

**April 2010**

**edited by Nancy Butler-Ross**

*There is a calmness to a life lived in gratitude, a quiet joy.*

~ Ralph H. Blum, author *The Book of Runes*



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Celebrating Earth Day on April 22 reminded us that we can each make simple changes that will have global effects. We can also do simple things, as individuals, that will have a global impact on creating peace. Please scroll down for ideas that support the creation of an environment of peace and beauty in our individual lives.

Please scroll down to explore...

- **Finding Your Personal Path to Peace** (a self assessment tool)
- **Thought For the Day**
- **Seeds of Hope**
- **A Smile For Your Heart**
- **Finding Peace**



### **Finding Your Personal Path to Peace**

There are many paths to peace, which may change at different points in our lives. One aspect of The Peace Company (a For-Benefit Enterprise blending the attributes of a non-profit with the engine of entrepreneurship) is *The Quest for Peace*, a free self-assessment tool that helps you identify which path (activist, personal, relationship, global, educational, creative, leadership, spiritual) is your primary path to peace at this moment. To explore their other initiatives and to download a free (and simple) *Quest for Peace* by Louise Diamond visit [www.thepeacecompany.com](http://www.thepeacecompany.com).



## Thought for the Day

Instead of watching the morning news to start your day, here's another cup of tea: a few minutes of quiet contemplation about a positive and uplifting thought that's delivered (daily) to your computer's Inbox. For a free subscription to a few moments of silence to remind us of who we are -- beings of peace, visit: [www.ThoughtForToday.org.uk](http://www.ThoughtForToday.org.uk).



## Seeds of Hope

Started in 1965 to encourage volunteer citizen efforts and to protect the natural and historic beauty of the United States, The America the Beautiful Fund *offers* **“Free Seeds of Hope”** (shipping & handling charges apply) through Operation Green Plant. Seeds are offered to encourage community groups to grow fresh nutritious food for the hungry, teach children about the wonders of nature in a habitat garden, beautify parks, roadways and neighborhoods. For an application, or to take their “Pledge of Beauty” visit: [www.america-the-beautiful.org](http://www.america-the-beautiful.org).



## A Smile For Your Heart

“Validation” is a 16-minute video fable about the magic of free parking... and more. This Winner of the Christopher & Dana Reeve Audience Award by writer/director/composer Kurt Kuenne will put a smile in your heart. See it on YouTube:

[www.youtube.com/watch?v=Cbk980jV7Ao](http://www.youtube.com/watch?v=Cbk980jV7Ao)



## Find Peace

**Find Peace: STOP** several times throughout your day to observe your environment: is it peaceful and serene, or cluttered and chaotic? Take a deep breath and draw from your peaceful, all-knowing inner Center of balance and wholeness. *It only takes a minute, but has long-lasting benefits.* For more one-minute exercises for finding a peaceful balance visit [www.MeditationExpress.com](http://www.MeditationExpress.com).

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In order for this newsletter to reach millions of readers (who will then *declare peace*) we need YOU to send it on! Be BOLD--send it to your friends, co-workers, family -- and ask them to subscribe (it's easy to unsubscribe, and we never share your email address). Together we can shift and elevate consciousness ~ and create peace. Imagine Peace Now.

## About ~ Contact Us

Nancy Butler-Ross is a freelance editor, published author (*Meditation Express, Stress Relief in 60 Seconds Flat*, McGraw-Hill/Contemporary, 2001), the associate editor of *Velocity* magazine, and a former *Miami Herald* columnist. She is currently accepting fiction and nonfiction editing projects that enlighten, enliven and entertain. Please visit [www.TheBookMuse.com](http://www.TheBookMuse.com) or contact her at [TheBookMuse@aol.com](mailto:TheBookMuse@aol.com).

Thank you,

Nancy

