

Peace Session 8: Create a Peace Ending Chat Log

00:31:47 Betsy: Yes, energy, but also body language and tone of voice
00:37:56 Barb: I think any word that is synonymous to Peace is good. Perhaps start with the word Harmony, then end with Peace, if you're feeling that Peace might not be what the opponent will respond to, test it out.

And yes, what Betsy said: Energy and Body Language is vital.

I tried peace with a coworker who didn't want peace. She didn't appreciate being confronted, so her lips were pursed and his foot was tappin' away.

I used calm words, took responsibility for things, etc., had calm body language, but she was still furious for being asked to come and speak to me. Things ended up with no peace, sadly.

00:49:35 Terese: There may always be people in conflict that are choosing not to choose peace, yet we still can & down the road in hindsight those other angry person may I think back to the experience & glean from it at a later time ...

00:59:35 Charles Betterton: Good morning Peace Masters! Some of the most powerful and empowering resources for enjoying inner peace and "heart-mind coherence" especially by eliminating (or at least minimizing) stress are available from HeartMath. That includes many wonderful free resources from their non-profit Institute of HeartMath <http://www.heartmath.org>.

01:14:26 Betsy: And what are we going to learn with both of you when this course is done; not sure I'm ready to give everyone up, yet

01:15:19 Charles Betterton: Thank You Love/Peace Masters Scotty and Shannon and Congratulations to you, The Love Center and everyone who has, and those who will participate and go forth and radiate Love, Light, and Peace. Love you DEEP!

01:15:58 Betsy: I'm going to miss everyone, so much!