



101
Paths
to Peace,
Power and
Prosperity

BY JANET SMITH WARFIELD

--Complimentary Preview--
*"101 Paths to Peace,
Power and Prosperity*
by Janet Smith Warfield

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First Steps

2. Live in a house of many rooms. Live in a spiritual house where there is a room of emotion, a room of rationality, and a room of practicality, all connected with big sliding glass doors. Move from room to room, so you can look at 'what is' from different human perspectives.

3. Look at your anger, fear, and guilt from your rational room. Ask yourself whether you want to hold onto them or whether you want to release them.

4. Move to your emotional room if you want to hold on to your anger, fear, and guilt. Savor the tension in your body. Make your body as tense as possible until you're exhausted and ready to stop. What do you notice?

5. Move to your practical room if you want to release your anger, fear, and guilt. Ask yourself: "How do I do this?" Consider shifting your focus away from the object of your anger, fear, or guilt toward what you want to do with your life.

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Emotions

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18. Think about your emotions. Ask yourself, "What could I have done to prevent this fear, anger, or frustration? What can I do now to release it? How can I transform it into something that will benefit both me and others?"

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Fear/Courage

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24. Be courageous. Courage is nothing more than a decision to pursue your purpose in life. Don't allow another human to strangle it.

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Anger/Harmony

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32. If you need to express your anger, own it as your own and seek ways of conveying it that will not tear relationships apart. An easy way is simply to say, "I feel angry." Remember that reactive anger is like a nail driven into a fence. You can remove the nail by saying "I'm sorry", but the hole in the relationship remains.

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Hate/ Love

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37. Center yourself before you open your mouth. To center yourself, notice what you are feeling. Notice how your body is reacting. Are you clenching your fists? Grimacing? Shaking? Relax your body before you open your mouth.

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Thoughts, Words, Language, and Mind

44. Be wary of words. Words are illusions, dancing at a masked ball. Allow kind words to lift you up. Ignore unkind words. Unkind words have nothing to do with you. They have everything to do with the thinking of the speaker.

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52. Be grateful for views that clash with your own. They help you think more clearly.

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62. Change the word 'sin' to 'make a mistake'. None of us is perfect. We're here on this earth to learn.

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Actions – Self Nurture

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73. Be kind to yourself. You're a beautiful child of God. You deserve kindness.

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89. Keep a daily gratitude journal. Every day, write down ten people or things for which you are grateful. Pick one and describe in detail why you're grateful.

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Decisions

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97. Set priorities. Do the most important thing first and give it your full attention.

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Bonus Tips
Just Being
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110. Welcome a consciousness with no boundaries. Flow with the wind, where the creative spirit flies free, touching the wings of other creative spirits in loving caress. How can you hate or be angry when you are soaring like an eagle?