

WISDOM SESSION

Positivity and Peace

“When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.”

- Shannon L. Alder

My positive attitude helps me see the good in my life.

Positivity is how I engage the world and how I live my life. No matter what is going on in my world, I always have the power to choose my attitude.

A positive attitude extends to all people I encounter. I am committed to beholding their divinity, no matter what they may be going through or the challenges they may be facing. Even though I see their humanity clearly, I know there is so much more to them than personality and circumstance.

Positivity brightens my mood, enlivens my body, and keeps me eagerly expecting all the good to come. I am blessed to see the best in myself, in others, and all around me.

I find peace in self-compassion.

One of the most precious gifts of inner peace is living in harmony with myself. When I lovingly accept myself just as I am and extend grace and compassion inward, I feel calm and content

As I grow in self- understanding and live more fully from my spiritual nature, I am increasingly aware of the unconditional love of God, which helps me find grace. Seeing myself as a child of God shows me my truest self and fills me with deep and abiding peace.

My self-talk is positive and affirming. I am kind and gentle with myself, at ease in my own company, and forgiving and compassionate when I stumble. I am at peace.

- Excerpts shared from Bettieann Ahern

“By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace.”- Luke 1:78-79

“I myself feel confident about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to instruct one another.”- Romans 15:14

AEM- Be At Ease in the Moment

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.