

The Symptoms of Inner Peace

Some signs and symptoms of inner peace:

1. A tendency to think and act spontaneously rather than on fears based on past experience.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging other people.
4. A loss of interest in judging self.
5. A loss of interest in interpreting the actions of others.
6. A loss of interest in conflict.
7. A loss in the ability to worry.
8. Frequent, overwhelming episodes of appreciation.
9. Contented feelings of connections with others and nature.
10. Frequent attacks of smiling.
11. An increasing tendency to let things happen rather than make them happen.
12. An increase susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

Author Unknown

This article appears on the web site of Pastoral Counseling of Northern Virginia: www.PastoralCounselingNV.com. You are welcome to copy and/or distribute this article, provided the author's name and original sources are retained, including this statement. Thank you.