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Tools for Achieving Peace

It Begins In Our Own Hearts

This is from the Gospel of John, Chapter 14, as Jesus consoles his disciples in preparation for his death:

“Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

Do not let your hearts be troubled, and do not be afraid.”

Peace is a vital aspect of the world’s spiritual doctrines. We find it playing an important role in literally all of the major religions.

We want peace for ourselves, and we want peace for our world. And this is where peace becomes complicated—because to have peace in our world, we must first have peace within ourselves.

A person filled with anger, turmoil, frustration, or contempt cannot bring peace to others. Yet finding or creating peace within ourselves can be elusive. The key to finding peace is knowing where to look. And where *not* to look.

In the early 20th century, the philosopher and prolific spiritual writer Ralph Waldo Trine wrote:

“Peace lies not in the external world. It lies within one’s own soul. We may travel over many different avenues in pursuit of peace. We may seek it through the channels of the bodily appetites and passions. We may seek it through all the

channels of the external. We may chase for it hither and thither, but it will always be just beyond our grasp because we are searching for it where it is not....To be at one with God is to be at peace.”

This theme appears often. Here it is again from the channeled curriculum written during the 1960s called *A Course in Miracles*.

“You will not find peace except the peace of God. Accept this fact, and save yourself the agony of yet more bitter disappointments, bleak despair, and a sense of icy hopelessness and doubt.”

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To prepare for this talk, I looked at many spiritual writings and I meditated on peace. Pretty soon, I noticed that my notes were beginning to look like a checklist of things to keep in mind about peace.

That checklist is what I want to share with you this morning.

It’s not a comprehensive list, and these are certainly not all of the most important points. You could easily add a dozen more points about achieving peace. But I found several of the same ideas repeated over and over in slightly different ways. Those ideas are the things we need to remember.

Forgive

Forgiveness may be the most powerful of all steps to reach peace of mind. We often nurture bad thoughts toward people who hurt or harm us. We forget that the damage was done to us *once*, and yet we keep nourishing the wound, which perpetuates it. We must forgive and forget, hard as that may be. We must believe in God’s justice and in karma, and move on.

Pray and Meditate

Prayer and meditation—for many of us these two are closely linked—is one of the holiest states of mind we can achieve on the earth plane. Prayer and meditation

enable us to raise our vibrations so we can commune with higher spirits, with the Christ consciousness, and with the Creator to gain more truth.

The serenity that can come from meditation is peace of mind. If we meditate earnestly every day, we will become calmer throughout the day. We become better instruments for peace.

Meditation is encouraged by White Eagle, a group of spirit teachers who spoke through the English medium Grace Cooke in the early 20th century. Here White Eagle says:

“Remember to enter the silence when your need is great. Few of our earthly brothers seem able to do this. They have a great urge to do something on the physical plane when in trouble—yet the most valuable thing you can do is to be still and seek God within. When in doubt, do nothing. Be still.

Stop Regrets

We can waste a lot of time wondering "should I or shouldn't I?" We can fritter away days, weeks, months, and even years with mental debates that go nowhere and accomplish nothing.

The fact is, we can never plan enough because we can never anticipate the future. God has a plan too. Yes, it *is* good to learn from our mistakes without brooding over the past. But we must not regret! Whatever happened was destined to happen. It was the will of God for reasons we may never understand.

Paul taught the Philippians this lesson when he wrote this well-known verse to them:

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Be Patient

Too often we create our own problems by interfering in the lives of others. We're convinced that our way is the best way, our logic is the perfect logic, and those who do not conform to our way of thinking—our way of doing things—must be steered to the right direction ... which usually means *our* direction.

This attitude denies the existence of individuality, free will, and the vast expanse of God's love—for God has created each one of us to be unique. No two people think or act in exactly the same way. We need to remember that God will look after things, which is a realization that can help us find peace.

White Eagle touches on a related point when he teaches:

“We would remind you very tenderly that you pay too much attention to earthly values. We do not mean that you should neglect your earthly duties, but we suggest that you should get a clearer understanding of the relative values of spiritual and earthly things ... for so much that you consider necessary and important to you is *not* important.

“If you will seek always the stillness, the peaceful spirit of the Christ, you will find that you open the windows of your soul, and the light of the Christ-spirit will flood your soul and life,” says this spirit teacher, “and that which seemed to you to be a trouble and an anxiety will be absorbed into the light.”

