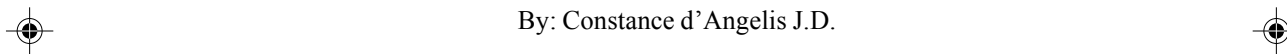




The 7 Laws of Inner Peace

How to Attract What You Want Without Struggle or Worry

By: Constance d'Angelis J.D.



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The 7 Laws of Inner Peace

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*Inner peace is essential to a life of satisfaction, fulfillment
and cooperation. You have the power.*

*The 7 Laws of Inner Peace will show you how to unleash
and focus that power.*

The rest is up to you.

Constance d'Angelis J.D.





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Introduction

This little book is a practical guide to achieving inner calm and tranquility in a busy world. The 7 Laws of Inner Peace is your guide to expanding and balancing your personal power. Your highest power lies within you and gives you the confidence and courage to manifest peace in your life. You can take charge of your life and attract those people and events that support and enhance your inner peace. As your level of inner peace increases, so does your satisfaction and joyfulness.

Inner peace is the doorway to a great paradox. We feel inner peace as an absence of struggle and worry, but inner peace is much, much more. Inner peace is the basis for optimum, balanced action and accomplishment. It is a foundation and springboard to assertive, discerning action and rewarding relationships.





THE 7 LAWS OF INNER PEACE

Inner Peace Awareness Quiz

What is your level of inner peace? Take this quiz and find out. Write **true** or **false** next to each statement. Go with the first response that comes to mind.

- ___ 1. Worry or mental activity keeps me from sleeping soundly.
- ___ 2. I enter into and/or stay in relationships in which I am treated poorly.
- ___ 3. I feel abused or taken advantage of.
- ___ 4. I feel empty inside, never truly happy, often dissatisfied or bored.
- ___ 5. I keep busy with many outside activities to avoid being alone.
- ___ 6. I try to avoid handling disagreements.
- ___ 7. I often become angry when confronted.
- ___ 8. I hold grudges and resentments.



Inner Peace Awareness Quiz

9. There are things I wish to begin or finish, but don't.
10. I have an addiction or a habit that gets me into trouble sometimes.
11. I could make more money or feel less stress if the people I work with were more cooperative.
12. I feel stimulated when I talk about other people.
13. I enjoy listening to gossip.
14. I have a hectic, complicated life.
15. Sometimes, I feel out of control.
16. I dislike having to concentrate on dull tasks.
17. I prefer to have a radio or television playing when I'm reading, studying or trying to fall asleep.





Scoring

- Less than three **true** answers: your level of inner peace is high.
- Four to seven **true** answers: your level of inner peace is moderate
- More than eight **true** answers: your level of inner peace is low.
- If you answered **true** to three out of the first five questions your level of inner peace is very low.

If you answered **true** to any of the questions, you can increase your level of inner peace and change your life for the better by following *The 7 Laws of Inner Peace Process*. After reading the book, retake this *Inner Peace Awareness Quiz*. As you integrate the 7 Laws you'll notice a change in your answers.





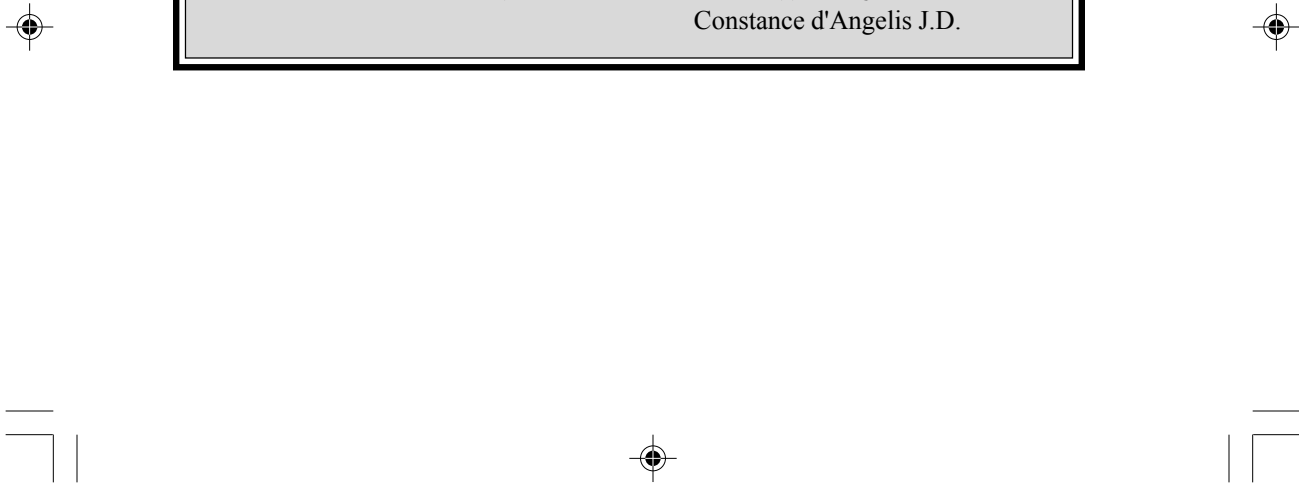
Nothing can bring you peace but yourself.

Ralph Waldo Emerson (1803-1882)





*Peace begins within, and is the only way to
transcend conflict, chaos and suffering.*
Constance d'Angelis J.D.





Part 1

You and The 7 Laws of Inner Peace

Who Are You?


Who is in Charge of Your Life?

Self Assessment Quiz




YOU and The 7 Laws of Inner Peace

Who Are You?



To live your life powerfully, you must discover and honor who you are. Know your true self. . .not what you do for a living, not to whom you're related or married, not what you do in your spare time or for fun, and not the religion, culture or race you belong to, but YOU. . .the genuine person you truly are.

Use your personal power properly and you'll reduce any struggle or discord you're experiencing. Misuse your personal power and you'll create suffering and inner turmoil. Be a magnet for peace. *The 7 Laws of Inner Peace* offers a map to help you create greater balance in your life and open your heart and soul to constructive rather than destructive forces. Apply *The 7 Laws of Inner Peace Process* to generate the inner peace you desire.



Who is in Charge of Your Life?

Are you in charge of your life?



Is the real YOU in charge of your life? Are you reliable, coherent and dependable in your inner relationship with yourself and with others? This self-assessment quiz will help you answer these questions. When you read the statements, state your answers out loud and immediately check in with yourself to determine how you feel. Be truthful. These questions will require self-reflection and may take some time to complete. Come back to them periodically as you move through *The 7 Laws of Inner Peace Process*.





THE 7 LAWS OF INNER PEACE

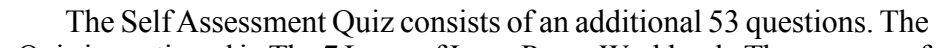
Self Assessment Quiz

- 
- 
1. Do your actions reflect your inner values, or do you say one thing and do another?
 2. When you feel powerful, are you also compassionate and kind or are you aggressive, harsh, crafty, sneaky or manipulative?
 3. Are you true to your principles, yet considerate of others' concepts when they differ from yours, or is your way the right way?
 4. Do you share your opinions when asked, or do you convey your outlook without invitation?
 5. Do you accept your friends, family, colleagues and acquaintances, allowing them to be who they are, or do you judge them and craft ways to set them up, defeat them or talk about them behind their backs? (Keep in mind that acceptance is not approval of inappropriate behavior.)



You and The 7 Laws of Inner Peace

6. Is it easy for you to harmonize and cooperate with others, or must you fight or scheme to get what you want?
7. Do you always tell the truth as you see it, or will you modify the truth or lie? Why?
8. Are you truly honest with yourself? If not, would you like to be?
9. Would you like to be the hero of your life—the one who takes charge and chooses life experiences . . . the one you can trust? Are you?



The Self Assessment Quiz consists of an additional 53 questions. The Quiz is continued in *The 7 Laws of Inner Peace Workbook*. The purpose of the Quiz is to open your awareness about yourself. The more awareness you have, the easier life becomes. When you've read *The 7 Laws of Inner Peace*, completed the exercises and integrated the principles, you'll notice a change in your responses to the Quiz. You might want to join a *7 Laws of Inner Peace Workshop*, or complete the Self Assessment Quiz in the workbook if you choose to continue your self-awareness progress.



THE 7 LAWS OF INNER PEACE

Inner peace is the basis for optimum, balanced action and accomplishment. It is a foundation—a springboard—to assertive, discerning action and rewarding relationships.

Constance d'Angelis J.D.



Part II

Chapter One ____ *The Law of Unity*

Chapter Two ____ *The Law of Perception*

Chapter Three ____ *The Law of Cause and Effect*

Chapter Four ____ *The Law of Alignment*

Chapter Five ____ *The Law of Mental Attention*

Chapter Six ____ *The Law of Giving*

Chapter Seven ____ *The Law of Redemption*



*What lies behind us and what lies before us are
tiny matters compared to what lies within us.*
Ralph Waldo Emerson (1803 – 1882)





Chapter One

The Law of Unity

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Questions

Y t i C



THE 7 LAWS OF INNER PEACE

Personal Story

A young woman in a coma-like state sparks my awareness of universal consciousness, and sharpens my view of life and death. I realize that we are all connected.

Page 14



Chapter One

The First Law of Inner Peace:

The Law of Unity



Energy is the basic and vital component of the universe. You are energy, and all life is made up of the same energy. Your consciousness consists of this energy and connects you with all life. Your consciousness aligns you with others. It helps you to become more aware, intuitive and empathetic. When your consciousness is aligned you find common ground in your relationships, especially your relationship with yourself.





THE 7 LAWS OF INNER PEACE

Key Points

- When you focus on similarities with others, you engender cooperation.
- When you concentrate on differences between you and others, you stimulate separation, discord and jealousy.
- When you harm another, you harm yourself.
- When you help another, you help yourself.
- When you recognize that your thoughts are occurring with no external cause, you can change them...they are your thoughts and you can take charge.

Benefits

When you put *The Law of Unity* into effect:

1. You'll be able to deal more easily with difficult people.
2. You'll get more cooperation from others.
3. You'll learn to minimize highly stressful situations.
4. You'll develop a greater sense of empathy—a compassion for others' pain and suffering without the need to try fixing them.
5. You'll recognize that your thoughts occur even when you don't want them.
6. You'll understand that you don't have to give in to thoughts. You can let them go.
7. You'll experience how your thoughts are linked to your emotions.
8. You'll realize that you are not your thoughts, emotions or feelings. You are much more. You are the thinker behind the thoughts. You are in charge.

Personal Story

I stood at the door of the nursing home room looking in. I was there to assess whether I would act as co-counsel to discontinue tube feeding a young woman in a coma-like state.

