



SIMPLY PEACE, PART I

Raising your Consciousness, Releasing Blocks to your Best Life
Nancy Rynes, Author of *Awakenings from the Light*

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OPENING

- Note: medical disclaimer
- Terminology
- Copyright

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Disclaimer: Not a therapist or health care provider. Before taking the suggestions outlined here, check with your provider if you have specific conditions or concerns. This is not meant to replace your medical or behavioral health provider's guidance.

I try to keep spiritual terminology non-specific to a particular religion, such as in the term "God"...please substitute in whatever words you use.

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SIMPLE VS EASY

- Simple: uncomplicated
- Easy: without much effort

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Simple and Easy are not the same thing...

PURPOSE

- To begin raising your level of awareness,
- ...so that you can make more conscious choices,
- ...that in turn lead you to a life that is progressively more peace-filled and FREE

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Purpose of this Entire Course:

To begin raising your level of awareness,
...so that you can make more conscious choices,
...that in turn lead you to a life that is progressively more peace-filled and FREE

HOW?

1. Part 1: General Things to Consider
2. Part 2: Care for your Body
3. Part 3: Care for your Mind
4. Part 4: Nurturing Your Soul
5. Part 5: Consciousness, Practice, and Peace

ABOUT ME

- The “Atheist who went to Heaven”
- Author of: ***Awakenings from the Light***
- Longtime scientist and science/technical writer
- Agnostic/Atheist until early 2014
- NDE in January of 2014
- Now an artist, writer, and speaker

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My course “Awaken Your Life” (also on this platform) is a full introduction to beginning work with me. It’s equivalent to a one year initial mentoring program and gives you not only my background, but an in-depth course in learning how to use the wisdom of NDEs to transform your life.

PAUSE...ASK YOURSELF...

- What does *Peace* mean to you?
- Do you have it now?
- What would your life be like if you had the Peace you desire?



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Take time to think about this, jot some notes, or journal:

What does Peace mean to you?

Do you have it now?

What would your life be like if you had the Peace you desire?

WHERE PEACE RESIDES

**Remember, peace resides
in the present moment**

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So we need to focus on learning how to be more present in the NOW moment

IT'S A PRACTICE



...Not a Destination

- Dynamic: Can evolve and change over time
- You keep learning and making progress
- Consistent practice is important
- Practice is the destination

9

RELAX INTO PEACE

Take some breaths...

Contemplate at least one thing for which you are grateful, right now.

Or...

Focus on what you **DO** have in this moment, rather than on what you lack.

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Now let's take a quick moment to focus on something in the present moment. Since peace lies in the present moment, whatever we can do to focus on the NOW moment the more we are in that space where peace can enfold us.

GRATITUDE

- Gratitude is a state of deep loving
- Amplifies love
- Part of the fabric of existence
- **It's not about *getting*, it's about *giving***
- Feel gratitude, then express it
- Feel/express gratitude for yourself, too



PRACTICE GRATITUDE

1. Learn to feel and express your gratitude to others throughout your day.
2. Start a gratitude journal (3-5 grateful things per day to start).
3. Start a gratitude tree for your family.
4. What are you grateful for in yourself?
5. *The Gratitude Connection*

SHIFT YOUR THOUGHTS

- Gratitude practice
- Your thoughts are important
- Listen to *Ari's Story* (separate recording)

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It's important to learn to shift your thoughts away from negativity and toward that which you want to cultivate in your life...in this case, peace. Simple ways to shift your thoughts to more peace:

- Gratitude practice can help shift thoughts (over time)
 - One way to get mind in the present moment
 - Shift away from worry or regret, toward what you Do have in the present moment, and toward PEACE
- Your thoughts are important...they are what you will become
- Listen to *Ari's Story* (separate audio file)

Also: psychotherapy, quiet time, contemplation, meditations, prayer

SHIFT YOUR THOUGHTS

More Advanced:

- Monitor your thoughts
- An hour to a Day
- Gives you a visual

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Monitoring your thoughts is a good way to draw attention to what you're thinking on a daily basis. What you'll do is to have a notebook ready and for an hour make sure that you write down every thought that comes into your mind no matter what it is. What this does is it gives you an idea of the thoughts that are going on in your head and you might be surprised what comes out.

