Prescription for Peace of Heart

1 John 4:18: “There is no fear in love, but perfect love drives out fear…”

Henry Miller: What is “Peace of Heart”? 
It is the morning of the first day of the great peace, the peace of the heart, which comes with surrender. I never knew the meaning of peace until I arrived at Epidaurus. Like everybody else I had used the word all my life, without once realizing that I was using a counterfeit. Peace is not the opposite of war any more than death is the opposite of life. I am talking of course of the peace which passeth all understanding. There is no other kind. The peace which most of us know is merely a cessation of hostilities, a truce, and interregnum, a lull, a respite, which is negative. The peace of the heart is positive and invincible, demanding no conditions, requiring no protection. It just is. If it is a victory it is a peculiar one because it is based entirely on surrender, a voluntary one to be sure.

Victor Frankl: We always have choice
Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

William James: We can choose what we attend to
What we attend to becomes our reality and what we don’t attend to fades out of reality.

Henry Miller: We can choose to surrender
At Epidaurus, in the stillness, in the great peace that came over me, I heard the heart of the world beat. I know what the cure is: it is to give up, to relinquish, to surrender, so that our little hearts can beat in unison with the great heart of the world.