

Finding Inner Peace

In a recent call with my mentor and coach he said something to me that really hit home. He said there is one thing that we are all looking for in this world. My thoughts were of there is just one? But there is just one...PEACE.

All human beings have the same basic wish or want to be happy and at peace. It is the most sought after commodity in human life, especially now in today's world of kayos. We generally believe that happiness and peace will come from the outside or external conditions in our lives. For example relationships, money, food, etc will bring me happiness and peace. If I only had that relationship then I would be happy. If I only had more money then I wouldn't have to work or I could buy that car/house I want, then I would be happy. If I only could eat what I wanted and not gain any weight, then I would be happy. We spend so much of our time and energy looking to acquire these things and do we ever really become happy or get peace in our life? Superficially it seems that these things would make us happier and have peace, but if we look deeper we see that they only bring us more of what we don't want and the problems that we are suffering from.

Why is this? Happiness and suffering are states of mind and are emotionally charged, so the main causes can not be found outside of the mind. The real source of happiness is inner peace. If our mind is peaceful, we shall be happy all the time, regardless of external conditions.

Think about being anywhere at any time and having happiness and peace all around you. Why because you are there, it comes from within you. Everything changes and becomes what you are. You could say our external is our internal. What would your life look like to have happiness and peace everywhere?

Inner peace (or peace of mind) is an expression that refers to a state of being mentally or spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Being "at peace" is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious. Peace of mind is generally associated with bliss and happiness.



Sounds good right? So, how do you create peace of mind and be happy?

1. Recognize that you can be happy right now. It's your choice.
2. Just be. Live in the present moment the right now.
3. Replace negative thoughts with positive thoughts.
4. Recite affirmations of abundance of peace, joy, and happiness.
5. Let go of limiting beliefs that really don't serve you.
6. Share the good that you have within you with others.
7. Meditate on a regular basis.
8. Do at least one thing a day that you truly enjoy.
9. Find your purpose in life by connecting to your inner passion.
10. Move beyond the fear that stops you and do it any ways.

Remember — you only get one life and this one moment. Make the most of it. Stop defeating yourself, stop limiting yourself, and choose to be happy.

“Everyone thinks of changing the world, but no one thinks of changing himself.”

– Leo Tolstoy