Terri Schiavo was parked in a wheelchair near the center of the room. Her bony hands were clenched and coiled up under her chin. She was dressed in black knit slacks and a smock with blue cartoon characters playing on a black background. From her chest to her ankles, she was covered with a polyester blanket. Her feet were drooped—toes pointing downward. She wore white socks.

She made soft moaning sounds. Her mouth stayed open showing a dry, cracked tongue. Her dentures were hardly discernable. Rhythmically, her brown eyes flipped from side to side. Her head rocked back and forth within a padded metal brace that circled the back of her head.



The Law of Unity

I pulled a chair up next to her and sat down. I stroked her head like I would an infant. Her brown hair felt clean and soft. My thoughts moved me back in time, reminding me of my daughter, Tracey.



Tracey was born with a birth defect—an open spine or Mylomeningecele. She was paralyzed from the waist down, and spinal fluid accumulated in her skull causing water on the brain or hydrocephalus. Terri had hydrocephalus too, but in her case, the brain tissue atrophied or shrunk from a lack of oxygen. Like the sea coming in at high tide, spinal fluid replaced the space where her brain had once been.

The similarity between Tracey and Terri overwhelmed me. Remembering Tracey’s death, I felt my eyes welling up with tears and I swallowed hard to keep from sobbing.

I felt an indescribable connection to Terri. In my mind and in my heart, there was no difference or separation between us. We were one. A strong



THE 7 LAWS OF INNER PEACE

feeling of compassion and unconditional love overtook me. My love for Tracey was the same as my love for this vegetative woman, who I was meeting for the first time.

Suddenly, I experienced a sense of merging with the Universe—all that is. I felt as though I were a part of everything and everyone. This incredible feeling remained with me for about two minutes. While this indescribable moment was a brand new experience for me, I knew something life-altering had occurred. And, years later, I remember it as clearly as if it had just occurred. Now, I know that I was given the first of *The 7 Laws of Inner Peace*, *The Law of Unity*.

As a result of this experience I could no longer judge those who were in opposition to my role as an attorney seeking to discontinue tube-feeding for Terri Schiavo. These people were not evil, nor were they trying to hurt anyone.



The Law of Unity

They were Terri's parents and, as a mother and a human being, my heart went out to them. It is a terrible thing to love and lose a child. I remembered the saying, "Parents shouldn't bury their children."



During this meeting with Terri, I experienced the effect of *The Law of Unity*, and it changed my life. I knew then that, by restricting my compassion to a few people or to those who agreed with my concepts, this limited, inhibited and restrained me. In order to break free of these limitations, I had to expand my mind, and my heart.





THE 7 LAWS OF INNER PEACE

*Sow a thought and you reap an action; sow an act and
you reap a habit; sow a habit and you reap a character;
sow a character and you reap a destiny.*

Ralph Waldo Emerson (1803-1882)

The 7 Laws of Inner Peace Process

1

Exercises

In this exercise, you will learn to quiet your mind. Detailed instructions regarding Stillness—Quiet Time are included in *The 7 Laws of Inner Peace Process* section starting on page 111. I recommend that you commit to two Stillness sessions per day. Do your sessions on a regular basis. If you commit to sessions at 7:00 a.m. and 3:00 p.m. follow through. Be true to yourself, trust yourself and keep your word. If you miss a session, forgive yourself. Regroup and begin again.

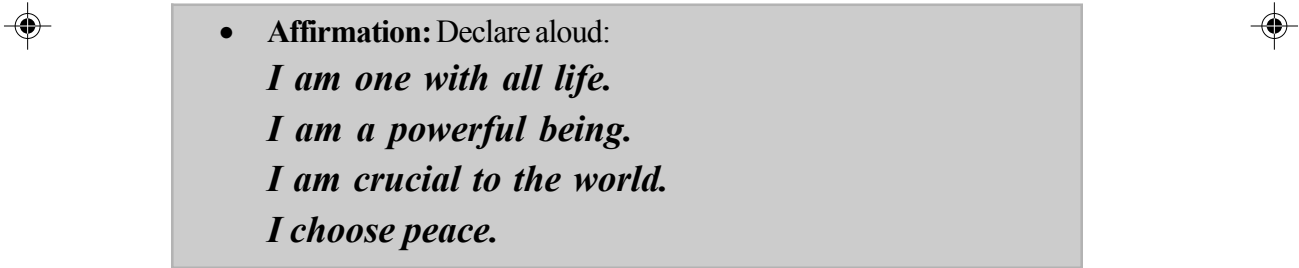
*Our greatest glory consists not in falling,
but in rising every time we fall.*

Ralph Waldo Emerson (1803-1882)



THE 7 LAWS OF INNER PEACE

- **Stillness Practice—Quiet Time:** Spend fifteen minutes in Stillness. Focus on your breathing. Watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them to. Relax and breathe. You're just beginning. Be gentle with yourself.

- 
- **Affirmation:** Declare aloud:
I am one with all life.
I am a powerful being.
I am crucial to the world.
I choose peace.



The Law of Unity

1

To gain the best results from The 7 Laws of Inner Peace Process you need a quiet mind. When you introduce a thought into your quiet mind, the thought has tremendous power.

Constance d'Angelis J.D.

Spark Question

When you're upset with yourself or another, ask:

Am I looking for common ground, shared interests or mutuality?

Or, am I focusing on drama, conflict or differences?

If you focus on discord, rethink your attitudes and actions... change your mind!



Chapter Two

The Law of Perception

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

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Personal Story

A client, Kathryn, conquers the effect of sexual abuse experienced as a child and demonstrates the power of the mind. As an adult she changes her mind, which changes her life.

Page 28



Chapter Two

The Second Law of Inner Peace:

The Law of Perception





Your perception of the world around you creates your reality. Reality is your interpretation of the people and events that enter your life. What you perceive, and how you perceive it, is based on your past history and your belief system. Your perception is not necessarily the truth any more than someone else's perception or belief is true for you. You will see or understand a situation differently from others due to your viewpoint...your perception of the world.





THE 7 LAWS OF INNER PEACE

Key Points

- 
- 
- Your feelings about a person or situation are your feelings, and not someone else's reality, responsibility or fault.
 - Your perceptions are rooted in your past experiences.
 - Your perceptions are not facts, but your interpretation of the facts.
 - By the age of 6 years you developed your view of the world.
 - Your view of the world becomes your unconscious belief system, unless you bring it into your conscious mind and become aware of it.
 - Your unconscious belief system makes decisions for you 24/7 without your conscious knowledge or understanding, until you become aware.



Benefits

When you put *The Law of Perception* into effect:

2

1. You'll become aware of your unconscious beliefs and belief system.
2. You'll realize that you can take charge of how you perceive your world.
3. You can change your unconscious reactions into conscious choices.
4. You can tap into the all-knowing genius within... a different mind not hampered by unconscious beliefs.



Personal Story

Kathryn owns three companies and is an accomplished businesswoman. She's wealthy and supports many worthwhile charities. She is a kind and competent woman.

However, when I met her, she was consistently involved in one lawsuit after another.

When I became her lawyer, she was either defending a bogus lawsuit perpetuated by a man in her life or suing a former business partner.

After a few years of continuous litigation, Kathryn, who was also undergoing counseling, asked me to interface with her psychologist to help her explore whether there was a relationship between her legal problems and trauma she may have experienced as a young child. Kathryn told me that she had come from an affluent, straight-laced family where family problems were not disclosed. When Kathryn was a little girl, her father sexually abused her.



The Law of Perception

Since the family never discussed any problems, Kathryn could not confide in anyone. She was taught to treat her victimization as if it never occurred. Her family belief system dictated that, if no one talked about the trauma, it never happened.

2

Kathryn grew up confused. She doubted herself and did not trust her feelings. She believed that she must sacrifice herself, or she wouldn't be loved or accepted. She saw life as a win/lose proposition. If she were to be loved, she must give in and give up. Kathryn, the adult, had money and power, but still perceived herself as a victim—a life path formulated before she reached the age of 7.

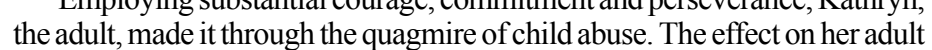
As an adult, Kathryn finally told her mother about the sexual abuse. Her mother called her a liar and refused to discuss the situation. Kathryn realized she could not rely on her mother's help so she dedicated herself to clearing away the unrelenting terror that resulted from the past abuse. Once she realized



THE 7 LAWS OF INNER PEACE

that the perception of a very, very young child was her adult reality, she was able to move past her childhood traumas and heal herself.

Through persistent commitment to personal growth and the application of *The 7 Laws of Inner Peace* principles, which include Stillness Practice, Affirmations, and Journaling, she was able to quell her inner conflict and become less reactive. She was able to increase her awareness and shift her belief system. Kathryn changed her mind, which changed her life.



Employing substantial courage, commitment and perseverance, Kathryn, the adult, made it through the quagmire of child abuse. The effect on her adult life became apparent when her disputes with partners waned, and the number of lawsuits dwindled. Although I continued to represent her in business matters, litigation became less and less necessary. She is a vibrant woman and one of my greatest teachers. Kathryn opened my eyes to the powerful effects of *The Law of Perception*.

The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them. Relax and breathe.
- **Journaling:** Begin a journal and write in it after each Stillness session. Observe your thoughts and feelings and make a note of them. Avoid getting too emotional or concerned; don't buy into the thoughts—just make a note. Recognize that the thoughts are occurring with no external cause, and are coming from you even though you're trying to be quiet. Spend only five minutes observing your thoughts and recording them in your journal.

2



THE 7 LAWS OF INNER PEACE

- **Affirmation:** Declare aloud:
I am a conscious being.
I am in charge of my world.
I choose peace.

- **Expectation:** Benefits will occur. Review the benefits of putting *The Law of Perception* into effect in the Benefits section on page 27, and note where you've had beneficial results. Look for small events that show expected shifts and changes. You could be surprised at advantages that happen when you least expect them.

Spark Question

When you're upset with yourself or another, ask:

2

*Am I thinking clearly?
Or, am I reacting; possibly reading a threat or insult into
the situation?*

If you're reacting, avoid words or actions that display your attitude, and make a note in your journal.



THE 7 LAWS OF INNER PEACE

*The evil which assails us is not in the localities we inhabit
but in ourselves.*

Lucius Annaeus Seneca (4 BCE - 65 AD)



Chapter Three

The Law of Cause and Effect

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

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Personal Story

A friend, Lilly, shows me the power of the subconscious mind by losing her business to betrayal and her partner's self serving agenda. Chaos results from conflict between the conscious and subconscious mind.

Page 40





Chapter Three

The Third Law of Inner Peace:

The Law of Cause and Effect



Thoughts are causes that create effects. By becoming aware of your thoughts, you can choose your life conditions and experience the power of choice. When you change your thinking, you change your life. You have the power.

