The Earth is peace. Its core is steady and relaxed.

The Earth is its own ecstatic meditation. It never tires because it is moved by the infinite hand that moves all things. This is the peace in Earth.

On the Surface. On the surface of this sphere of harmony we find ourselves. The soles of our feet meet the hum of the Earth's peace more often than almost any other influence we encounter. You and I are rich with potential because our feet breathe peace from the Earth as regularly as our lungs take air. The surface of this Earth perpetually offers peace.

In our Hearts. Our hearts want to know the peace that we intuit as our native ground. And yet, we often feel the harsh winds of conflict. By looking outward, we see things we don't understand. By thinking we understand them and acting from ignorance, we create more conflict.

When we look inward, the Earth and its peace have a chance to visit with us, to instruct us, to inform us. The Earth's peace never stops offering its song. When we stop to listen, its sweet and refreshing refrain cannot be denied.

Do not listen for this song with your ears. Listen with your feet.

Gravity. The song of God's peace, sung by Earth, heard by you, produces acts of love and kindness. Listening, with your feet pressed to the ground by the weight of your frame, you hear this song as the silence of gravity. This silence runs through the center of your spine. This silent song, the core of peace within you, offers the key to peace on Earth. It links the peace in Earth with the potential peace on Earth as you.

You and I form the instruments of the song of peace. Through us, the Earth sings its divine melody.

Levity. Through the vehicle of gravity, we become light. Like a bouncing ball, the more we let ourselves step fully on the earth, the more we are nourished by its peace, lifted by its spirit and elevated by our joy. The joy that springs from peace has no reason. It simply bursts forth as movement. The movement of joy is upward.

Once inner peace begins to move, it becomes joy. Joy born of peace is called freedom. Freedom born of joy chooses kindness. Once again, you become the link between the Earth's inherent peace and the possibility of peace on Earth. The Earth sings God's joy through your acts of kindness.

Love. Love cannot be the result of peace on Earth. It must be the cause. In order to be a harbinger of peace on Earth, cultivate unconditional love. Once the space of love within us exists independent of conditions, we become springs of peace, rising effortlessly,

nourishing the tendency toward peace on Earth.

Try This:

- Let the moment of contact with the Earth become your contribution to peace on Earth as you step with honor and respect for the peace in Earth.
- Let the meeting place of your foot and the Earth become sacred.
- With every step you take feel for the peace of the Earth.
- Let the rest of your body become the amplifier of this peace as you move through your life.
- Become a walking embodiment of peace on Earth.

With this approach, everywhere you go, you leave a wake of kindness.

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Dr. Rebbie Straubing is the author of "Rooted in the Infinite." Rebbie is a workshop leader, Abraham Coach and spiritual writer. You can get her free eCourse at <http://YOFA.net> and sign up for YOFA Jhe Sessions at www.AlignmentforHealing.com.

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