*Peace Presentation: “Peace is Possible – 5 Powerful Action Steps”*

 *Written by Dr. Paula Fellingham*

I am honored to give this presentation today; it was written by Dr. Paula Fellingham, Founder of the Global Prosperity and Peace Initiative. It is titled “Peace is Possible: 5 Powerful Action Steps.”

By the raise of hands, please let me know how many of you believe that having peace in your heart is possible? (Raise your hand)

Yes – that’s everyone. (Or, “That’s just about everyone.”)

So if peace in our hearts is possible, then peace in our homes is possible, and peace throughout humanity is also possible. Therefore, my friends, we can all hold the great hope that as we continue striving to be peaceful – in our hearts and in our homes – we can achieve the goal “to increase the level of love and peace on Earth.”

I would like to share 5 Powerful Action Steps that will help us achieve this goal.

Five things you can do to lift the level of love and peace **in your own life** are to:

1. Believe and Become
2. Shift and Shine
3. Eliminate Ego
4. Lighten Up and Love
5. Promote Peace

**Action Step 1**

**Believe and Become**

Marcus Aurelius, a Roman Emperor and philosopher said, “A man’s life is what his beliefs make of it.”

William James, said to be the Father of Psychology wrote, “The greatest discovery of my generation is that human beings can alter their lives by altering their beliefs.”

My friends, within each one of us is a power we scarcely tap. This power has fueled heroic deeds since time began and has energized great inventors, artists and musicians throughout the ages. It’s the exact same power available to each of us - every day of our lives. It is the power of belief.

Dale Carnegie said, “Believe you will succeed. Believe it firmly, and you will then do what is

necessary to bring success about.”

Yes, as you develop the sense of certainty that positive beliefs provide, you will be able to accomplish virtually anything, including those things that others think are impossible. If we are to achieve the goal of increasing the level of love, prosperity, and peace on Earth we must first believe it is possible. We must believe that our world CAN be a better place and we CAN be the change.

And the wonderful news is – there are studies that prove that our future is better than you may think. Yes! We have data that proves that the sky is not falling – there is great abundance in this world. Using almost any metric currently available, there are studies that show that the quality of life for billions of people in this world has improved more in the past century than ever before and it looks as if global living standards will continue to improve – regardless of the horrors that dominate the headlines.

My friends, we have cause to rejoice! Yes – there is a great and mighty work to do, but if each one of us does our part, enjoying more peace is possible.

We must first believe it - and hold that belief firmly in our hearts as we work to become more loving and peaceful in our personal lives. For, as you know, peace begins in the heart – it’s taught in the home – and then it can spread throughout humanity.

**Action Step 2**

**Shift and Shine**

 Here’s a little story to illustrate this, written by a mother in California…

“One day my young daughter was late coming home from school. I was both annoyed and worried. When she came through the door I demanded in my upset tone that she explain why she was late.

She said, ‘Mommy, I was walking home with Julie, and halfway home Julie dropped her doll and it broke into lots of little pieces.’

‘Oh, honey,’ I replied, ‘you were late because you helped Julie pick up the pieces of her doll to put them back together.’

In her young and innocent voice my daughter said, ‘No Mommy, I didn’t know how to fix the doll. I just stayed to help Julie cry.”

What is the SHIFT we need to make to have soft, loving hearts?

I believe that begins with knowing – in the deepest recesses of your being – that you are a child of God. That you have divinity within you. I believe that we don’t need to go looking for love – or joy – we have those qualities within us and we can access them at any time.

I believe it is about knowing that the “ideal you” isn’t something you need to struggle to create because God already created it. Our job is to release ourselves from everything that keeps us from acting like children of God.

Shifting your perspective is like re-arranging your DNA. It’s like an awakening. And when you are living wide awake and you are enlightened – your understanding and consciousness is at a higher level – and you can peel off the crust that may have gathered around your heart. And then you can – perhaps for the first time in your life – see the beauty – the abundance and the love all around you – that’s begging to be seen – yearning to be acknowledged – and longing to be shared.

My friend, this shift of which I speak is a transformation of your heart and soul. When it happens you actually feel as if you’ve experienced (what I call) a “heart-rebirth”. And you are filled with inner light, love, and joy.

When you experience this shift at times it actually feels as if your heart will burst open because you can’t hold in the immense amount of joy and the love that fills your soul. It spills out and touches all in your life’s circle. You can recognize these people easily because they SHINE. I know many people like this – and some of them are here today….

Others are in the slums of Kibera in Nairobi where one million people live in one square mile. And yet, despite their circumstances, many in Kibera are happily SHINING.

Other people who “shine” are growing food on farms in Idaho and Illinois – some are government leaders in Ethiopia and England – or they’re working in offices in Singapore and Spain – or they’re tending their babies in the Netherlands and Nepal.