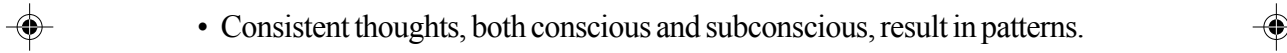




THE 7 LAWS OF INNER PEACE

Key Points

- You reap what you sow.
- How you respond to events in your life is up to you.
- Thoughts create results.
- Consistent thoughts, both conscious and subconscious, result in patterns.
- Problems and successes are rooted in thinking patterns.
- You are imbued with the ability to create your world. Happy or sad, it's your choice.



Benefits

When you put *The Law of Cause and Effect* into effect:

1. You'll identify your belief systems.
2. You'll observe your life conditions.
3. You'll realize that you can choose whether to have friends, support and prosperity or enemies, betrayal and poverty in your life experience.
4. You can rid yourself of a "poor me" attitude—that you're a victim, being taken advantage of, or manipulated.
5. You'll recognize that unwanted subconscious beliefs need not have control of your life. When you're aware of your thoughts and belief systems, you can avoid what you don't want and enhance what you do want.

3

Personal Story

Lilly, a good friend and colleague spent many years building a substantial legal practice. She is a master strategist who designs efficient work-load systems. Lilly was able to obtain most of her commercial clients by charging lower fees and finishing the cases faster than most other lawyers who had similar type cases. She recognized that her systems were so efficient that she could teach others to perform this work, leaving her free to do what she does best. Lilly is a rainmaker—the lawyer who brings clients into the firm. She has a dynamic personality and is excellent at attracting and serving clients.

With all of her qualities, Lilly was conflicted. Her subconscious thoughts and emotions became clear. She was bored and tired. Her systems were so efficient that she barely had to think. She wanted to quit the day-to-day, mandatory, mundane court appearances which could be handled by a first year lawyer instead of someone with her experience. She hated returning



The Law of Cause and Effect

telephone calls and answering the same questions for every case. She had set up such a great system that it practically ran itself.

Lilly wanted to have more time to go sailing. She expressed her true feelings with comments like “I’m so tired of this pace. I can’t do what I want. I’m sorry I ever started this, and I don’t know how I’m going to get some relief.” She was quite distressed with the way her life was going, and felt more and more frustrated. Lilly had spent eight years building her law practice and the income from the practice supported her. There were many benefits to her accomplishment and she enjoyed her success. Although Lilly wanted more time for herself, and slower pace, she didn’t plan to leave the business.

3

Soon, a law firm offered Lilly a partnership, a good salary, a promised staff and junior lawyers to handle the less complicated matters. They wanted her to be a rainmaker.

At this time, I was studying at the *Center for Creative Thought* in Tampa, Florida, taking courses in Science of Mind. This is a theory of philosopher and



THE 7 LAWS OF INNER PEACE

spiritual teacher, Ernest Holmes, who founded the Institute of Religious Science and School of Philosophy in 1927.

Lilly and I were close friends and she asked my advice. I told her that if she could relax and affirm what she really wants in her life, a proper solution could be attracted. Also, I told her to stop complaining. According to the Science of Mind teachings, if you change your thinking, you will change your life. Although she agreed with me, she kept her negative attitude and internal conflict between her conscious mind (what was expected of her) and her subconscious mind (what she really wanted.) Neither did she affirm what she really wanted, nor was she open to receiving a solution.

Lilly accepted the law firm's offer. Within a year, Lilly's subconscious thoughts became real. The senior partner of the firm took a case against Lilly's major client—a large bank. The senior partner had disregarded conflict of interest rules by litigating against an existing client of his firm. If he had been charged with the ethical violation he could have lost his license to



The Law of Cause and Effect

practice law. Nothing happened to him. Lilly was not as fortunate. Lilly's client fired her. The client was so upset that, even though Lilly had done nothing wrong, the client took away all of the work she was doing and hired another law firm.

Lilly quit the firm. Her wish came true. She was no longer bored and tired of the mundane, day-to-day law practice, and she had more than enough time to go sailing.

3

The lesson in Lilly's story is that what your conscious mind thinks, may not be what you really want. You'll get what you really want, but not necessarily in the way you want it. Be careful what you think. Become aware of the power of your subconscious mind, and use it to your advantage.





THE 7 LAWS OF INNER PEACE

The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them.

- **Affirmation:** Declare aloud:

I am the thinker behind my thoughts.

I am in charge of my thoughts.

I choose peace.

The Law of Cause and Effect

- **Journaling:** Continue paying attention to the thoughts that occur while you're engaged in your Stillness Practice. Keep journaling—just making notes. Note that there is a pattern that keeps recurring. As you become more comfortable with your Stillness Practice, the thoughts quiet. You may now be able to find the space between thoughts.

3

- **Journal Chart:**

1. In your journal, make a list of three uncomfortable, painful or difficult conditions that you are experiencing. Use one word to describe the emotion(s) associated with each.

Here's an example:

<u>Condition</u>	<u>Emotion</u>
Fight with family member	Anger, Irritation
Someone lies to you	Blame, Intimidation and/ or Hate
Financial problem	Worry, Self-Doubt



THE 7 LAWS OF INNER PEACE

If you recognize that you're thinking negative words, make a note in your Journal... avoid saying the words aloud. If you make a mistake, forgive yourself, smile and begin again.

2. Avoid saying things like:

“I’m sorry _____.”

“I don’t know _____.”

“I’m tired of _____.”

“I can’t _____.”



Spark Question

When you're upset with yourself or another, ask:

*Am I aware of my role in this event, situation, or with this person?
Or, am I blaming another, or thinking I cannot affect the circumstances?*

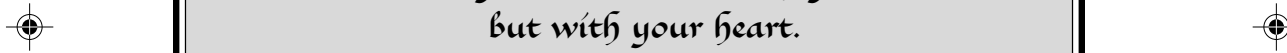
3

If you're unaware of your contribution to the upset, stop. Review the Journal Chart you just created. Journal the thoughts that arise about this situation or person.



THE 7 LAWS OF INNER PEACE

*Your mind must become one,
do not try to understand with your ears
but with your heart.
Indeed, not with your heart but with your soul.*
Chuang Tzu (360 BCE – 275 BCE)





Chapter Four

The Law of Alignment

Key Points

Benefits

Are You Distracted?

Are You Following Your Soul's Path?

Soul's Path and Distraction Loop Chart

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

Alignment



THE 7 LAWS OF INNER PEACE

Personal Story

*I manifest a life-threatening tumor through struggle and worry.
Although distracted from my soul's path I learn how to shift from
a downward spiral to a healthy productive life path.*

Page 58



Chapter Four

The Fourth Law of Inner Peace:

The Law of Alignment





You have within you an inner knowledge. Your consciousness lets you know when you're living and acting in concert with your inner knowledge. This is the truth of your being. The path of your inner knowledge is your Soul's Path, and the genuine conduit for your integrity. If you live on your Soul's Path and avoid distractions, you can fulfill your destiny without struggle, conflict or worry.





THE 7 LAWS OF INNER PEACE

Key Points

- 
- You know when you're acting from your integrity.
 - Your path of integrity and your Soul's Path are the same.
 - The truth of your being is within you.
 - Your personal alignment with your truth will keep you aligned with your Soul's Path.
 - Staying in alignment can set you on a path of satisfaction and new positive patterns.
 - You can stay in alignment with your Soul's Path by avoiding distractions.
- 



Benefits

When you put *The Law of Alignment* into effect:

1. You'll attract people, things and events that resonate with your alignment.
2. You'll create a matrix of support to attract your desires and transform your life.
3. You'll bring hidden motives to the surface of your awareness.
4. You'll feel more trust and confidence when your thoughts, words and actions are in agreement.
5. You'll act according to your integrity, genuineness and purpose.
6. You'll feel less chaotic and more in the flow of life.
7. You'll feel the harmony of doing what you love.

How to determine if you're following your Soul's Path:

Consider the Soul's Path image below. Are you distracted from your Soul's Path? Refer to the Distraction Loop Chart on page 55.



Distraction Loop Chart

Past	Present	Challenges
<input checked="" type="checkbox"/> Anger/Irritation	<input checked="" type="checkbox"/> Intimidation	<input type="checkbox"/> Ulterior motive(s)
<input type="checkbox"/> Hostility/Violence	<input type="checkbox"/> Greed	<input type="checkbox"/> Lying to self or others self/others
<input checked="" type="checkbox"/> Blame	<input type="checkbox"/> Selfishness	<input type="checkbox"/> Unwilling to let go
<input type="checkbox"/> Shame	<input type="checkbox"/> Control	<input type="checkbox"/> Anxiety around change
<input type="checkbox"/> Sadness	<input type="checkbox"/> Manipulation	<input type="checkbox"/> Tied to outcome
<input type="checkbox"/> Frustration	<input type="checkbox"/> External power	<input type="checkbox"/> Attached to habit
<input type="checkbox"/> Resentment	<input type="checkbox"/> Fear	<input checked="" type="checkbox"/> Worry
<input type="checkbox"/> Guilt	<input checked="" type="checkbox"/> Hate	<input type="checkbox"/> Doubt/Confusion

4



THE 7 LAWS OF INNER PEACE

In the Distraction Loop Chart is a list of emotions—Past, Present, and Challenges. Emotions are the basis of the Distraction Loops. Emotions let you know when you're off base and not acting in your integrity—not moving on your Soul's Path—not acting in your own best interest.



A Distraction Loop is like a skip in a CD; the same thing keeps replaying itself. When you're distracted from your Soul's Path, you swirl mindlessly in a Distraction Loop.

If you're in a Distraction Loop, you behave like a dog chasing its tail or a hamster running in a wheel. You keep going around and around, but never get anywhere. . . same results, one difficult situation after another. You're in a downward spiral. Your circumstances stay the same or worsen. It's insane to think that you can continue to think the same thoughts, do the same things in the same manner and expect to have different results. Only one thing has to change in order to shift you out of your descending spiral of distraction from your Soul's Path.



The Law of Alignment

To determine if you're caught in a Distraction Loop and distracted from your Soul's Path, review the Journal Chart you made in Chapter Three, *The Law of Cause and Effect*. What were the three uncomfortable, painful or difficult conditions you listed? Find the emotions you're feeling in the Distraction Loop Chart and mark each with an X. (The Distraction Loop Chart on page 55 is marked to correspond with the emotions in the Journal Chart example in Chapter Three.)



It is imperative that you release yourself
from a Distraction Loop.
In order to bring inner peace into your life,
you must follow your Soul's Path.

Constance d'Angelis J.D.

Personal Story

I learned about Distraction Loops the hard way. In my third year of law school, I developed a tumor. The doctors didn't know whether the tumor was malignant or benign, but they convinced me that it was imperative to cut into my chest, spread open my ribs, and perform a surgical procedure called a Thoracotomy. They removed a nerve tumor just behind my right lung and left me with a foot-long scar from back to front.

