

Mid Wales Yoga Handout

Yoga Classes • 01982 552515 • First class is free • www.georgewatts.org
Yoga classes on Mondays 7PM @ Powys Dance Centre, Llandrindod Wells
Yoga classes on Thursdays 7PM @ LLanfrynach Village Hall, Nr Brecon



Symptoms Of Inner Peace

Be on the lookout for symptoms of **Inner Peace**.

The Hearts of a great many have already been exposed to **Inner Peace** and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

11 signs and symptoms of Inner Peace:-

1. A tendency to think and **act spontaneously** rather than on fears based on past experience.
2. An unmistakable ability to **enjoy each moment**.
3. A **loss of interest in judging** other people.
4. A **loss of interest in interpreting the action of others**..
 5. A **loss of interest in conflict**.
 6. A **loss of the ability to worry**.
(this is a very serious symptom.)
7. Frequent, **overwhelming episodes of appreciation**.
8. **Contented feelings of connectedness** with others and nature.
 9. Frequent **attacks of smiling**.
10. An increasing tendency to **let things happen** rather than make them happen.
11. An increased **susceptibility to the love** extended by others as well as the **uncontrollable urge to love them back**.