Yes – people who shine are everywhere! These are those with strong spirits and indomitable wills who are all firmly rooted in 5 things. Those who SHINE stand on a foundation of…

* Powerful, positive beliefs
* Moral values
* Optimistic attitudes
* Never-give-up work ethics
* Deep hopes for a better future

People who shine refuse to be victims of their circumstances and they choose to have joyful hearts – no matter what is happening around them or who is trying to bring them down. Misery is not an option for them.

They shine because they’ve made the shift we all need to make if we’re to lead out as peace-*makers*. My friends, we can only contribute to a peaceful global rebirth to the extent that we are personally peaceful.

**Action Step 3**

**Eliminate Ego**

What does that mean? It means that we need to sluff off the pride and the worry and the fear of many things… of not having enough – of not knowing enough or not being good enough. We need to release the negativity and let go of that part of us that covets, resents, blames - that refuses to forgive and holds onto anger – that focuses on self. Eliminating ego means to let go of that part of us that seeks out the faults in ourselves and in others.

Ego is all negativity that originates from selfishness, false beliefs and fearful perceptions.

Eliminating ego could be the most difficult of the five Action Steps and also the most powerful because of the change of heart that results – the awakening and the enlightenment that follows when our egos are out of the way.

We could talk about this for hours, but simply stated, eliminating ego about getting yourself out of the way and learning how to truly love and serve others, with no personal motive.

**Action Step 4**

**Lighten Up and Love**

One of my heroes, Gordon B. Hinckley, said, “I am an optimist! My plea is that we stop seeking out the storms and enjoy more fully the sunlight.”

How can we accentuate the positive? There are many ways – of course – but I would be remiss if I didn’t mention the greatest way of all…. live in gratitude. Instead of looking at what you don’t have, pay attention to what you do have and to the good things

about your life.

Dale Carnegie said, “Happiness doesn’t depend on outer conditions. It depends on inner conditions. It isn’t what we have or who we are, or what we’re doing that makes us happy or unhappy. It’s what we think about it. For example, two people can be in the same place, doing the same thing, at the same time, and one is miserable and the other is happy. Why? Because of a different mental attitude.”

We know this. I’m lovingly reminding us of things that we know and occasionally need to be reminded of. There was a study on happiness completed in 1984. Two thousand people’s lives were studied. The conclusion was this: “Happy people and unhappy people tend to have had very similar life experiences. The difference is that the average unhappy person spends more than twice as much time thinking about unpleasant events in their lives, and happy people tend to SEEK and rely upon things that brighten their personal outlook.”

I would like to share the saying that hung in Mother Teresa’s office, written by Kent Keith. Mother Teresa read it often. It goes like this….

People are often unreasonable and self-centered.

Forgive them anyway.

If you are kind, people may accuse you of ulterior motives.

Be kind anyway.

If you are honest, people may cheat you.

Be honest anyway.

If you find happiness, people may be jealous.

Be happy anyway.

The good you do today may be forgotten tomorrow.

Do good anyway.

Give the world the best you have, and it may never be enough.

Give your best anyway.

For you see, in the end, it is between you and God.

It never was between you and them anyway.

**Action Step 5**

**Promote Peace** – Promoting Peace is one of the six areas of focus for Rotary International.

What would it look like – and *feel*like – if in the hearts and homes of humanity there was more love, prosperity, and peace?

The good news is that there is a plan that can work.

* **The Non-Profit Global Prosperity and Peace Initiative was launched in America in 2016.**
* **The Initiative offers a solution for 11 of the United Nation’s 17 Sustainable Development Goals.**

* **The Initiative will be implemented in 196 nations with a Master Action Plan (a Peace MAP).** The Peace MAP includes such things as easy-to-understand value lessons for children, peace curriculum for corporations, training on how to start and grow a business uplifting literature, art, music, and more. Quality content will be included from each nation.
* **The foundation of the Initiative is education.** We provide free educational tools and resources to people in every nation, to strengthen them in every area of their lives. Our education partner is Total Life Excellence Inc. They offer trainings and educational tools for everyone. You can access it free on [www.TotalLifeExcellence.org](http://www.TotalLifeExcellence.org)
* **The Global Prosperity and Peace Initiative will always be developing and improving**. We invite and encourage new ideas, suggestions, contributions of time and content. We also welcome financial contributions for our non-profit Initiative on the website [www.ProsperityandPeace.org](http://www.ProsperityandPeace.org)

My friends, what a magnificent time it is – right now – in the history of the world - as more and more people are being educated and enlightened. There is, as you well know, a rising and an awakening of the people of the world unlike anything that’s ever happened in history.

More and more people are moving out of survival mode up to self development and self mastery and then moving up to the ideal place – selfless service.

All who have hearts that find joy in lifting the level of love, prosperity and peace on Earth – I invite you to work with us on this education-focused Global Initiative.

I will close with the words of Harriet Tubman. That incredible lady said, “You have within you the strength, the patience, and the passion to reach for the stars and change the world.”

And I echo her words. Within each one of us is the strength, the patience, and the passion to

create a more loving, prosperous, and peaceful world.

Thank you.