

## Timeless Transformations

### *The Energy of Peace*

---

Do you realize it will be 2022 before Christmas Day falls on Sunday again? Dahl will be 6. How many other children will we have in the family in 2022? Where will we be? What will our family look like? Who will be missing? It's a mystery. It's exciting to think about.

I sit here in the stillness of the morning and ask myself, what inspiration can a mother possibly give on Christmas Day to her children that are 23, 26, and 29? What an opportunity I have to be your mother. I never take that for granted. I never underestimate my power of influence. That is why I work so hard to set the best example that I can. I hope I never let you down.

I've written in the previous weeks about what I believe Christmas is about:

[The Genealogy of Jesus \(December 18, 2016\)](#)

[Christmas Celebrating the Light and Birthing a New State of Being \(December 4, 2016\)](#)

[Peel Back the Christian Belief System to Understand Its Own Message \(October 2, 2016\)](#)

Today, I'm enthused to write about Christmas from the perspective of peace. You probably remember going to Neenie and Pop's church and one of the sayings they had was to turn to your neighbor and say, *may the peace of Christ be with you*. It felt a little weird but when you said it, at least for me, it brought about a sense of peacefulness, especially at Christmas. Christmas is a magical time. It's a time of big energies. It can bring out the best in us because of the light and rebirth. It can also bring out the worse in us because of high expectations. We all want to be with those that are the most important to us and those that we love the most. No one wants to be alone on Christmas or feel like those that they love the most would rather be somewhere else. We all want Christmas to be perfect. We wait for it all year long. We work so hard on decorating, cleaning, cooking, picking out the perfect gifts then wrapping them all up. We let the culmination of the year build up and it then rests on Christmas.

The greatest gift we can give at Christmas is to bring **the energy of peace**. This is the kind of peace where our hearts are untroubled. It is when we are lighthearted and peaceful, where there is love, reconciliation, and harmony moving through us. It's the kind of peace that lives at the core of our being that is peacefulness. The [Dalai Lama](#) said, "*We can never obtain peace in the outer world until we make peace with ourselves.*" I love that quote! Another is from the Chinese philosopher, [Lao-Tse](#), the founder of the philosophical system of Taoism.

If there is to be peace in the world, there must be peace in the nations.

If there is to be peace in the nations, there must be peace in the cities.

If there is to be peace in the cities, there must be peace between neighbors.

If there is to be peace between neighbors, there must be peace in the home.

If there is to be peace in the home, there must be peace in the heart.

Christmas is a time for each of us to find peace in our hearts and to help those around us to find peace in their hearts. If we are peaceful and our hearts are peaceful, our peaceful heart can build a peaceful home, community, nation, and world. At least that can be our intention.

Where does this energy of peace come from and how do we find it? I believe it's where the best of the most high lives in us. It's where we are void of fear, void of inner conflict, void of guilt, void of anger, and void of regrets. These are things the world can't give us. These are the things we must create for ourselves. It's a gift we can't buy no matter how much money or time we have. Finding **the energy of peace** can be one of our greatest challenges.

## Timeless Transformations

### *The Energy of Peace*

---

So where do we look for peace? I believe it starts in the heart. All of the things our head uses to create unrest and conflict, peace puts us in harmony at the heart level. It starts in the heart at the individual level. We are here to bring **the energy of peace**, to bring love and peace to our family, to our workplaces, and wherever we find ourselves. Where there is disharmony we want to bring harmony. Where there is harmony, there is an absence of negativity. There is an unconditional love that is moving. There is an inner contented stillness that we come from. There is a feeling of oneness, a feeling of unity. There is an inner security that goes on beyond prior stresses and concerns. When we bring **the energy of peace**, we are centered no matter what is happening outside of us. We have the power to be peace.

In the Bible's Old Testament, Isaiah 9:6, at least 700 years before Jesus Christ was thought to be born, there was a prophecy told about the coming Messiah:

“For a child will be born to us, a son will be given to us;  
And the government will rest on His shoulders;  
And His name will be called Wonderful Counselor, Mighty God,  
Eternal Father, *Prince of Peace*” (Isaiah 9:6).

Whether this is true or not, or just folklore, it speaks to me about peace. Each of us has the responsibility in our families resting on our shoulders to create **the energy of peace** every day but especially at Christmas. As I sat last night on Christmas Eve with your Dad, Karsyn, Mother and Curley, and Pop and Barbara, I sat in peace. I felt **the energy of peace**. No my real father was not there but he never has been. Yes I have issues with Curly but he being there creates peace with Mom. No Neenie wasn't there and that is sad because Christmas meant so much to her. Yes we have issues with Barbara but she takes care of Pop and we love Pop. Yes I would have rather had everyone together including Kendall and Derek and Dahl, and Kevyn and Kyle - but we all have to share the love because that creates peace. The point is that we can create **the energy of peace** in our hearts and just let all the conflict go in our heads.

Christmas is a zone of amazing energies. Let's let ours be **the energy of peace**. The world can't give us that and we surely can't buy it. Our family has to create it, model it, and be it at all times. You will always be my princesses of peace.

I love you more than every ounce of peaceful energy that I have to give – Merry Christmas, love Mom