

I choose peace instead of this ...

“It isn’t enough to talk about peace, one must believe it. And it isn’t enough to believe in it, one must work for it.

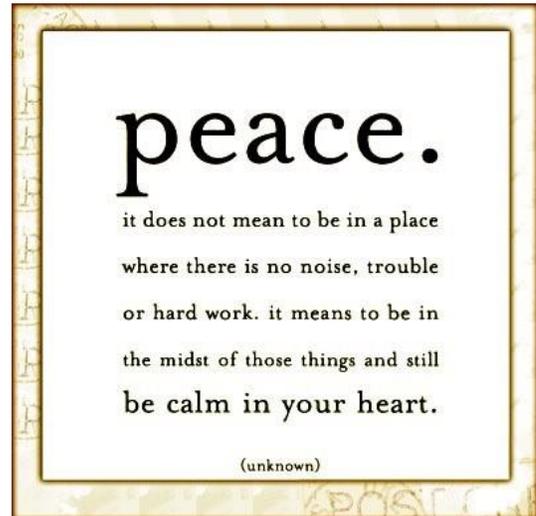
— Eleanor Roosevelt

RUNClub©

“Your relationship with yourself sets the tone for every other relationship you have.”

— Robert Holden

Healthy living at RUNClub is much more than running. Our team wants to share life changing concepts you can use in your lives to create health and peace. The ultimate goal for our health is a peaceful mind.

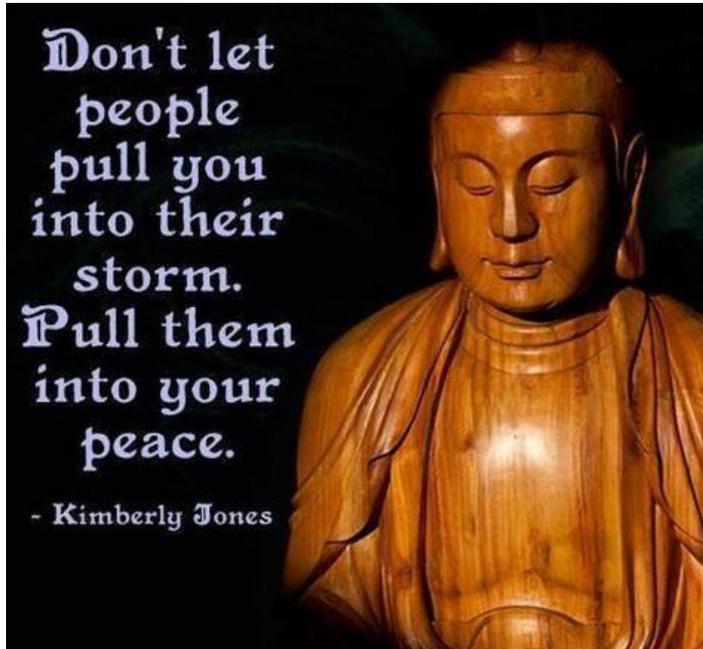


Every day brings a clear choice: to practice stress or to practice peace. I learned this during a very stressful time in my life (2010) having recently lost my dear dad and then my marriage. My spiritual teachers (neighbors) shared with me a very important concept that to this day, I find life altering. In each moment (and especially the hardest moments) we can repeat a mantra in our minds to change our thoughts and reactions. This mantra is “I choose peace instead of this”. This simple, yet staggering concept is one you can use to ‘train’ your thoughts to behave and relax. To choose peace, instead of chaos. To choose peace, instead of reaction. To choose peace, instead of anger. We can use this mantra in our daily lives and during the very stressful days. It works. If we make a conscious choice to make peace of mind our primary goal going forward, everything else in life will flow more smoothly and harmoniously.

Finding inner peace requires a ‘training’ program that goes beyond the realm of running. You don’t have to stand on your head or stare at your navel. All it takes is a willingness and a continuous practice. The results are staggering (life changing).

Life is a precious gift to be savoured. Running gives us clarity and a wonderful place to reflect on these concepts and let go of things that are not working. “I choose peace instead of this” is a mantra we wish to share with you today, tomorrow and into the future.

At RUNClub ©



Suppose you read about a pill that you could take once a day to reduce anxiety (and sadness) and increase your contentment. Would you take it?

Suppose further that the pill has a great variety of side effects, all of them good: increased self-esteem, empathy, confidence, relaxation, trust... And it even makes you feel happier. Suppose, finally, that the pill is all natural and you get fresh air, friends and laughter. Now would you take it? The pill exists. It is called: RUNClub.

Where else is there a running program that encompasses physical wellness; personal development; positive energy; an amazing coach team; post run treats; online PLAYWork and email consultation. RUNClub is an entire holistic program (a whole package) where the goal is the health and happiness of its members and changing lives.

Topics – RUNClub® emotional fitness®

- WEEK 1 - **Ego-less living®**
- Defence is attack
- I can choose peace; instead of this
- The voice inside your head
- Book list 2017
- The unconditional path to happiness
- Getting ready to Boogie (the mental and emotional preparation).

