

## The 12 Symptoms of Inner Peace.

1. A tendency to think and act spontaneously rather than from fears based on past experience.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging self.
4. A loss of interest in judging others.
5. A loss of interest in conflict.
6. A loss of interest in interpreting the action of others.
7. A loss of the ability to worry (this is a **very** serious symptom).
8. Frequent overwhelming episodes of appreciation.
9. Contented feelings of connectedness.
10. Frequent attacks of smiling through the eyes of the heart.
11. Increasing susceptibility to love extended by others, as well as the uncontrollable urge to extend it.
12. An increasing tendency to **let** things happen, rather than to **make** them happen.

**Hoping you are incurable!**

(Author Unknown)

Compliments of Teachers Union Health and Nature Therapies