



Program Yourself for Peace

Not long ago I was traveling with a friend who had just purchased a new Prius with a GPS (global positioning system). I was intrigued at the step by step instructions the computer uttered to insure we stayed on the right path. When it was time to take me home, however, my friend ignored directions to turn right and continued to drive straight. In response to this missed turn, the computer commanded, "Drive forward and make an immediate legal U-turn." I laughed hilariously.

We are approaching the season for merriment, joy, and wonder, and I find myself once again setting the intention to be in the spirit of the holidays without feeling frazzled, pressured, and busy. This is a task I have not yet succeeded in. As every holiday season comes and goes, I find myself caught in the attempt to create the perfect holiday and promising myself that when January comes, I will make those needed changes that my body and mind are screaming for.

But what if this season we created our own GPS, our own Interior Positioning System (we'll call it our IPS) to live this season consciously, rather than default to the pressures around us. What if we programmed ourselves for "Peace on Earth" this season? Perhaps it would look something like this:

When we found our bodies tense, our jaws gripping, our task list pushing us forward...our IPS commanded, "Make an immediate U-turn,"...and we chose to breathe, relax, and let go of the tension in our bodies and minds.

When we found ourselves trapped in the commercialism and the "shoulds and musts" of the season...our IPS commanded, "Make an immediate U-turn,"...and we chose to open our hearts and remember the meaning behind the season.

When we found ourselves crabby from demanding so much of ourselves and others...our IPS commanded, "Make an immediate U-turn,"...and we chose to practice gratitude, wonder, and kindness.

When we found ourselves making poor choices in the moment, promising ourselves we will do it differently when January comes around...our IPS commanded, "Make an immediate U-turn,"...and we chose to stop overeating and begin exercising now.

This is the season we hunger for peace...peace in the moment, in our hearts, in our homes, in our community, in our world. Perhaps we can program ourselves to "turn around" when we are headed off course so that when we need it most,

we may find peace. It will be right there waiting for us and we will choose to breathe into its spaciousness, ease and serenity.

Deborah Adele is an engaging, lively, and thought-provoking speaker who is not afraid to share stories from her own years of living and learning. She facilitates thoughtful and tangible ways of showing up to life in new ways, leaving participants with a dynamic combination of hope, inspiration, and practical knowledge. She is the author of *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*, 2 CD's: *The Art of Relaxation* and *The Practice of Meditation* and authored a regular wellness column for the Duluth News Tribune.