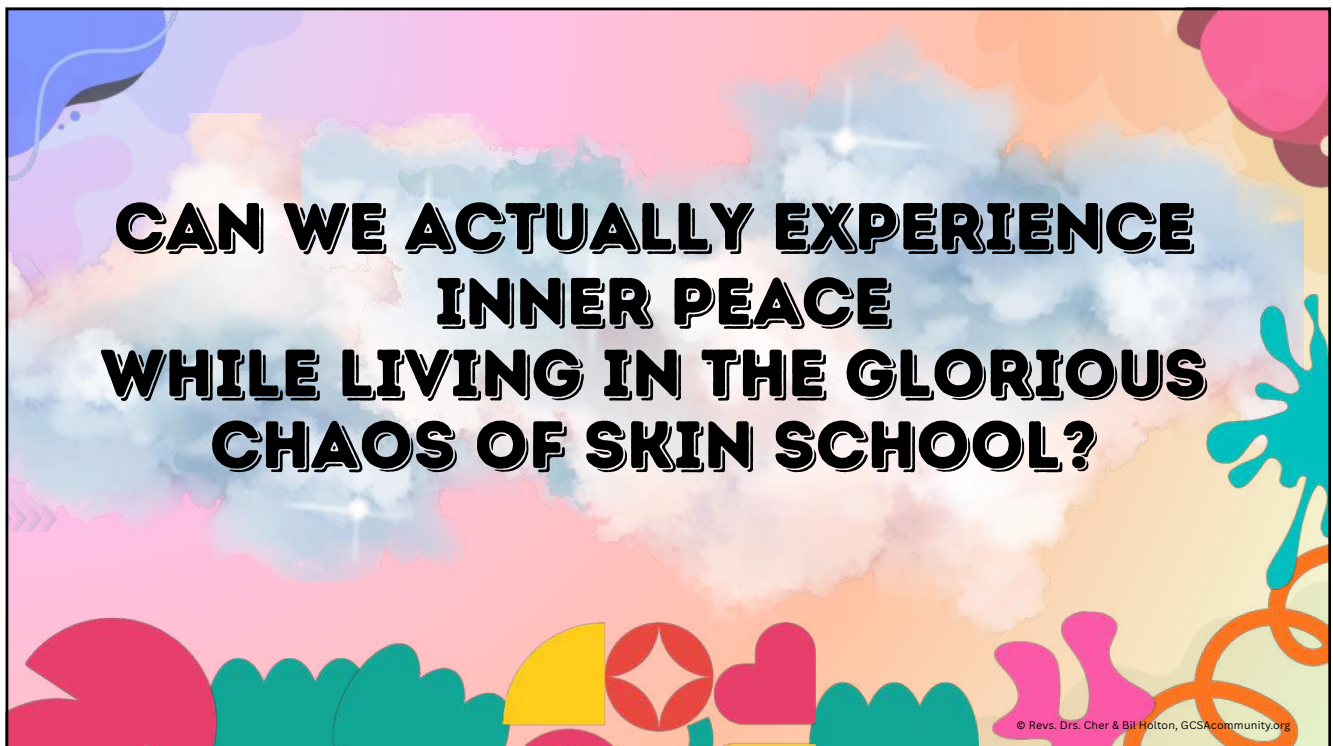




1



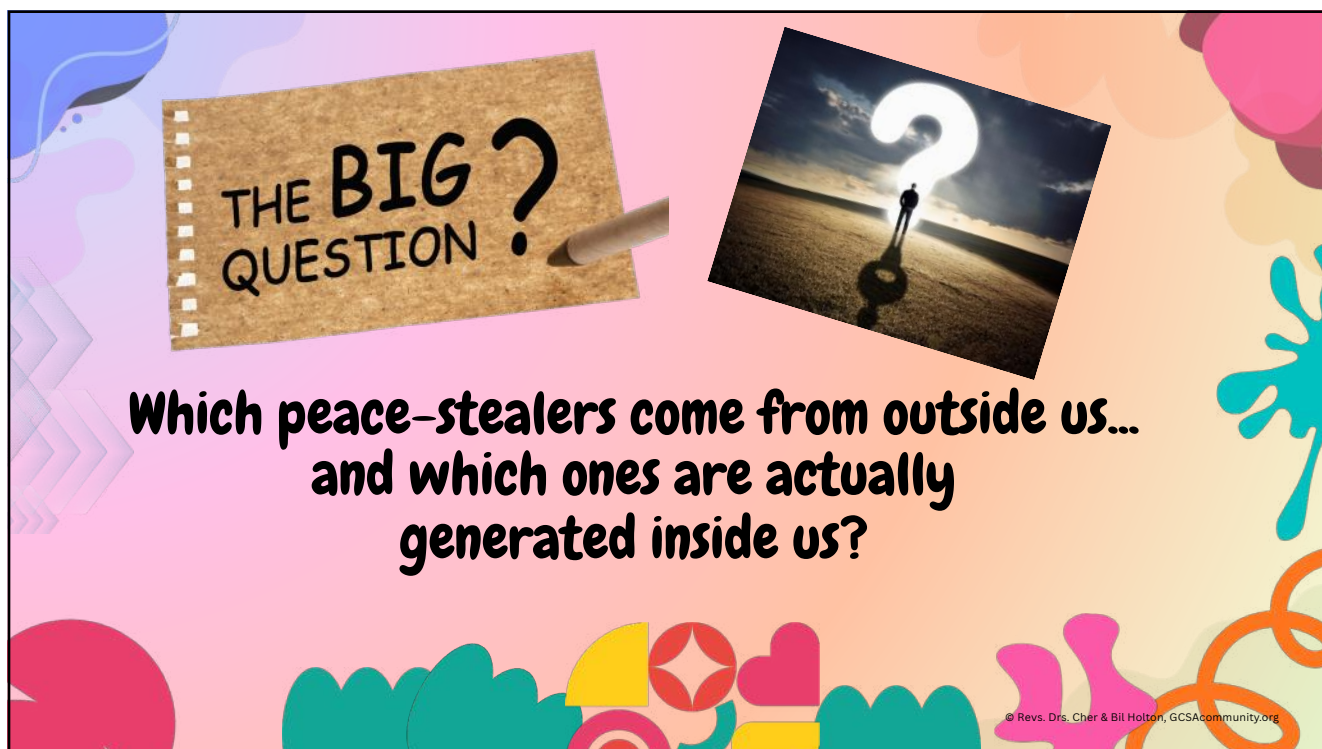
2



3



4

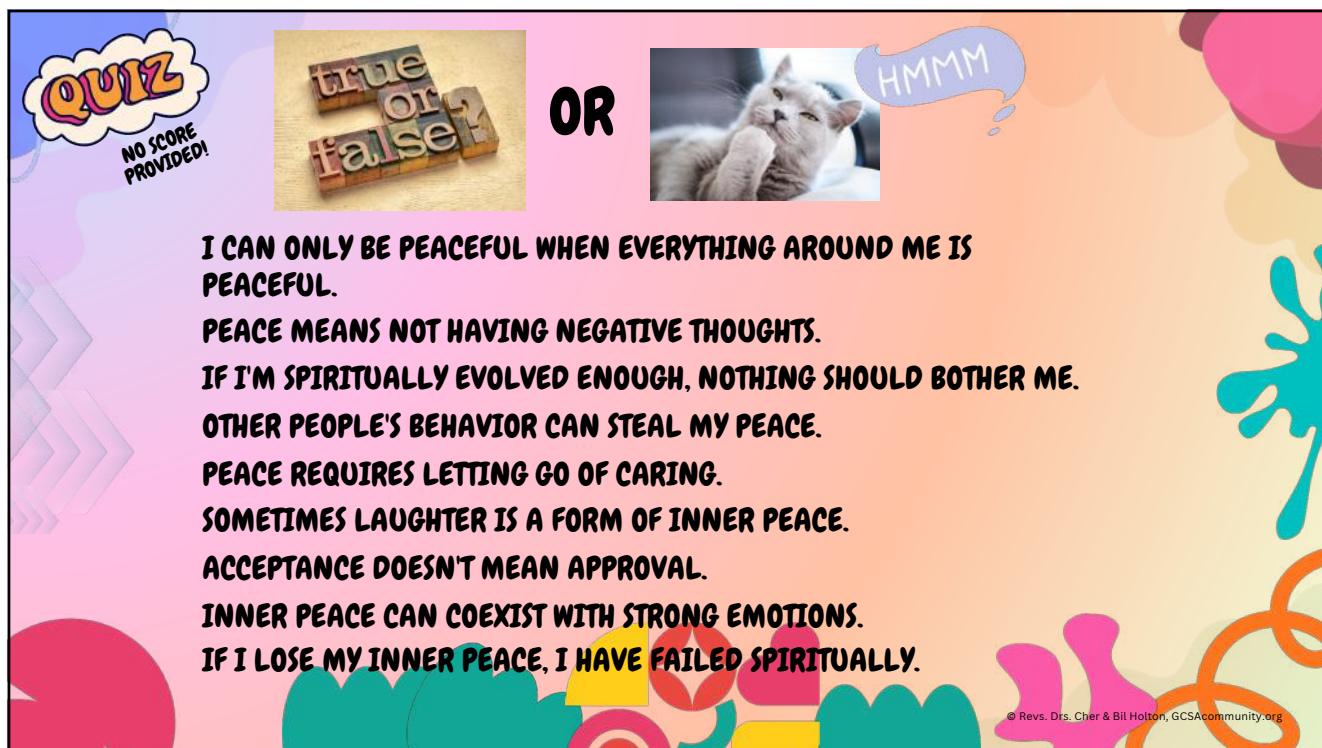


**THE BIG ?
QUESTION**

**Which peace-stealers come from outside us...
and which ones are actually
generated inside us?**

© Revs. Drs. Cher & Bil Holton, GCSAcommunity.org

5



QUIZ
NO SCORE PROVIDED!

true or false

OR

HMMM

I CAN ONLY BE PEACEFUL WHEN EVERYTHING AROUND ME IS PEACEFUL.
PEACE MEANS NOT HAVING NEGATIVE THOUGHTS.
IF I'M SPIRITUALLY EVOLVED ENOUGH, NOTHING SHOULD BOTHER ME.
OTHER PEOPLE'S BEHAVIOR CAN STEAL MY PEACE.
PEACE REQUIRES LETTING GO OF CARING.
SOMETIMES LAUGHTER IS A FORM OF INNER PEACE.
ACCEPTANCE DOESN'T MEAN APPROVAL.
INNER PEACE CAN COEXIST WITH STRONG EMOTIONS.
IF I LOSE MY INNER PEACE, I HAVE FAILED SPIRITUALLY.

