



*Susan Stibler*

Innerpeace Healing Arts

a gift of GRACE for you



5 Keys to Joy, Vitality & Innerpeace

## G is for Gratitude

Wake up, and spend several minutes opening your eyes and your heart to the beauty all around you. Open yourself to all the gifts and blessings and let them flow through you. It may be greeting the morning sun with gratefulness, gazing at the cloud formations, taking in a simple smile from a loved one, or hugging your children or beloved pet. You can practice gratitude by cultivating the positive in your life. When you have some beautiful moments, hold them in your heart, and feel the warmth and comfort this creates. Allow these good feelings to spread throughout your whole body.

As neuroscience teaches, “neurons that fire together wire together.” When we allow ourselves to behold and cultivate the good, we lay down new neural pathways. Our natural instinct is to hold on to the negative and dismiss the positive. In this way we follow our old, evolutionary habit of seeing things in a negative light; sometimes whining, complaining, feeling shortchanged, slighted, left out, you name it... We all have our own defaults into the negativity bias. It’s like a groove that digs deeper and deeper, forming a rut we can get stuck in. So stop and smell the roses. Let them fill your heart and mind. Use all your senses and take in the beauty, color, scent, softness of the petals, and the way the morning dew sits on the petals reflecting the radiant rays of sunlight.

**Start digging grateful grooves & let the love energy flow.**



**“Gratitude is the fairest blossom which springs from the soul.” Henry Ward Beecher**

## R is for Rest in Silence

In silence is the wisdom of the Universe, the Great Mystery, your own consciousness.

Find a place to pause and rest in silence. Find a quiet space inside and out. In the presence of nature and your own being, you will tap into your inner knowing. Below the surface of everything that scares you, stops you, or causes you to react or to become too busy, you will find a profound peace. This deep well of truth is always present. It is the core of your being. Allow and accept everything you feel, think & sense: the good, the bad and the ugly. As Rumi wrote, “meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.”

No need to change or fix anything - just allow yourself to hold it all. When you allow in what scares you, it loses its hold over you. It is possible to do this practice just minutes at a time, until you build your window of tolerance. Take care of you. Rest in ease, in softness, in the mystery of life.

**Remember who you are and what you are here for.**



# A is for Awareness

With a spirit of inquiry, intention, and non-judgement you become aware of your breath, body, mind, emotions and beliefs, and come to know your Self. When you are aware of your divine essence, your heart fills and you live in joy and peace.

To know your Self take some time every day in compassionate awareness.

## Compassionate Awareness Practice



Garuda Mudra, or “mythical eagle.”

Pause and find a comfortable seat or stance where your body is at ease. Bring your hands over your heart center. Place your right palm over the top of your left hand, spread the fingers apart and cross the thumbs. Hands are angled diagonally.

Relax your jaw, shoulders, & back. Soften your gaze.

Bring awareness to your **breath**. Notice any thoughts as they arise, and gently bring your attention back to the breath.

Notice the rhythm, depth, and expanse of your breath. Continue to be with the breath.

Bring awareness to your **body**, just noticing, not trying to change or fix anything. Allow a sense of kindness & ease, self-gratitude, love, and compassion to flow to any area of the body that calls your attention, or to your whole body.

Bring awareness to your **emotions**, just allowing and noticing, do not try to push them away. You can name the emotion, like sadness, grief, pride etc... and gently bring attention back to the breath & body.

Notice any **thoughts & beliefs** - just noting what is present. Aware of all of you. Bring awareness back to the breath & body.

## C is for Compassion

“The root of compassion is compassion for oneself.” Pema Chodron



Bring kindness, warmth, acceptance, empathy and open heartedness and trust your own innate goodness. Embrace yourself and then embrace another. Bring your compassionate awareness practice into your day and notice when you are not being kind to yourself or to another and begin again.

Sit in a comfortable place with a relaxed and alert body.

Bring awareness to your heart center and hold yourself tenderly.

Allow in a feeling of gratitude for yourself, for this day, or remember being in a supportive and nourishing environment, perhaps being held or cared for by a loved one. (If painful or difficult feelings or sensations arise, hold them with compassion for a while. Then let attention come back to the positive feelings.)

Feel all sensations as you hold compassionate awareness in your heart. Feel the warmth, support, love, and kindness.

Let these fill you and flow to every cell of your being.

# E is for Energy

We are filled with a vital energy called by many names: life-force energy, prana, shakti, or qi.

You can transform your body, mind, heart, and emotions by circulating this energy and creating physical vitality, positive emotions, authentic self-expression, and creativity. You can then use this energy to care for yourself and family, to serve others, to care for our planet, and to raise the collective consciousness for future transformation.



## 3 ways to cultivate a healthy flow of Energy

- 1. Clear toxins** - Let go of outdated beliefs, ideas, and people (like the so-called friend that calls you only to complain, drains your energy and can never listen to you). Let go of old physical belongings that are not useful or do not bring joy to your life. Let go of negative beliefs that you are not worthy, not good enough, that you can never \_\_\_\_\_. Eliminate addictions (too much fast food, alcohol or escape drugs, sweets, etc.).
- 2. Move your body** - Exercise in a way that you enjoy. Start today! Try qigong or yoga, dance, walking, swimming, anything that feels good to your body. Do something every day! Switch it up. Listen to your body and take care of it. Its wisdom is profound.
- 3. Nourish yourself** - Make yourself a nourishing meal, listen to beautiful music, have dinner with supportive friends, walk in the woods and commune with the trees or by large bodies of water, walk barefoot with your feet in the grass. Plant a garden. Allow all your senses to revive with the rhythms of nature, go to bed at a decent hour and wake early. What nourishes you?

May you bring the gift of GRACE to your life!

If you'd like support, I'm here to help.



[www.susanstibler.com](http://www.susanstibler.com)  
[susan@susanstibler.com](mailto:susan@susanstibler.com)