## Politics, Prayers, Peace & Action

We're applying spiritual teachings directly to our political lives so we can be more empowered, more clear, and more filled with peace!

## WE CAN TALK POLITICS, TAKE ACTION, AND BE AT PEACE' POLITICS, as human experiences, include civic things like voting, elections, governance, and social responsibility. PRAYER, affirmative prayer or spiritual mind treatment, aligns our consciousness with spiritual truth about a specific situation to embody a new experience. PEACE, as a spiritual idea, is an inner calm, arising from our realization that we are one with an infinite, loving, ever-present reality - God, Spirit, Life. ACTION, worldly activities to effect change, including specific spiritual practices, advocacy, and service/ support.

## REFLECTION FOR YOUR UNIQUE CONTRIBUTIONS

WHAT CHANGE DO I WANT TO SEE?

WHAT SPIRITUAL QUALITY IS THAT CHANGE? / WHO WILL I BE?

WHAT ACTIONS ARE MINE TO TAKE?

HOW WILL I CARE FOR MY SPIRITUAL, MENTAL, EMOTIONAL SELF?