Believe in Yourself

Here's some advice with an interesting twist to it. This particular point is actually based on a Hindu teaching regarding peace. It tells us to be wary when others compliment us, which I found interesting. Here we see that these compliments can actually interfere with our peace.

The teaching states:

“This world is full of selfish people. They seldom praise anybody without selfish motive. They may praise you today because you are rich and have power, but no sooner are you powerless than they will forget your achievement and start

criticizing you. Moreover, no one is perfect. So why do you value the words of praise of another mortal like you? Why do you crave recognition? Believe in yourself. People's praises do not last long. Do your duties ethically and sincerely and leave the rest to God.”

Beware of Jealousy

We’ve all experienced how jealousy disturbs our peace of mind. We’ve all had experiences where other people achieved what we wanted to do, or own what we’d love to own.

But is that a reason to be jealous? Remember that our lives are shaped by karma that’s now become our destiny. We gain nothing by blaming others for *our* misfortune or in scorning them because of their good fortune. Jealousy does not get us anywhere, least of all, in finding peace of mind.

Ralph Trine reminds us:

“Oh, the thousands of men and women all about us weary with care, troubled and ill at ease, running here and there to find peace, weary in body, soul, and mind; going to other countries, traveling the world over, coming back, and still not finding it. Of course they have not found peace and they never will find it in this way because they are looking for it where it is not. They are looking for it without when they should look within.”

Then he continues: “Peace is to be found only within, and unless you find it there, you will never find it at all.”

Focus on the Christ

Every day we face things that are beyond our control. And to have peace, we must remind ourselves: “God willed it so, so be it.” God's plan and our own karma are beyond our comprehension. Knowing and believing that, you’ll gain peace, patience, inner strength, and willpower.

Again, White Eagle speaks to this point:

“Take little notice of passing difficulties and obstacles. Keep on keeping on, steadily. There are forces that would buffet and confuse you, but you will overcome these forces by steadily looking up toward the Christ.

“Surrender to divine wisdom, knowing that what is happening to you is an opportunity to grow in love, to draw close to divine love. Do not think of life in the physical body as being the only life. Think of life as being eternal, and of yourself as a tiny spark of that divine life.

“This is the goal of your life, conscious union with God, divine love and wisdom, peace, and joy. The secret, when you are feeling hurt and disappointed with yourself, or with circumstances, or with your brother man, is to learn to rise in thought to God and say: ‘Thou art all wisdom and love. Thou knowest my soul’s need. I resign my life to Thee.’”

Know the Vibration

We know that Vibration is everything. It surrounds us and is the substance of heaven and earth. It’s like water to a fish, but even more so. Our ability to influence the Vibration is among our greatest gifts and is critical to achieving peace.

This is the final point because it deals with creating peace not only within ourselves, but also in the world surrounding us.

The following words come from a 1978 lecture Rev. Anita Rudder channeled here at New Era from her teacher, Doctor Martin, who says:

“Those living on the earth plane, in the present, cannot see clearly all that they have. They cannot have the proper perspective to see how man is gaining in wisdom, gaining in strength, gaining in understanding. They cannot see these things because of the earth turmoil, which is covered by your news media—for out into your world is thrown all the trash and all the negative thoughts. Negative events are reported by your news and television media, and very little news is reported about positive things happening in your world.

“One day this will change and quiet down, and they will have time to bring forth that which is beautiful and true and good,” Doctor Martin says. “The more the good is brought forth, the sooner the negative will drop away. For it has been said, and it is true, that ‘like attracts like.’ As long as that which is violent goes out into the vibration, it will attract and increase violence. As long as the negative is the loudest voice heard, it will attract more negation.”

Then Doctor Martin mentions gatherings much like we have here this morning:

“So when little groups gather together—those who want peace and will actively work toward peace—this helps greatly in bringing peace to your world. This is what to be ‘in the vibration’ is all about—many little groups gathering together. This is the foundation whereupon more truth will be spread, and more happiness will come to the earth.”

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So I hope you see some of the common themes here:

- God’s plan and karma are all around us, determining our destinies. Therefore we should judge less and forgive more.
- We should look into ourselves for peace and not attach ourselves to what others have or say, or even to the news of the day. We should strive instead to keep our auras clear and to raise the Vibration surrounding us.
- And finally, we should always turn to God the Creator and to the Christ for peace and not try to obtain peace from the world around us.

In closing, please remember this one simple, familiar sentence from the Christ:

“Blessed are the peacemakers, for they shall be called the children of God.”

Blessings and Amen.