



## Symptoms of Inner Peace

by Alan Basham

- The tendency to think and act spontaneously rather than from fear based on past experience.
- An unmistakable ability to enjoy each moment.
- Loss of interest in judging other people.
- Loss of interest in judging self.
- Loss of interest in interpreting the action of others.
- Loss of interest in conflict.
- Loss of ability to worry (a very serious symptom).
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the eyes from the heart.
- Redefining falling thorough the abyss as floating or flying in a new direction.
- Increasing tendency to let things happen rather than make them happen.
- Increased susceptibility to Love extended by others as well as the uncontrollable urge to extend it.
- Being awake to what is within.
- Being awake to what is around.
- Wondering without despair about what is behind it all.

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