Recovery time was long, difficult and painful. My doctor prescribed so many antibiotics that I developed an allergic reaction to Penicillin, and I dropped out of law school, not knowing if I'd be able to resume my studies. Since the recuperation period gave me substantial uninterrupted time, I pondered my situation, and read many books. I was able to see my law school experience in a more realistic light and realized that it had been fraught with conflict. I felt anxious and worried much of the time. I was afraid I wouldn't make it. I struggled relentlessly with worry and doubt.



The Law of Alignment

Worry and doubt are powerfully destructive emotions; usually unfounded. During my recovery period, I realized that a baseless and irrational fear had taken over my mind. While I lay in bed trying to take a deep breath without pain, I became more and more certain that, through unvarying doubt and worry, I had shaped a disease that could have snuffed out my life. I had created the tumor.

I found it very interesting that the root word of *worry* comes from an old English word, *wrygan* or *wurgen*, which means to strangle or choke. This made sense to me. I was, in a way, strangling myself and I didn't know how to stop.

And then I encountered a turning point. I read Napoleon Hill's 1937 all-time bestseller in the personal success field, *Think and Grow Rich*. Rich means much more than money. Napoleon Hill wrote about more than attaining material wealth. From his work, I learned about richness of friendships,



THE 7 LAWS OF INNER PEACE

harmonious family relationships, sympathy and understanding between business associates, inner harmony, peace of mind and spiritual values. I was intrigued.

During my recovery, through my awareness and reading, I learned a stunning lesson. My mental attitude could either create or destroy my life. I continue to be persistent in my release of worry and doubt. I still keep a paperback copy of *Think and Grow Rich* by my bedside and refer to it often.

I've learned that fear will squeeze life out and throttle me into a downward spiral... a Distraction Loop that keeps me from following my Soul's Path. Now, when I feel worry, doubt or the other emotions listed in the Distraction Loop Chart, I know I'm on the wrong path. I STOP IT. I change my mind. Confidence, joy and amusement are much more fun and healthy... and a great feeling of relief.



The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts and feelings arise by themselves, even though you don't want them.

- **Affirmation:** Declare aloud:

I am aligned with my Soul's Path.

I am confident and living in my integrity.

I choose peace.



THE 7 LAWS OF INNER PEACE

- **Journaling:** Continue paying attention to the thoughts that occur while you're engaged in your Stillness Practice. Keep journaling. Note that there is a pattern that keeps recurring and that the emotions you listed in your Journal Chart are similar to your thought patterns. As you become more comfortable with your Stillness Practice, the thoughts will quiet. You will be able to find the space between thoughts.
- **Journal Chart:** Mark an X in the Distraction Loop Chart where you feel the emotions. The Chart shown earlier in this chapter is marked to reflect the emotions in the Journal Chart example in Chapter Three.
- **Expectation:** Review the Benefits of putting *The Law of Alignment* into effect and note where you've had beneficial results. Look for small events that show expected shifts and changes. You could be surprised at advantages that happen when you least expect them.

Spark Question

When you're upset with yourself or another, ask:

Am I aligned with my Soul's Path and acting from my integrity?

Or, do I have undisclosed or dual motives, or a self-serving agenda?

4

If you're caught in a Distraction Loop, immediately shift to an opposite emotion. For example, if you're angry, shift to calm. Breathe and journal how you're feeling. Gently, TAKE CHARGE NOW.



THE 7 LAWS OF INNER PEACE

The Way of Heaven profits without destroying.
Doing without outdoing is the Way of the Wise.
Lao Tzu (604 BCE - 531 BCE), *Tao Te Ching*





Chapter Five
The Law of Mental Attention

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

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THE 7 LAWS OF INNER PEACE

Personal Story

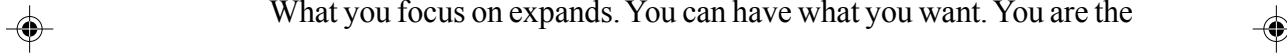
Jerry, a professional athlete, now corporate executive learns to focus his mental attention. He increases productivity and enhances his family life.

Page 71



Chapter Five

The Fifth Law of Inner Peace: *The Law of Mental Attention*



What you focus on expands. You can have what you want. You are the thinker behind your thoughts and the actor behind your actions. You have the ability to focus your attention on inner peace and harmony. You are the only one who can do this for yourself. You are the only one with the power to control your mind.






THE 7 LAWS OF INNER PEACE

Key Points

- Whatever you concentrate on is enhanced.
- Whatever you move your attention from will shrivel, diminish and vanish.
- Where you put your focus is where you'll generate more development and expansion.
- What you give your attention to is what is important to you.



*No problem can withstand the assault
of sustained thinking.*

Voltaire (1694-1778)

Benefits



When you put *The Law of Mental Attention* into effect:

1. You'll realize you must focus your mind in order to be effective.
2. You'll identify where you want to focus your mental energy.
3. You can center your thoughts on what you want, rather than what you don't want.
4. You can acquire more of what you want in your life.
5. You can change distracting thoughts and emotions that keep you swirling in a Distraction Loop and fulfill your heart's desire by following your Soul's Path.
6. Your outward appearance can reflect the inner beauty of courage, honesty and satisfaction.



THE 7 LAWS OF INNER PEACE

7. You'll notice changes in your life circumstances, such as more money, more friends and more harmony.
8. You'll choose to be around positive people and situations.
9. You'll feel better and better about yourself.



**Celebrate the positive.
Move focus to what you want in your life,
and away from what feels sordid and repugnant.
Through mental attention and intention
you can create a meeting of the minds;
a powerful meeting that makes a difference.**

*Constance d'Angelis J.D., The Seven Laws of Peaceful Solutions,
Win/Win in 7 steps, Science of Mind Magazine*

Personal Story

Jerry is a corporate executive and former professional athlete and coach. He works out five days a week at the gym. He begins at 6:30 a.m. in order to start his business day by 8:30. His driven attitude and demanding schedule, plus his family responsibilities—three children under age 4—keep him in a high stress lifestyle.


Before entering the corporate world, Jerry spent his life playing sports. He played on his first soccer team when he was only 5, and he attended college on a soccer scholarship. His Bachelor of Science degree is in Sports Science. His life as an athlete ended only because he sustained serious shoulder injuries playing professional soccer. After his surgeries, he couldn't compete on the same level and opted for coaching jobs, until he was offered a corporate position. The same winning desire and commitment to excellence propelled him to success on the corporate playing field.

5




THE 7 LAWS OF INNER PEACE

Jerry uses his workouts to keep his volatile personality on an even keel. Lately, his mind won't shut off while he's working out and he spends his designated hour-long exercise period thinking and writing out ideas and strategies on his BlackBerry. He's not sleeping well and has been getting colds and flu quite often. His leadership of the corporate team is faltering. Jerry is grouchy and critical with his family. And, he's gaining weight.



Jerry was referred to me. I've been coaching business clients, and teaching Stillness Practice, as well as energy and sound healing for many years. Jerry's friend, a student of mine, read *The 7 Laws of Inner Peace*, and asked if I would speak with Jerry.



I found Jerry to be a high energy, intelligent, savvy, sometimes charming and often harsh man. His position with a large, publicly traded corporation requires intense business acumen. He had been on this job six months, when I



The Law of Mental Attention

met Jerry, and he was in the process of moving his family across the country to be near corporate headquarters. I learned that he has a checkered financial background, numerous lawsuits against him and was, at that time, just emerging from bankruptcy. Yet, when I asked him how he perceived his stress level, he responded, “I’m fine, not stressed... just busy.”

Jerry needs his morning workout. If he fails to get enough exercise, he feels overloaded and overwhelmed. Our plan was to use *The 7 Laws* to get Jerry back on track, mentally focused, and productive.

First, we applied the Stillness—Quiet Time techniques of *The Law of Unity*. Jerry had never practiced any form of stillness, so we spent a few hours going over the techniques. I directed Jerry to find a quiet place where he could be alone each morning before he began his workout. Jerry opted to leave the house early and sit in his car in the gym parking lot with no radio or

5



THE 7 LAWS OF INNER PEACE

CD playing. Each day, Jerry and I discussed his progress and I gave him suggestions. The objective was to have Jerry practice Stillness by sitting quietly for fifteen minutes in the morning before his workout.

On the first day, Jerry arrived at the gym at 6:15 a.m., turned off the engine and sat quietly in the car. He closed his eyes and focused on his breathing for as long as possible. He lasted four minutes. After ten days, he was able to sit quietly for the entire fifteen minutes. Within two weeks, he noticed that he was again able to become fully engaged in his workouts. Now, when he reaches his office, he's unperturbed, enthusiastic, and full of ideas and strategies.



Next, we employed *The Law of Mental Attention*. It is essential that Jerry keep his mental attention on target in order to stay productive and energized. He establishes his mental focus by speaking *The Law of Mental Attention* affirmation. He keeps his concentration on solutions by asking himself the Spark Question. Once he knows the optimum strategy, he puts it into



The Law of Mental Attention

practice. Jerry feels productive. Recently, he told me that his corporate team is “performing better than ever expected.”

After six weeks, Jerry has retained his Stillness Practice and his mental focus activities. He is fully engaged in his daily workout and less stressed. He says that he accomplishes substantially more during the day, and has extra energy. In addition, he’s sleeping well and his wife says that he has greater patience with the children. She enjoys his new-found sense of humor.



5

*Inner Peace is not a team sport.
Inner Peace is the result of living your personal best.
Constance d’Angelis J.D.*

The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your Stillness Practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them to. Your thoughts will quiet and you will be able to find the space between thoughts.
- **Journaling:** Continue paying attention to the thoughts that occur while you're engaged in your Stillness Practice. Keep journaling.



The Law of Mental Attention

- **Affirmation:** Declare aloud:

*I mentally focus on and pay attention to what I want
in my life.*

My actions follow my mental attention.

I attract what I want.

I choose peace.



5

- **Journal Chart:** Consult the Journal Chart you started in Chapter Three. You noted emotions that you recognized in Chapter Four as distractions that keep you from following your Soul's Path.



THE 7 LAWS OF INNER PEACE

Replace each distraction thought with a success thought. Select a different emotion. For example, select peace, not anger; trust, rather than blame; freedom, instead of worry.

When you're caught in a distraction loop, immediately shift to an opposite emotion. For example, if you're angry, shift to calm. Breathe and journal how you're feeling. Be gentle and take charge of your emotions, mental attention and actions.

Sometimes it's difficult to leap from a strong emotion like hate to love. Therefore, pick an emotion that feels better, such as dislike rather than hate. Continue giving yourself relief from the negative feelings by shifting your emotions a little at a time. As you apply your mental attention, you will feel better and have much more confidence to continue shifting your emotions.

Spark Question

When you're upset with yourself or another, ask:

Am I focusing on what I want in my life and expecting solutions to my problems?

