Have you ever wanted to take time out from your life and figure out for yourself what the big picture means for you? There have been times in my life where I have felt that my everyday philosophy and path were at odds with my spiritual path. The problem I was having is I wanted to take something from outside myself and somehow apply it to clarify my whole existence. In Mindfulness and Peaceful Living I seek to share my journey, and my life through the principles of spiritual connection and community. I explore different ways in which to live a peaceful and mindful life while taking a look at how it is we know what we know. Mindfulness and Peaceful Living is about developing a personal code of conduct to recognize the world as a spiritual experience, as well as share an evolving philosophy in which to move through life. The exercises on organizing your mental responses and reactions alone are gold. The unique opportunity available through this is book is the author welcomes the reader to share their voice, because listening is only one part of the conversation. Sharing oneself is engaging in a spiritual practice of learning, and the focus of our thoughts opens up imagination as well as our world.