© Revs. Drs. Cher & Bil Holton, GCSAcommunity.org

6

Personal Inner Peace Preservers*

Examples:

As a Healthy Boundary	Saying "no" to toxic relationships, refusing to engage in arguments, walking away from chaotic environments.
As a Daily Practice	Routines like meditation, mindful breathing, journaling, or taking quiet time alone to reset your nervous system.
As a Mindset	The intentional choice to value your own mental health over trying to please others or control external events.
As Relationships	A supportive friend, partner, mentor, or group who helps ground you and brings stability rather than drama into your life.

*A person, boundary, practice, or mindset that actively protects your mental and emotional calm from outside stress and chaos; While "inner peace" is your internal state of balance and serenity, a preserver acts as the guardian, tool, or shield that keeps that state safe.

© Revs. Drs. Cher & Bill Holton, GCSAcommunity.org

7

Personal Inner Peace Preservers*

Examples:

WHAT
are YOURS?

As a Healthy Boundary	Saying "no" to toxic relationships, refusing to engage in arguments, walking away from chaotic environments.
As a Daily Practice	Routines like meditation, mindful breathing, journaling, or taking quiet time alone to reset your nervous system.
As a Mindset	The intentional choice to value your own mental health over trying to please others or control external events.
As Relationships	A supportive friend, partner, mentor, or group who helps ground you and brings stability rather than drama into your life.

*A person, boundary, practice, or mindset that actively protects your mental and emotional calm from outside stress and chaos; While "inner peace" is your internal state of balance and serenity, a preserver acts as the guardian, tool, or shield that keeps that state safe.

© Revs. Drs. Cher & Bill Holton, GCSAcommunity.org

8

Personal Inner Peace Preservers*

Examples (These are just a few!!):

- Nature
- Music
- Humor
- Meditation
- Animals
- Quiet Time
- Talking with someone
- Walking
- Breathing
- Reading
- Spiritual Powers; Core abilities
- Sleep
- Creativity
- Looking at the stars
- Connection
- Journal
- Mantras; Affirmations (Poise to the noise; Not my circus, not my cosmic assignment; It is what I make it; etc.)

*A person, boundary, practice, or mindset that actively protects your mental and emotional calm from outside stress and chaos; While "inner peace" is your internal state of balance and serenity, a preserver acts as the guardian, tool, or shield that keeps that state safe.

© Revs. Drs. Cher & Bill Holton, GCSAcommunity.org

9

Personal Inner Peace Preservers*

Examples (These are just a few!!):

- Nature
- Music
- Humor
- Meditation
- Animals
- Quiet Time
- Talking with someone
- Walking
- Breathing
- Reading
- Spiritual Powers; Core abilities
- Sleep
- Creativity
- Looking at the stars
- Connection
- Journal
- Mantras; Affirmations (Poise to the noise; Not my circus, not my cosmic assignment; It is what I make it; etc.)

And ...
Which do you actually **USE** when your peace gets **WHIRLED?**

*A person, boundary, practice, or mindset that actively protects your mental and emotional calm from outside stress and chaos; While "inner peace" is your internal state of balance and serenity, a preserver acts as the guardian, tool, or shield that keeps that state safe.

© Revs. Drs. Cher & Bill Holton, GCSAcommunity.org

10



Cosmic Illumination

A Cosmic Consciousness perspective is an Ultra-Elevated state of Illumination and Reality Awareness. It's considerably beyond what we call 'self-awareness,' and mere 'ego-awareness.' When we 'up our consciousness' to comprehend the awesome Nature of Cosmic Consciousness, our human Mind enters a state of Higher Existential Awareness instead of just a basic state of Higher Conscious Knowing.

This Ultra-Elevated state of Mind is beyond even that of an elevated sense of reasoning in that it has attained a Cosmic Awareness of our Universe and Beyond. It recognizes the Oneness in all things that's rarely experienced by the majority of humankind. The attainment of Cosmic Illumination will cause an individual to seek solitude from the multitude, and isolation from the noisy world of mental pollution.

© Revs. Drs. Cher & Bil Holton,
GCSAcommunity.org

11

**WHEN MY SKIN SCHOOL GETS
WHIRLED, I WANT TO REMEMBER...**

Fill In Your
**COSMIC
MAGIC**

© Revs. Drs. Cher & Bil Holton, GCSAcommunity.org

12