

A Personal Guide to Inner Peace



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Contents

An Introduction to Inner Peace

A Personal Journey

Reaching Balance

Perspectives on Inner Peace

1

3

8

9



• An Introduction To Inner Peace

“**Inner peace** (or **peace of mind**) is a colloquialism 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. Many spiritual or religious people believe that it is only truly possible to achieve inner peace with divine intervention of some form or another. Peace of mind, serenity, and calmness are descriptions of a disposition free from the effects of stress. In some cultures, inner peace is considered a state of consciousness or enlightenment that may be cultivated by various forms of training, such as prayer, meditation, T'ai Chi Ch'uan or yoga, for example. Many spiritual practices refer to this peace as an experience of knowing oneself.”

(http://www.experiencefestival.com/a/Inner_peace/id/502139)

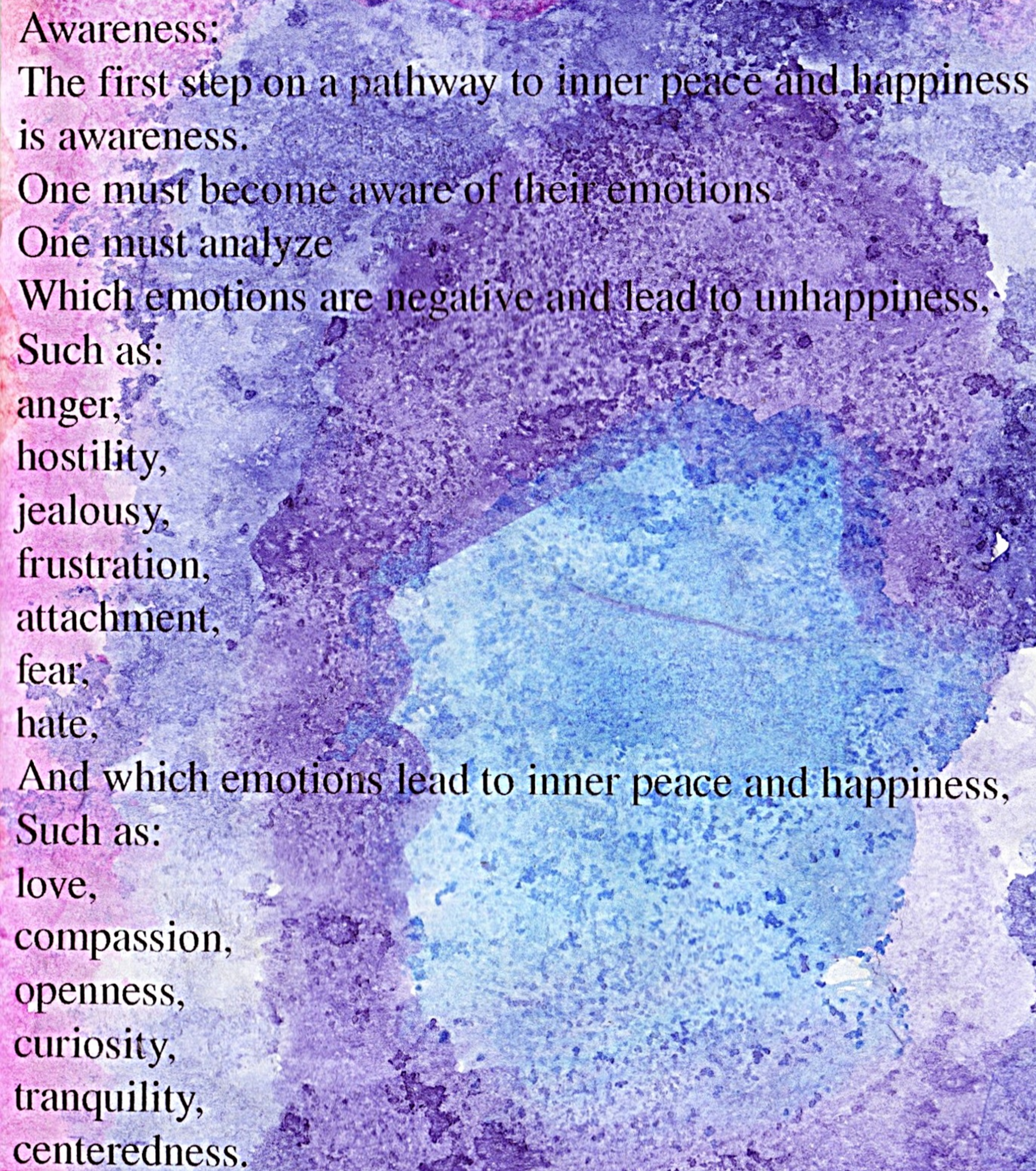
Inner Peace is a balanced state of mind, body and spirit.
In this particular state of consciousness, one experiences total equilibrium.
It is a point of tranquility, compassion, timelessness, freedom, and contentment.
Inner Peace is not dependent upon any current situation, or upon any thing, it stands on its own.
True Inner Peace survives any storm, any war, any suffering.
That does not mean one practicing inner peace is not allowed to feel.
In a world filled with beauty and joy but also pain and suffering, there is room for both smiles and tears.
The emotions we seek to overcome on the journey to inner peace are poisonous ones such as anger, hostility, and jealousy.
Personal journeys towards inner peace are often referred to as paths towards enlightenment, or searches for happiness.
The truth is that they all go hand in hand.
The true path to inner peace encompasses many of the same steps as other spiritual journeys.
If inner peace is reached, so is happiness, balance, enlightenment, openness, serenity, love, tranquility, and compassion.

