

*THESE COMMUNITIES HAVE GENEROUSLY
PROVIDED THE FOLLOWING REFERENCES
'COMPLIMENTARY'*

1) TEMENOS

PEACE 1st



And All Else Follows Accordingly

BREATHE ~~~TRUST LIFE~~~GIVE THANKS

The program is designed to provide anyone anywhere at any age to shift from reaction to response in the face of any dangerous, frightening or unsettling situation. Shifting to a more aware response enables any one of us to access our own deeper knowing, common sense, wisdom, training, professional experience and compassion. **JOY...**The ultimate result is that integrating this simple, 3-step program into our life enables us to be authentically present for whatever the condition we are presented with.

With intention and practice we learn how to use the 3-step process of PEACE 1:

BREATHE: As we practice in small and large ways to BREATHE - naturally take that first breath, driven by consciousness and intention we are back on the path of living in peace. Then we take 5-7 more calm breaths, choosing peace with each one we return to ourselves and situations clear up and turn out constructively as possible. This is true in any venue - the fire, the illness, the loss or limitation - we can return to calm. This is **ULTIMATE SELF CARE** and our body loves it. As we develop the ability to respond, putting *PEACE 1st* becomes an instrument with the power to engage anyone in any circumstance; from Chaos to Order, the individual choice is to shift from reaction to response. Now we can see more clearly, feel the emotion that holds the clue to our own past, unhealed hurt, resentment, blame or shame. Now, we can see our part in the situation and take responsibility for it. We make intentions for how to be our authentic, self-loving selves.

TRUST LIFE: The awareness and practice of the first step sets us on a new path which leads to the realization that we can **TRUST LIFE**, and then that in fact, we are coming to **TRUST LIFE**. Choosing this direction support the necessity of letting go of the control and obsessive issues which have hampered greater joy. Slowly or quickly, we are setting ourselves free of the past and

stepping into a new future where there is less stress, worry, upset. It doesn't happen by itself-- we must work with this to have it work.

GIVE THANKS: The feeling of life working is so great that expressing gratitude is all there is.

The *PEACE 1ST* package includes Vision - Instructions - Pledge Cards - a new Labyrinth, and information on our *PEACE 1ST* RESPONDERS Training as well as Classes and Workshops on *PEACE 1st*.

CONTACT us at: info@temenoscs.org or on our site at www.temenoscs.org THANK YOU.

Peace - principle, a practice, a way of life. Putting PEACE 1st will transform your life. I guarantee it!

All program materials, including PEACE 1st Process card, Vision, Instructions are available at no cost to anyone wishing to join the 'Putting PEACE 1st Initiative'.



2ND) One Heart Retreat Center



Rev. Sharri Johnson creates blogs, videos and treatments that are available on the Ministers' Listserv and also available on her site.

She has created a comprehensive list of communities that provide online services - including PEACE information.

OneHeartRetreatCenter.org/Spirit-Online-Directory

Visit her site at OneHeartRetreatCenter.org for more information.