- can do for as little as an hour, up to a day or more
- Allows you to SEE what you are thinking so that you become aware
- Once you are aware, you can gradually begin to challenge those thoughts
- Is that thought actually true? Or is it simply fear rearing its head?
- Is there a more productive thought you can use instead?
- Ex: "There is no way that I'm ever going to be a success with _____..." sets you up to fail before you even start. Replace it with something like, "My goal might be challenging, but I can do this!" Or. "I can do this if I work hard and get help or advice from experienced people."
- Mental health challenges are REAL and are not covered by this course. If you are facing depression, anxiety, or other mental health challenges, I encourage you to consult with a licensed psychologist or psychiatrist.

Bring changes and peace into your life by being more aware of your thoughts, feelings, words, and actions.



16

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We “play” with bringing peace or other possibilities into our physical lives by making choices with our thoughts, feelings, words, and actions.

It takes Awareness...

WHAT DO NDES TELL US?

- Love* is foundation to healing and peace
- We have a purpose: love, connection, service, and more
- What you think & believe, you become
- You CAN create a “Heaven/Haven” for yourself on Earth
- Divine love is more powerful than we can imagine...and we are a part of it all of the time
- Aligning Consciously with Divine love helps us cultivate peace

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In terms of peace, what do NDEs teach us?

Love = kindness, compassion, altruism

NDE-RS REPORT...

- Peace and Freedom are our core essence
- We are eternal; Consciousness is eternal
- Divine LOVE forms structure of ALL (a field)
- Oneness / Connection / Community
- Inclusive / All-Encompassing
- “Reality” as we perceive it is an illusion

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- Peace and Freedom are our core essence
- Consciousness is eternal
- Divine LOVE forms structure of ALL (a field)
- Oneness / Connection / Community
- Inclusive / All-Encompassing
- “Reality” as we perceive it is an illusion...not what we think it is
- You are MUCH MUCH more than this physical body you have right now

MY GUIDES SAY...

- Centered, Peaceful Presence is attainable with practice
- There is much more to reality than we think we know* — not just physical
- Thoughts, feelings, words, actions important
- We are not separate from Divine...ever
- Service, Generosity, and Kindness are Important

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*Even our most gifted scientists are not hitting the mark

MY GUIDES SAY...

“Fear and drama are only real as long as you believe they have power over you. They do not.”

“Allow Love to burn away the fog of fear, much as the sun warms the sky and burns off the morning mist.”

“SPIRIT” IS HERE, NOW

Some things to remember:

- No “Here” and “There”...all One
- The physical and spiritual realms are not really separate
- Divine energy (Love/peace) forms the structure of the physical world as it does in the spiritual realm
- Can bring some of that peace and love to life on Earth

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Just as we can only see a small part of the EM spectrum, so too can we only sense a small part of what is “real”

So just because you cannot see Divine love with your physical eyes doesn't mean it doesn't exist...can use other means and other senses to experience it. And we can connect with it through various practices. This connection can help us cultivate peace.

EXERCISE: PRESENT MOMENT AWARENESS

**Do while washing dishes,
gardening, etc.**

- Focus full awareness on the task at hand
- Really get into it; focus on every effort and movement
- Do it for as long as comfortable
- *Note: for attention challenges (ADHD, etc.), also seek professional help*

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Let's take a break for a moment and do an exercise to help you focus more on the present moment...

IN CLOSING, PART I

“If you look for peace, love, or joy solely from outside of yourself, you will forever be in search of it.”

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“If you look for peace, love, or joy solely from outside of yourself, you will forever be in search of it.”

True peace and contentment come from within.

Looking for it elsewhere forever keeps you in the role of a victim.

True inner peace does not depend on others.

RESOURCES

- **Mind Training Recordings:** Dr. Jeffrey Thompson
- **Sacred Acoustics:** Karen Newell (meditation CDs)
- **Hemi Sync:** meditation recordings
- **Forgiveness books and classes:** MarcyNeumann.com
- **The Gratitude Connection:** AmyCollette.com
- **I AM:** Howard Falco
- **Demystifying the Out of Body Experience:** Luis Minero
- Dr. Bill Tiller: scientific studies on earth's energy fields