Or, am I enjoying a tantalizing feeling from the drama of conflict and focusing on my problems?

Am I part of the problem or the solution?

5

If your mental attention is centered on problems and drama, use the exercises in this chapter to shift your attention to what you want in your life. Keep journaling and saying your affirmations. Take charge of your mental attention.



THE 7 LAWS OF INNER PEACE

You can give only what you possess.
Ernest Holmes (1887 – 1960)





Chapter Six

The Law of Giving

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

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THE 7 LAWS OF INNER PEACE

Personal Story

Stephanie gets a protection order against Tim for domestic violence. Tim learns to allay his anger, honor his talent and contribute his unique ability to others. His life changes for the better.

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Chapter Six

The Sixth Law of Inner Peace:

The Law of Giving



Giving and receiving are two sides of the same coin. One does not exist without the other. Each is equally necessary. Serving others requires that you recognize your talents and gifts and give to those around you. As you do so, you honor and humble yourself. Through giving, you receive. Through receiving, you give. Giving is not sacrificing; receiving is not taking.





THE 7 LAWS OF INNER PEACE

Key Points

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- Serving others honors both the served and server.
 - Giving to others shifts the spotlight away from selfish interest.
 - Concentrating on service opens the flow of communication between the giver and receiver.
 - When you recognize your talents and gifts, through gratitude, you experience humility, embrace creativity, and become a magnet for material prosperity.
 - Prosperity follows service.





Benefits

When you put *The Law of Giving* into effect:

1. You'll give regular recognition and receive recognition from others.
2. You'll speak confidently knowing you'll disclose only what is proper under the circumstances.
3. You'll identify and appreciate your talents and passions.
4. You can apply your talents in giving to others, your work in the world and/or to the service you provide.
5. You can feel balanced...humble and powerful, courageous and patient.
6. You can engender love, compassion and appreciation for yourself and others.
7. You can live with a consistent feeling of gratefulness.
8. You can attract material prosperity and spiritual sustenance.

6



Personal Story

Tim blames his wife, Stephanie, for the problems in their intense relationship. Stephanie took their 5 month-old baby and left. Then she filed a claim of domestic violence and an injunction was entered against Tim. His anger reached the point of rage. He was facing jail if he violated the restraining order.

Tim's lawyer is a friend of mine and familiar with *The 7 Laws* coaching process. He referred Tim to me and I acted as his coach while he was going through the legal proceedings.

When I read the Domestic Violence Battery complaint to him, Tim went out of control. His face turned red, his eyes narrowed, his nostrils flared.

I felt afraid.

"She's a liar, that bitch..." Tim seethed.

"I never touched her. She threw books at me. She provoked me!! I scared her, but I never touched her," Tim said a little more calmly.

Pausing, I took a deep breath and asked, "You scared her?"



The Law of Giving

“Yes, but I didn’t touch her!” He glared at me.

“Did you approach her like you were going to hit her?”

“Well...yea, but...” he snapped turning his eyes away.

“That’s assault,” I said clearly.

After this confrontation, Tim and I had a heart to heart conversation. Tim is very intolerant of criticism. When corrected or criticized, he feels attacked and his anger erupts into hurtful words or physical violence such as hitting a wall or throwing something.

“What’s causing your anger?” I asked.

“Stephanie. She did it, she lied,” Tim stated.

“Were you ever angry before meeting Stephanie?” I prodded.

“Yeah, I’ve been angry before, lots of times,” he responded.

“Your angry feelings existed in all those situations, right? So, the common denominator in your anger is *you*?” I questioned.

“I never thought of it that way,” Tim responded thoughtfully.

6



THE 7 LAWS OF INNER PEACE

Tim said he always felt terrible after his angry outbursts. He wanted to feel better. We laughed at Winston Churchill's statement, "If you're going through hell, keep going."

By the sixth week of *The 7 Laws* process, Tim was not doing well. He was barely getting through the program. He continued to blame Stephanie for his thorny circumstances. The sixth law is *The Law of Giving* and I gave Tim an assignment: "Identify your top three talents and passions."

In his Journal Chart, Tim listed music and playing guitar as a talent and passion.

I asked him, "What can you contribute to your community that is unique?"

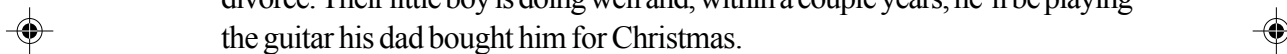
Tim lit up when he described how much he loves to play guitar. He reads music and finds peace and solace in his music. He chose to demonstrate gratitude for his talent by teaching music to underprivileged children. A few weeks went by and then Tim and I met again.



The Law of Giving

“These kids are great. They’re so talented,” Tim said enthusiastically. Within sixty days, his life changed dramatically. He wrote a letter of apology to Stephanie, where he acknowledged that he had made mistakes for which he was sorry. He avoided telling Stephanie what’s *wrong* with her. He’s dealing with his anger issues through counseling and anger management classes.

Tim and Stephanie will not get back together. Tim’s lawyer is handling their divorce. Their little boy is doing well and, within a couple years, he’ll be playing the guitar his dad bought him for Christmas.



6





THE 7 LAWS OF INNER PEACE

The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them. Your thoughts will quiet and you will be able to find the space between thoughts.

- **Affirmation:** Declare aloud:

I value and humbly express my talents.

I am grateful to share my talents with others.



The Law of Giving

- **Journaling:** Continue paying attention to the thoughts that occur while you're engaged in your Stillness Practice. Keep journaling. You will note that there are fewer thoughts and that you feel more peaceful. Even though thoughts may shift to pleasurable emotions, they are still thoughts. Don't buy into them. Just make a note.
- **Journal Chart:** You are now aware of how you get caught up in a Distraction Loop and how you can change from the distracting emotion to successful, rewarding and fulfilling thoughts and emotions. Now, you will apply your new awareness.
 - In your journal, make a list of your top ten talents and passions.
 - Choose and circle your best three talents/passions.

6





THE 7 LAWS OF INNER PEACE

- Set up a separate page for each of your top three talents/passions.
- For each of your top three talents/passions, ask yourself this question: *How can I share my talent/passion of _____ with others?* Write your answers on the respective pages.

⊕ You can offer your talents free of charge, charge a fee, or create a barter system. You are to receive value for giving your service or product. Giving and receiving are two sides of the same coin. **YOU AND YOUR TALENTS ARE UNIQUE AND VALUABLE.** ⊕

○ Put your chosen talents/passions into action. You might volunteer in your community, create a work of art or music, teach a class or write an article. Get creative and have fun!

Spark Question

When you're upset with yourself or another, ask:

Am I honoring myself and respecting others in my communication?

Or, am I skirting the truth or sacrificing myself and/or my talents?

You can tell the truth and honor yourself in your communication. You don't have to sacrifice yourself. When asked an improper question, you could say, *Why do you ask?* Or, *I'm not free to disclose that at this time.* Or, *I'm not comfortable answering that.* Or, *I have to think about that.* Develop a way to communicate honestly and honor yourself in the process.



THE 7 LAWS OF INNER PEACE

*For men in a state of freedom
had thatch for their shelter,
while slavery dwells beneath
marble and gold.*

Lucius Annaeus Seneca (4 BCE – 65 AD)



Chapter Seven

The Law of Redemption

Key Points

Benefits

Personal Story

The 7 Laws of Inner Peace Process—Exercises

Spark Question

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THE 7 LAWS OF INNER PEACE

Personal Story

Through coincidences I meet a woman caring for her comatose daughter for thirty years. By transcending judgment I learn more about consciousness and expand my view of life and death. We are all connected.

Page 101



Chapter Seven

The Seventh Law of Inner Peace:

The Law of Redemption



All is forgiven. You are free. By accepting all aspects of yourself and your history, you allow any unresolved errors to come to the surface. You can release anything that rises to the surface of your consciousness. As a human being, it is your birthright to be liberated, to receive salvation and to transcend into enlightenment and peace.






THE 7 LAWS OF INNER PEACE

Key Points

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- By accepting the facts of your existence, the good, bad and ugly... your faults... your shadow side, you open the door to releasing anything within that holds you captive and restricts your freedom.
 - By rejoicing in the knowledge that you are uniquely connected in consciousness to all living beings, all perceived sins of the past are forgiven.
 - The past is over; you are redeemed.
 - You're not guilty. You're not unworthy.
 - You are innocent. You have always been innocent. Now you can live in innocence.
 - You are connected to the Source of all that is... the Creator, the Infinite Intelligence, Universe or God.



The Law of Redemption




A human being is a part of the whole, called by us "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

Albert Einstein (1879 – 1955)





7



THE 7 LAWS OF INNER PEACE

Benefits

When you put *The Law of Redemption* into effect:

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1. You'll discontinue punishing yourself for past errors.
 2. You'll stop suffering for past mistakes.
 3. You can create the life you want and live fully, being your true self.
 4. You can dispel guilt and recognize your innocence.
 5. You can avoid taking things personally.
 6. You can feel unconditional love and render compassion to all things.
 7. You can believe in yourself and transcend judgments, differences and criticism of yourself and others.

Personal Story

When I first became involved with the Schiavo case, the high-profile legal case that I mentioned previously in this book, I strongly believed that it is wrong to keep a vegetative person alive by tube feeding. I judged that the action of keeping a person alive was not just incorrect, mistaken or different, but wrong, and that my viewpoint was right.

In a very coincidental manner, I was given information about a woman who had kept her comatose-like daughter alive for over thirty years. I was attending an annual conference in Chicago for the International Alliance of Holistic Lawyers and met John McShane, a lawyer from Texas. Without knowing that I was involved with the Schiavo case, John said, “I don’t know why I’m telling you this, but . . .” He went on to give me the woman’s name and location. I called her on the phone and asked if I could come to visit. She agreed. John told me to bring a gift for her daughter. I chose a stuffed animal—a black and white puppy.

7



THE 7 LAWS OF INNER PEACE

Kaye O'Bara lives in a very modest home in Miami. Her daughter, Edwarda, fell into a diabetic coma when she was 16. Kaye told me that the last thing Edwarda said was to ask Kaye not to leave her. Kaye has stayed by her daughter's side since January 3, 1970.

As you might expect, my experience during that first visit was profound. It was transcendent. Kaye told me about the book, *A Promise is a Promise*, by Wayne Dyer. I bought it knowing that proceeds were donated to Kaye to help her defray expenses in caring for Edwarda.

Still, I retain my viewpoint that, if a person is dying, the process not be prolonged. When my mom was in the last phase of her disease and had lost consciousness, I agreed, on her behalf as her health-care surrogate, to allow her to die. Years earlier I had prepared her Living Will and I had to enforce it, no matter how I felt about it at the time.



