

song: *Beatz In Peace* – Peace Division

week #40

**peace:** (n: own it)

- Freedom from disturbance; tranquility
- Freedom from or the ending of war

*Calmness, composure, contentment, friendship, harmony, love, neutrality, order, reconciliation, treaty, truce, unanimity, union, unity*

***"Peace may sound simple - one beautiful word - but it requires everything we have, every quality, every strength, every dream, every high ideal."*** -Yehudi Menuhin

Peace may happen while in tree pose. Rooted firmly to the earth; your muscles contracted-activated-warm-trembling, holding strong. Peace is in the sole of your foot as you accept precious earth energy and it quietly, deliberately, fills your body. In Peace you may understand your dreams manifesting around you... You are so much larger than this pose you hold. Remaining in absolute calm, the Great Void, your empty, uninterrupted space, while the world swirls around you (sounds and colors and movement).

***"One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train."***  
- Morihei Ueshiba

We don't arrive at a permanent Peace; it is a constant delicate navigation and transfer of energy, weight, thoughts and emotions to keep us centered, through the process of life.

Peace is relinquishing the "fight" inside of us, even during trying and uncomfortable times. As your opponent coerces, you exhale. Peace recognizes that each moment is a purposeful gift, and each situation has a unique solution which may be found within quiet tranquility. Peace is exhaling into the power of The Moment, and knowing that there is nothing better than right here, right now.

***"There are no contests in the Art of Peace. A true warrior is invincible because she or he contests with nothing. "Defeat" means to defeat the mind of contention that we harbor within."*** -Morihei Ueshiba

This week, when you find yourself in a trying situation (traffic, heated office politics, an irate mother-in-law), exhale yourself into a calm Void, and practice your Art of Peace. Do not contest. Instead, relax and notice how the intensity of the situation dissipates.

- Action:**
1. Be at peace.
  2. Rest in peace.
  3. Hold one's peace (remain silent).
  4. Keep the peace.



*Peace recognizes that each moment is a purposeful gift, and each situation has a unique solution which may be found within quiet tranquility. Peace is exhaling while in your Hip Hinge, and knowing that there is nothing better than right here, right now.*

### October Color: Cerulean

Cerulean, the color of the month, embodies the essence of peace and serenity while inspiring strength in decisive actions.

### October Chakra: Throat Chakra

Vissudha, the Sanskrit name for the throat chakra, means purification. Finding peace in silence and speaking truth is paramount to this purification process which leads to higher consciousness.