

Principles of P.E.A.C.E.

1. The **POWER** of intention is greater than any current reality.
2. Everything is **ENERGY**.
3. **ALL** things will move into balance eventually.
4. **CARING** for myself precedes caring for anyone else.
5. **EVERYTHING** is exactly as the Universe intended it to be.

THE POWER OF INTENTION IS GREATER THAN ANY CURRENT REALITY

Intention is an invisible force that gives power to whatever you want to create. Intention is one of the tools you can access to gain an emotional advantage over the NICU. The concept of intention is explored more in the “U” section of *Preemie Parents*.

EVERYTHING IS ENERGY

Energy is a direct line from your body, mind, and spirit to the Universe. Everything and anything you think about manifests itself in some way... eventually. The Universe gives you whatever you say and focus on. It is critical to manage your energy — your thoughts, feelings, and speech — so that you can invite goodness into your life and the life of your baby.

ALL THINGS WILL MOVE INTO BALANCE EVENTUALLY

No matter how disconnected you might be feeling or the amount of discord in your life, all things will move into balance. Each element of your life will right itself because it is the natural order of things. If you remember this, you will be comforted by the knowledge that, eventually, harmony will prevail.

CARING FOR MYSELF PRECEDES CARING FOR ANYONE ELSE

Unless you are feeling whole and healthy, you will not be able to support your babies, your spouse, your children, or anyone who is relying on you for strength. The whole person includes your physical body, your mental

body, your emotional body, and your spiritual body. Take time each day to nurture each of these “bodies” so that you can nurture others. This principle is further explored in the “I” section of *Preemie Parents*.

EVERYTHING IS EXACTLY AS THE UNIVERSE INTENDED IT TO BE

Rather than push against unwanted things (which ultimately causes you to focus on them, activating the Universe), fill your head with images of what you would like to have, to be, or to do. Once you fully accept your current situation without reservation, you will see opportunities for personal growth in every experience that you have, whether you judge it as good or bad.

These five simple principles are the underpinning of *Preemie Parents*. I used them to strengthen my beliefs that the Universe makes no mistakes, everything happens for a reason, and that there are always lessons to be learned. The principles of P.E.A.C.E. provide the framework for understanding how I transformed my NICU experience from one of great despair to one of extraordinary personal growth.

I was walking through the hospital parking lot on a glorious sunny day and I had a thought, as clear as the sky was cloudless. This thought literally stopped me in my tracks. I stared off into the distance as I heard the reality of my situation whispered in my ears. *These babies were not premature. They came exactly at the right time, for all of the right reasons, as was predestined for them by the Universe.* In fact, I was the one who was premature. I was not ready to redefine my life and expectations, to be jolted out of my comfort zone, to be made to face the realities of life and death, or to decipher trivia from importance. The bottom line is this: *We must redefine our beliefs about prematurity so that we can be entirely open to the opportunity for personal growth, embrace an enlightened life, and extend ourselves to our families without limits.*

As you read this book, I encourage you to experience it and to live its lessons. For when you do, you too will experience amazing transformation as you await your baby’s homecoming. As we walk this journey together, I thank you for trusting me with your time and spirit.