The Law of Redemption

There are many emotions that surface in times of death. I've learned that, no matter how you feel, the truth is that you are innocent. If twinges or cascades of guilt, blame or fear rise up, dismiss them. These are the devils of your inner peace. Put them behind you and have faith in your innocence.

When I visited Kaye again, I had divorced myself from the Schiavo case, and was searching. This time I chose to bring a different gift...an angel.

During my second visit to Kaye's home, I helped feed Edwarda by pouring a liquid nutrient drink from a can into the tube leading directly into her stomach. When finished, I clamped off the tube, cleaned the surrounding area and applied a fresh bandage. Kaye does this every few hours.

During my visit, Kaye told me about an offer that was made in the Schiavo case. A billionaire offered \$1,000,000 if Terri's parents could take over her care. The offer was refused. Kaye, who has little money or support and substantial expenses, asked me if I knew the benefactor. I didn't. I'd been

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THE 7 LAWS OF INNER PEACE

avoiding all news and information about the case. It was just too uncomfortable for me.

In the meantime, I moved to a small town in the San Juan Mountains of Southwest Colorado. It's paradoxical that a producer from Wealth TV tracked me down. They were doing a special on the Schiavo matter. Wealth TV is a lifestyle and entertainment network in San Diego, California, owned by Herring Broadcasting Inc. I visited their studios and met the owner. I had no idea that he was the man who offered the money.


Although I fought in court for a husband's right to stop tube feeding of his comatose wife, and won, I will never judge another for a different point of view. I have transcended my judgment in this case. Now, I can go beyond other beliefs and judgments as well. I am grateful.

My experience with Edwarda is spiritual and inspiring. My search for awareness regarding my question, "What is consciousness?" has not ended,



The Law of Redemption

yet I know that consciousness is something beyond the legal definition. Consciousness is not just whether we are aware of our surroundings and can act on the environment, which is how I describe cognizance. I choose to allow my consciousness to soar further than time and space, and into unlimited realms. This is what I call, transcendence. And, transcendence brings me back to *The Law of Unity*. I am one with all that is. And, so are you.



Oh man! Seek no further for the author of evil;
thou art he. There is no evil but the evil you do
or the evil you suffer, and both come from yourself.

Jean-Jacques Rousseau (1712-1778)

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The 7 Laws of Inner Peace Process

Exercises

- **Stillness Practice—Quiet Time:** Continue your practice. Relax. Spend fifteen minutes in Stillness two times per day. Focus on your breathing. Remember to watch your thoughts as if they are clouds floating in the sky. When you notice that you're thinking, bring your focus back to your breathing. Observe that your thoughts arise by themselves, even though you don't want them. Your thoughts should be much quieter than when you started, and the space between thoughts more clear.

- **Affirmation:** Declare aloud:

I am free.

I am innocent.

I choose peace.



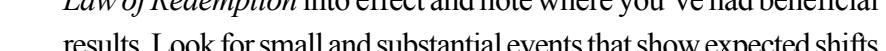
The Law of Redemption

- **Journaling:** Review your notes of thoughts that occur during Stillness. You can expect your thoughts have changed. Recognize your successes...less mind chatter...staying awake and alert...not feeling an urgent need to do something...less fidgety. If you're not seeing a change yet, keep practicing. You will. You can revisit the exercises in each of *The 7 Laws of Inner Peace*.
- **Journal Chart:** In *The Seventh Law of Inner Peace* recap your progress from the beginning. The affirmations from each chapter are listed on page 124 and 125. Say each one slowly and out loud. Note in your journal where you truly concur and believe in their truth for you, and where you feel doubt or disbelief. Have fun recognizing how well you're doing. Accept yourself joyfully.

7



THE 7 LAWS OF INNER PEACE

- **Transcendence:** Think of a concept that you believe in strongly and, which has points of view that differ from yours. Decide how you might experience a different point of view. Make a plan of action. Put your plan into effect. Journal the results.
 - **Expectation:** Benefits will occur. Review the Benefits of putting *The Law of Redemption* into effect and note where you've had beneficial results. Look for small and substantial events that show expected shifts and changes. You could be surprised at advantages that happen when you least expect them.
- 



Spark Question

When you're upset with yourself or another, ask:

*Am I free to choose peace because I am thinking
clearly, open-minded and free of past perceptions?*

*Or, am I sacrificing cooperation for competition?
Must I be right and/or win?*

If you have a compelling need to be right, or to win, return to Page One of this book. You are not yet free to choose peace. Keep practicing and looking for the events where you choose peace and feel compassion and unity as strongly as the need to be right, or to win.



THE 7 LAWS OF INNER PEACE

*The lion who breaks the enemy's ranks is a minor hero
compared to the lion who overcomes himself.*

Mevlana Rumi (1207 – 1273)



Part III
The 7 Laws of Inner Peace Process

How To Apply The 7 Laws

Stillness Practice—Quiet Time

Affirmations, Journaling

Journal Chart

Spark Questions

Practice Recommendations

The 7 Laws of Inner Peace Process

How to Apply *The 7 Laws of Inner Peace*

The 7 Laws of Inner Peace Process is a self-realization and actualization system. Apply it and learn to take charge of your life. Change your thoughts and change your life. Stillness Practice, affirmation and journaling are the activities you will be doing as part of *The 7 Laws of Inner Peace Process*. A description of each of the activities and instructions as to how to use them follows.

1. Stillness Practice—Quiet Time

To gain the best results from *The 7 Laws of Inner Peace Process* you need a quiet mind. The following instructions will help you achieve that quiet mind.

Stillness—Quiet Time is a powerful manner of ceasing distraction. Your only requirement is to sit or walk quietly for fifteen minutes two times per day,



The 7 Laws of Inner Peace Process

once in the morning and again in the afternoon or evening. If you regularly meditate, continue your meditation process while you apply *The 7 Laws of Inner Peace Process*. You may substitute your form of meditation practice for *The 7 Laws Stillness Practice* so long as your meditative sessions occur twice per day and last more than fifteen minutes.

Begin by focusing on your breathing, observing your inhalation and exhalation. Sit or walk by yourself. If you are walking, keep your eyes slightly open, looking downward, and stay in a calm area. Slowly put one foot in front of the other. If you are sitting, be comfortable, close your eyes and just breathe.

Breathe deeply through your nose and then release your breath through your mouth until you feel a tightening in the lower part of your chest below your lungs—in the area of the diaphragm. When all of the air is out of your lungs, you'll naturally take another breath. Continue the process and relax. After a few minutes you'll notice that your breathing feels easier and you don't have to think about breathing deeply through your nose and letting



THE 7 LAWS OF INNER PEACE

the air out through your mouth. At this point you can allow your breathing to take care of itself.

You will need to return your focus to your breath when thoughts occur and you recognize that you're thinking. This sounds quite simple and it is, but if you haven't been mindful of breathing in the past, it might take some commitment on your part to become accustomed to this type of breathing. In *The 7 Laws of Inner Peace* workshops I include beginner, intermediate and advanced sessions in breathing and body awareness, so if you don't have experience yet, be kind to yourself and take it easy.

During your Quiet Time it's important to notice that thoughts occur when nothing is happening around you. You WILL have thoughts. When a thought, feeling or emotion happens, acknowledge that you are thinking. Say to yourself, "Ah, I'm thinking." Imagine the thought as a cloud floating in the sky and let it go by. Bring your mental attention back to your breathing. Avoid paying



The 7 Laws of Inner Peace Process

attention to the content of the thoughts or trying to stop thoughts. Here's why: If I tell you not to think of pink elephants, what do you see in your mind's eye? Probably, you see pink elephants. If you tell yourself not to think, you could drive yourself crazy with thoughts. This is very ineffective.

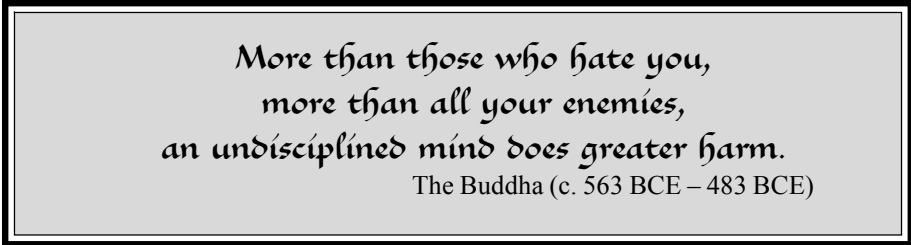
You might feel sensations such as itching, feeling too hot or cold, hunger, thirst or muscle aches. When I started my Stillness Practice more than twenty years ago, as soon as I sat down, I started itching. For a while, I would scratch the itch and then return to my breathing. I kept up the practice, not giving in to the thought of getting up and quitting. Soon, the distraction lifted. Now, my body and mind calm down as soon as I sit for my Quiet Time.

Never fight, attack or in any way assail your thoughts or yourself for thinking them. Acceptance is the key. Resistance could derail your Stillness Practice. Whatever occurs during Quiet Time is okay. You are the ultimate observer.

Stillness Practice—Quiet Time is simple, yet it is not easy. It takes commitment and dedication.



THE 7 LAWS OF INNER PEACE



*More than those who hate you,
more than all your enemies,
an undisciplined mind does greater harm.*

The Buddha (c. 563 BCE – 483 BCE)



2. Affirmations

When you introduce a thought into your quiet mind, the thought has tremendous power. Imagine a pebble thrown into a placid lake. The ripples continue cascading through the water and on to the shore. If the water is churned and turbulent, you'll never see the effect of the pebble. Your thoughts are like pebbles. Your mind is like the lake. When you affirm your desires and



The 7 Laws of Inner Peace Process

place them in a placid mind, expect ripples... expect results—your desires manifested. Say your affirmations daily. Specific affirmations are set forth in each of *The 7 Laws of Inner Peace*. All the affirmations are listed in Part IV.

3. Journaling

Journaling begins in the second chapter, *The Law of Perception*. After each Stillness session, take five minutes to write down the thoughts that are in your mind when you're finished with your Quiet Time. Just observe your thoughts and feelings and make a very short note. Avoid getting too emotional or concerned; don't buy into the thoughts—just make a note. Recognize that the thoughts are occurring with no external cause. They are coming from you even though you're trying to be quiet. The objective is to let the thoughts go without allowing them to muddle up your Stillness

4. Journal Chart

In Chapter Three, *The Law of Cause and Effect*, you'll expand the use of your journal, using it to take stock of your life conditions. In a Journal Chart, you'll list some of your uncomfortable, painful or difficult conditions using one-word descriptions of the emotions you're feeling.

In Chapter Four, *The Law of Alignment*, you'll review the emotions in your Journal Chart, analyzing them to determine what is holding you back from fulfilling your destiny and following your Soul's Path.

In Chapter Five, *The Law of Mental Attention*, you'll replace debilitating thoughts and emotions with successful, rewarding and satisfying ideas.

