



## Day 45

Beloved Peacekeepers,

Mastery - an idea in mind that we are attempting to perfect -- moving from AOL to SNVOakland.org mailings. Yes, its the perfect word for the day - knowing that all are in the midst of mastery in their unique kornor of the KINGDOM!

### **Today's Principle, Today's Practice - MASTERY**

Labor organizer Caesar Chavez teaches, "If you use violence, you have to sell part of yourself for that violence. Then you are no longer a master of your own struggle." Breathe deeply, silently counting backwards from ten to calm yourself and cool off before you speak or act with impatience or anger. Do this at least once today.

**Ask yourself:** What does it mean to "master something"? What does it mean to have mastery over yourself? Give examples of people who are accomplished in their field. What have they had to master in order to be great? What have you mastered in your life (physical, mental, and emotional skills)? How do skills, habits, intention, discipline, compassion, and feedback all relate to mastery? What are you working to master? How will you know you have achieved mastery? Explore the relationship between the mind, emotions and actions in the development of mastery.

**Activity** - "Master the Feeling" - use the breathing practice above to calm yourself before acting - breathe in and out while counting backwards.

Explore - what must a practitioner of nonviolence master within themselves? What would you like to master in your practice of nonviolence? Write about someone who has mastered this - how did they do it? What difference will it make in your life as you master this still? Develop a plan of developing mastery in this area - include small, specific steps that you can practice over the next 30 days. Write about the process you are willing to go through - create a project (mural, collage, etc.) that shares your results - where you can see your progress.....

**Journal Activity:** Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

### **Consider this Quotes on Mastery:**

Only he who handles his ideas lightly is master of his ideas, and only he who is master of his ideas is not enslaved by them. -Lin Yutang

"He who reigns within himself and rules his passions, desires, and fears is more than a king." - John Milton

"You must begin to think of yourself as becoming the person you want to be." - David Viscott

No man is free who cannot command himself - Pythagoras

This above all: to thine own self be true, And it must follow, as the night the day,  
Thou canst not then be false to any man - William Shakespeare

The true value of the human being is determined by the measure and the sense in which one has attained liberation from the self - Albert Einstein

Mastery comes from confidence. Confidence comes from experience. Experience comes from practice. Practice comes from commitment. And commitment comes from vision - Randy Gage

Personal mastery teaches us to choose. Choosing is a courageous act: picking the results and actions which you will make into your destiny.  
--Peter Senge

All your scholarship would be in vain if at the same time you do not build your character and attain mastery over your thoughts and your actions - Gandhi

Courage is resistance to fear, mastery of fear - not absence of fear - Mark Twain



The purpose of life seems to be to acquaint man with himself. -- Emerson

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth...Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits, which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind-elements operate in shaping his character, circumstances, and destiny.- James Allen

Tending to our garden, allows our mastery.....enjoy time and walks "in the Garden"

Blessings,

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