

Reflections on Promise 3

Promise 3: We comprehend the word serenity, and we know peace of mind.

I never felt serenity and I couldn't grasp what the word meant. I would hear people talk about peace and having peace of mind, but that too was a foreign concept to me. The Fellowship of Emotions Anonymous showed me what the two words were and exhibited them in their actions. People with peace of mind don't find a need to argue, hold grudges, or judge other people. They are ok with themselves and therefore can accept other people. I know that I have peace and serenity when things that used to upset me don't even faze me. To keep this state I have to work the steps (well, live the steps) and rely on my Higher Power. — Derita P., *EAI Trustee*

When I was a child, my father used to tell me 'money can buy you a lot of things in this world, but it can't buy peace of mind'. I didn't appreciate what he said when I was a child but came to appreciate it the older I got and the greater number of challenging situations I faced. Being in a state of regular panic, anxiety, guilt, shame and other negative emotions can come to feel normal, but I’ve learned that this wasn’t living, certainly not the way God wanted me to. Through the program, I now know serenity and peace of mind. — Paul N., *EAI Treasurer*

For many of us in the program, having peace in our mind seems to be out of the question – a complete fantasy. So many of us struggle with anxiety. We have not known – experienced for extended periods of time – moments of peace in our mind. Nonetheless, our program teaches us to be hopeful and active – working our program. We strive towards having more peaceful moments as we celebrate the presence of a power greater than ourselves actively calming us down and helping us to relax. We meditate. We center ourselves, serenely, because we know that that is the intention of being human. Being at peace. — Scott J., *EAI President*