In Chapter Six, *The Law of Giving*, you'll apply your talents and act in a successful, rewarding and satisfying manner.



The 7 Laws of Inner Peace Process

Finally, in Chapter Seven, *The Law of Redemption*, you'll recap your progress and become aware of your power to live in freedom by widening your circle of compassion and understanding, and by transcending one of your beliefs. You will be free to choose peace. Expect manifestation of your success ideas and desires.



The 7 Laws of Inner Peace Process can help you turn your hopes and dreams into a life without struggle or worry. By following the activities and exercises in each chapter in this book, you can move yourself forward to achieving a more successful, rewarding and peaceful life.



Spark Questions

A spark question is included at the end of each chapter. These questions are a quick and easy way of sparking, or triggering, you back into *The 7 Laws of Inner Peace Process*. When you are upset with yourself or with someone else, or you're experiencing a difficult situation, the spark question can help you reorient to your objective—inner peace. You will find all *The 7 Laws of Inner Peace* spark questions in Part IV. You may copy or cut out the pages and keep them in your wallet or purse for quick reference when you want to spark inner peace into your life.



Practice Recommendations

Initiation process: Within seven days, you can immerse yourself into new rewarding thoughts and actions. Starting on a Monday, read *The Law of Unity* and carry out the exercises in Chapter One. On Tuesday, read *The Law of Perception* (Chapter Two) and complete those exercises. Continue going through a chapter per day, performing the exercises associated with each. End on Sunday with Chapter Seven, *The Law of Redemption*. Then, begin again.

Researchers tell us that it takes twenty-one days to create a habit. So that *The 7 Laws* become a habit for you, go through one chapter per day for three weeks. You will have read each of *The 7 Laws of Inner Peace* three times during this initiation process.

After completing the initiation process, you can delve deeper into your consciousness by committing to one law per week for seven weeks. This advanced process is intense.



THE 7 LAWS OF INNER PEACE

Weakness of attitude becomes weakness of character.
Albert Einstein (1879-1955)





Part IV
5 Minute Tune Ups

The 7 Laws of Inner Peace

Affirmations

The 7 Laws of Inner Peace



Spark Questions



THE 7 LAWS OF INNER PEACE

Affirmations

The following is a list of all *The 7 Laws of Inner Peace* affirmations taken from each of *The 7 Laws* chapters. You may wish to make a copy and post in a conspicuous place where you can quickly refer to the affirmation you want to use.

- 
- 
1. **The First Law of Unity:** I am one with all life. I am attuned, empathetic and calm. I am a powerful being and crucial to my world.
 2. **The Second Law of Perception:** I am a conscious being. I release past perceptions that no longer serve me. I am in charge of my world.
 3. **The Third Law of Cause and Effect:** I am the thinker behind my thoughts. I am in charge of my thoughts. I am aware of what I want in my life.



5 Minute Tune Ups

4. **The Fourth Law of Alignment:** I am aligned with my Soul's Path. I am confident and live in my integrity. I am clear and honest about what I want in my life.
5. **The Fifth Law of Mental Attention:** I mentally focus on and pay attention to what I want in my life. My actions follow my mental attention. I attract what I want.
6. **The Sixth Law of Giving:** I value and humbly express my talents, which I am grateful to share with others. I receive what I want in my life.
7. **The Seventh Law of Redemption:** I am innocent. I transcend judgments. I am free. I choose peace.

Affirmations



Spark Questions

The following is a list of all *The 7 Laws of Inner Peace* Spark Questions taken from each of *The 7 Laws* chapters. You may wish to make a copy and post in a conspicuous place where you can quickly refer to the Spark Question you want to use.

1. The First Law of Unity: *Am I looking for common ground, shared interests or mutuality?* Or, am I focusing on drama, conflict or differences?
2. The Second Law of Perception: *Am I thinking clearly and responding rationally?* Or, am I reacting; possibly reading a threat or insult into the situation?
3. The Third Law of Cause and Effect: *Am I aware of my role in this event, situation, or with this person?* Or, am I blaming another, or thinking I cannot affect the circumstances?



5 Minute Tune Ups

4. The Fourth Law of Alignment: *Am I aligned with my Soul's path and acting from my integrity?* Or, do I have undisclosed or dual motives, or a self-serving agenda? Am I stuck in a distraction loop?
5. The Fifth Law of Mental Attention: *Am I focusing on what I want in my life and expecting solutions to my problems?* Or, am I enjoying a tantalizing feeling from the drama of conflict? Am I focusing on my problems? Am I part of the problem or the solution?
6. The Sixth Law of Giving: *Am I honoring myself and respecting others in my communication?* Or, am I skirting the truth or sacrificing myself and/or my talents?
7. The Seventh Law of Redemption: *Am I free to choose peace because I am thinking clearly, open-minded and free of past perceptions?* Or, am I forfeiting cooperation for competition? Must I be right and/or win?



THE 7 LAWS OF INNER PEACE

Each day affirm peace. Breathe in joy and harmony in your daily quiet time. Tell the Truth to yourself and all others; then watch your world transform. It is the small daily changes which, over time, create the biggest rewards.

Rev. Dianne Allen



Part V

My Path to The 7 Laws of Inner Peace





My Path to The 7 Laws of Inner Peace

Okay, I admit it: I'm a lawyer. I'm not proud of some of the things lawyers do or of the legal system that often creates more problems than it solves. But sometimes attorneys do good things, which help people. I thought I was doing the right thing when I agreed to act as co-counsel in the highly publicized and controversial case of Terri Schiavo. This young Florida woman had been in a coma-like state for many years, and her husband sought to discontinue life support.

At the first trial, it was my responsibility to establish that Terri Schiavo was unconscious according to Florida Statutes. I met Terri and felt an incredible dark void... blankness. I spoke to her. At first she seemed to follow my voice, but it didn't matter whether I was speaking, walking, singing, or jumping around, her eyes would move rhythmically from side to side without external stimulus. Sometimes she would moan; at other times she would shriek. It became clear to me that she was not conscious.



My Path to The 7 Laws of Inner Peace

It's interesting that I had this role. Since I was an undergraduate student at the University of Toledo, I'd been pondering "what is consciousness?" I remember sitting in the basement of the Biology/Chemistry building on Saturday nights recording research data from rats. I had surgically implanted tubes into their brains so that I could infuse glucose directly into the rat's hypothalamus. I had trained the animals to press a lever to get food. By counting the number of lever presses after putting sugar straight into the brain, it was possible to document changes in the experimental animal's feeding behavior. There is a chemical connection between the brain and the glands that stimulate hunger. Accepting that hunger occurs when the glucose level in the blood is low; and that there are receptors in the brain that react to glucose, I designed the research study to determine whether the brain receptors would send out a chemical signal to cause the rat to stop eating, or not.

Okay, now I have to admit that I'm a little weird in my search for knowledge, and in my intellectual curiosity. The purpose of this biological





THE 7 LAWS OF INNER PEACE

research was to gather data that might help diabetics in the future. When this research project was complete, I discontinued experimenting on animals. I learned that my sensitivity to animals is too great. I am not the person to conduct this type of research. I justified the experimentation by thinking about how the information might be used to help. The animals were always humanely treated. Humane treatment for all animals, research or pet, is a principle by which I live.

My principles include allowing a person who is not conscious and who will not regain consciousness to die without unwanted, non-natural, medical intervention. I believe it's inhumane to prolong the dying process. I thought that fighting in court was the way to follow my principles and do what Terri would do if she were able to make her own decisions.

Together, my law partner/husband and I battled in court for the right to stop Terri's tube feeding. When I walked out of the courtroom after the first trial to discontinue life support, in February 2000, I knew we had won, yet, I



My Path to The 7 Laws of Inner Peace

felt dirty. Family members were demeaned, disgraced and humiliated...the public loved it. I felt embarrassed to be a lawyer and a human being. I realized that I was part of the problem...the problem of the win-at-all-costs attitude of the adverse legal system where dishonor, intimidation and shame are accepted methods of beating members of the same family. I presented an excellent case in court providing expert witnesses and evidence that Terri was in a persistent vegetative state—unconscious under Florida law—and that she would not recover her consciousness. The evidence showed, and I truly believe that, at the time of the first trial, these facts were true. Many years of subsequent trials and appeals never produced clear evidence to the contrary.

I believe that this case should never have come to court! I felt discouraged and dismayed at the salacious feeding frenzy that stimulated a family to war. It was as if humanity had stepped back in time. A gladiator-like win/lose attitude took over and the two sides fought their legal and personal battles. My belief is that disputes like the Schiavo case should be resolved in a non-adversarial





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manner. It was obvious that the court system would only worsen the conflict, not solve the family dispute.

Throughout the ordeal, I experienced a strong compassion for Terri that I explain more fully in the personal story section of Chapter One. I wanted to help, but I couldn't. A tangled web was being spun and I was powerless to stop it. I felt helpless, so I left. I closed my law practice, divorced my law partner/husband, and moved from the state of Florida. In the mountains of Colorado, I embarked upon a search to discover my own truth and discovered *The 7 Laws of Inner Peace*.

My seven year spiritual odyssey began in 2000. During the process, my mom fell in the kitchen of her condo. She lay there for six hours until my brother found her. This event triggered our family's personal bout with senile dementia. In late 2002, I returned from Colorado to attend to her in Sarasota, Florida. She passed a couple years later, but the year I spent as a full-time



My Path to The 7 Laws of Inner Peace

caretaker was one of the most difficult in my life. The other one was living through the death of my 3 year old daughter, Tracey.

I remember the statement, “Parents shouldn’t bury their children.” Even now, I wonder if we ever completely heal from these losses. When I consider my role in Terri Schiavo’s death, I realize that my life has been blessed and cursed with a deep understanding and awareness of death and this has led me to prayer, contemplation, and questioning.

The culmination of my search and answers to my questions are *The 7 Laws of Inner Peace*. During my search I learned that:

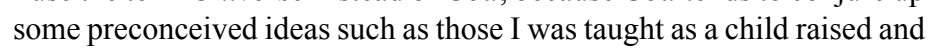
- Peace begins within, and life is to live . . . in peace.
- Peace requires awareness of pain and suffering, which leads to life.
- The death of the body is merely a redirection of life.
- I have a soul—an energy that lives whether I inhabit my current body or not.





THE 7 LAWS OF INNER PEACE

- I cannot change anyone except myself.
- If I'm aligned with my soul, I'm at peace.



Although these principles seem simple, applying them is not that easy. It's a delusion to believe that I am separate from my soul and that my soul is separate from the whole of life. An Infinite Intelligence exists and I am, and you are, an integral part of what many of us call, God. Throughout this book, I use the term *Universe* instead of *God*, because *God* tends to conjure up some preconceived ideas such as those I was taught as a child raised and educated in the Roman Catholic Church. I think of my connection to the *Universe* as an all-encompassing state where I am at one with all... unified. When we feel at one with others instead of separate—when we feel sameness instead of differences—when there's no sense of superiority or inferiority, we're less likely to purposely hurt others. Feeling connected to others diminishes our need to conquer, compete and win at all costs.



My Path to The 7 Laws of Inner Peace

I've had my share of competition and not just in the practice of law. During my undergrad years, I played Women's Professional Football. The league played NFL rules and I was a middle linebacker for the Toledo Troopers. I was in the best physical shape I've ever been in my life. I loved the game, the camaraderie of the team and the striving for excellence. And, I loved winning. How many women have intercepted a pass, run the football for a touchdown and been carried to the center of the field by team members while the crowd cheers? I experienced the joy of victory and it is sweet. The joy of inner peace is even sweeter, but different. And, it didn't come easy for me.

The concept of allowing life to unfold and trusting that I will attract that which I need and want in my life was very strange and scary. I was raised in the Midwest by hard-working parents and I grew up in their image. Although unlike many Midwesterners, I can be very pushy, aggressive and forceful. I became conflicted when I realized that working hard to make something happen





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is fraught with struggle and life isn't meant to be a struggle. However, just sitting back, ordering thoughts and setting up a feeling of love, joy and compassion seemed like a lazy way of operating. "How can I be motivated to accomplish, if I'm not making something happen... not *doing* something toward my goal?" I wondered. Through years of study and a new awareness I know that I can create my world without struggle, conflict or worry. I've written this little book to share my awareness with you.

Even before the Schiavo matter sparked my seven year odyssey of personal growth, I had read about energy healing. I was fascinated by the concept of hands-on-healing, Reiki, distance healing and other similar modalities. I decided to try some of the techniques. To my amazement, by simply using my thoughts, I could allow energy to flow through me. My hands would heat up significantly. My mother would laugh and say, "Bring those heating-pad hands over here, I'm cold."



My Path to The 7 Laws of Inner Peace

I had been studying Science of Mind theory since 1992, a subject I address more fully throughout this book, and had completed the course work to become a practitioner through Religious Science International. I had read Louise L. Hay's blockbuster, best-seller book, *Heal Your Body, The Mental Causes for Physical Illness and The Metaphysical Way to Overcome Them*. In 1997 I took a course with Dr. Patricia Crane in San Diego. I was certified as a *Louise Hay Teacher*, although students completing the certification program after 2000 are called by a different name. Enhancing my understanding of the power of the mind continued to enthrall me. I decided that I needed to learn more about how to use my new-found awareness in a practical manner.

After my father's death in January, 1999, I enrolled at the Bhakti Academe of Intuitive Massage and Healing. Bhakti means *devotion* in Sanskrit. I already had a Bachelor of Science in Life Sciences, cum laude with a major in physiology, pre-med curriculum. I'm great at logic, but what about intuition, creativity,





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inspiration and imagination? I was looking for a way to integrate both sides of my brain, the right and left hemispheres.

Because I hadn't been given *The 7 Laws of Inner Peace* yet, I didn't recognize that I was experiencing the first Law of Inner Peace, *The Law of Unity*, as I worked with clients doing intuitive massage and energy healing. I discovered that when I moved my attention to allow a feeling of love, harmony and acceptance, magical things happened. I felt as if I were able to "get out of the way," and allow an all-knowing energy to pass through me to my client. As their areas of tension, strain or rigidity released, so did their pain. I was doing nothing and everything was happening. These sessions always left me feeling relaxed and comfortable, as if I'd been meditating. Now, I recognize that a side effect to *The Law of Unity* is enhanced intuition.

After obtaining my state license and national certification as a massage therapist, I studied Ayurveda, which is an ancient East Indian healing system.



My Path to The 7 Laws of Inner Peace

Ayurvedic theory believes that health results from harmony within one's self. "To be healthy, harmony must exist between your purpose for being, your thoughts, your feelings, and your physical actions," say Dr. Light Miller and Dr. Bryan Miller in their book *Ayurveda & Aromatherapy*.

I find it captivating that many of the ancient healing methods have similar features. For example, last year I spent a month in Ecuador studying with two Shamans. Guillermo addressed me through an interpreter, "I heal through plants. How do you heal?" I held the palms of my hands up toward him. He waved his left hand over my outstretched palms about eight inches away and smiled. Then, looking directly into my eyes, he nodded his head up and down and bowed slightly. Chills ran up my spine. I was honored to be recognized.

Like the ancient ways, *The 7 Laws of Inner Peace* are natural, not man-made laws and allow the harmony of mind/body and spirit to center at the core of one's being. Sometimes this seems like magic, but it's just life. . . peaceful,





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no struggle life, which is the same idea as Ayurveda, shamanic, mental or energy healing.

The 7 Laws didn't just suddenly arrive as part of my consciousness. Each appeared with intrigue. I'll tell you more about this in *The 7 Laws* chapters. The fourth law, *The Law of Alignment*, showed itself to me when I was 30,000 feet in the air. While meditating on a flight from Los Angeles to Atlanta, I had a vision of a geometric form. The form was a depiction of the Soul's Path. It was a strange looking shape with three loops attached to the outside. I drew the figure in my journal and it was two years later that I received the information showing me its meaning. It represented a lesson demonstrating how to avoid distraction and follow my Soul's Path—my heart's desire.

I'm passing the information and my experiences related to *The 7 Laws of Inner Peace* on to you. If you allow each of the laws to intrigue you, their secrets will pop up like an epiphany. You might hear yourself exclaim, "AHA! By Jove, I've got it."



Part VI
My Wish For You
Affirmative Prayer
Attracting Peace



My Wish for You

I wish for you the courage to think for yourself, the confidence to express your personal power and the enthusiasm to attract your greatest hopes and desires.

The 7 Laws of Inner Peace is a guide to expanding and balancing your personal power so that your greatest hopes and dreams can come true. Your highest power lies within you and gives you the confidence and courage to manifest peace in your life. You can change your life, and attract those people and events that support and enhance your inner peace. As your level of inner peace increases, so does your satisfaction and joyfulness. You can have what you want in your life without struggle or worry. You can have peace, love, joy, ease, accomplishment and success. You have the tools. The rest is up to you. I know you can do it! The **Attracting Peace** prayer will assist in your efforts.

Affirmative Prayer

The following affirmative prayer is based on my experiences while practicing Science of Mind philosophy for more than fifteen years. Affirmative prayer is also known as Spiritual Mind Treatment. Daily, after my Stillness Practice I set my intention for the day with an affirmative prayer. When I created the sound healing CD, *Alignment in F*, I added an affirmative prayer for balance and success. This prayer is specifically designed to attract peace.

In the affirmative prayer, **Attracting Peace**, I use the words *Universe* and *Most High* to refer to the unlimited Infinite Intelligence that pervades all that is. Some use the word *God*, although the energy to which I refer is not quantifiable, it is the source of all that is, the source of time, space, energy and matter...the source of the universe. I capitalize *Power* to refer to the omnipresence, omniscience, and omnipotence of this universal energy.

The following prayer is written as it is to be said, by you in the first person.



THE 7 LAWS OF INNER PEACE

Attracting Peace

There is one Power in this Universe.
That Power is within me.
I accept the Power of the Most High in my life now.

**I accept and honor the feelings,
emotions and actions**

**that attract and
foster a peaceful and satisfying life experience.**

Anything to the contrary or lacking the awareness of peace
is banished from my thoughts, actions, feelings and consideration.
Struggle and worry have no place in my new awareness of peace.

I turn away from them...they are mere distractions
from my true self and my soul's path of peace.



My Wish for You

**I choose satisfaction, harmony and love.
I know that my word creates a vibration
that attracts peace into my life.**

I need not push, try or exert effort.

I attract through the universal Power.

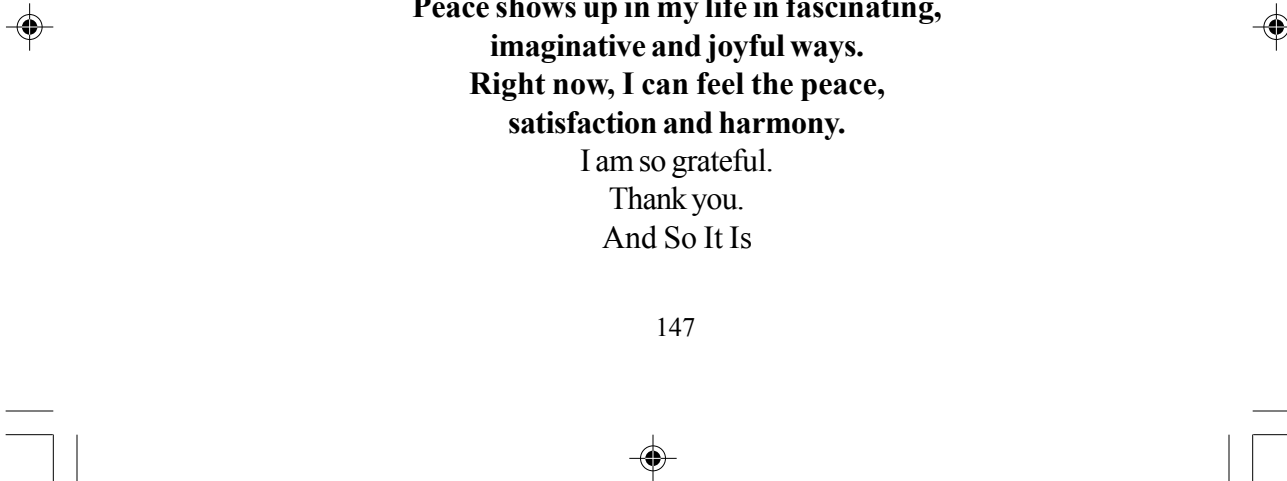
**Peace shows up in my life in fascinating,
imaginative and joyful ways.**

**Right now, I can feel the peace,
satisfaction and harmony.**

I am so grateful.

Thank you.

And So It Is



AUTHOR'S BIO

Constance d'Angelis, J.D. is an accomplished spiritual healer and teacher. She has shared her wisdom in her writings for Science of Mind Magazine and in her *Transforming Conflict into Success* workbook. Constance has recorded CDs on sound healing to complement her workshops and teachings on applying spiritual principles to everyday life. She has traveled and experienced many transcendent events world wide and is committed to presenting the truths she has learned in a clear, concise manner. Being an attorney in an infamous case for the cessation of life support in Florida afforded her the opportunity to move beyond limitation and hardship. She closed her law practice, moved to the San Juan Mountains of Colorado and embarked upon a personal journey, which resulted in *The 7 Laws of Inner Peace*. She is an advocate in seeking compassion and healing within the often harsh legal system. Constance currently resides in Daytona Beach, Florida.

www.The7LawsOfInnerPeace.com