A Personal Journey

“As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger and attachment, fear and suspicion, while love, compassion, and a sense of universal responsibility are the sources of peace and happiness.” -- The Dalai Lama

There are a series of steps to be taken on the path towards inner peace, these include:

Awareness,
Education,
Practice and Control,
And Fulfillment.



Awareness:
The first step on a pathway to inner peace and happiness
is awareness.
One must become aware of their emotions.
One must analyze
Which emotions are negative and lead to unhappiness,
Such as:
anger,
hostility,
jealousy,
frustration,
attachment,
fear,
hate,
And which emotions lead to inner peace and happiness,
Such as:
love,
compassion,
openness,
curiosity,
tranquility,
centeredness.

Education:

Once we have become aware
Of which emotions lead us to negativity,
And which ones lead us to peace and happiness,
We must then work towards eliminating
Those negative emotions as much as possible.
This must be done through personal education by
Analyzing everyday situations
In which we find ourselves experiencing these
Negative emotions.

For example

We must reflect upon the negative emotions
Brought up when:

Running late,

Getting in an argument,

Getting in a fight,

Loosing something,

Breaking something,

Being generally frustrated
by a person or friend,

Being overworked,

Being rushed,

Finding yourself surrounded by noise,

Being overwhelmed
by everything!

“What you don't experience positively
you will experience negatively.”-- Joseph Campbell

Practice and Control:

We must realize that becoming upset in these situations
Actually leads us into further negativity

While maintaining a calm and tranquil mindset
Amongst the worlds turmoil

Is what leads us to happiness and inner peace.

Once we have realized this,

It is time for us to learn how

To maintain this positive mindset

In the midst of negative situations.

How, you may ask, can we do this?

The answer is

Patience

We must approach each negative situation

As if it is a positive opportunity

For example

When someone says or does something

That would upset us,

We must treat it as an opportunity

Our enemies are our greatest

Teachers of patience and compassion

So when we find ourselves ready

To get angry or annoyed

We must take a minute

To remember that this is a chance

To practice patience,

To put ourselves in someone else's shoes

And to practice the art of

Inner Peace

Fulfillment:

Let's face it, you can do all you want to better your mood or your life, but nothing is going to stay with you unless you continue to actively work on it. This is where practices and control comes in. Made up of philosophies which create calmness and tranquility within a person. It is a healthy practice to hold these within you and keep them in mind through your toughest times.

Accept what is: So much of a persons stress comes from mentally fighting with something. Whether it be a deadline at work that you are hurrying to meet. Or if it's trying to make something happen, such as a trip. The best way to deal with these situations is to accept it. Accept that maybe that trip may not happen and know that it will be okay.

Never lose Hope: Losing hope about something can have a very negative domino effect! You are up for a promotion at work and haven't heard anything yet. You're worried and sad.

Reaching A Balance

"To be at one with God is to be at peace ... peace is to be found only within, and unless one finds it there he will never find it at all. Peace lies not in the external world. It lies within one's own soul"

-Ralph Waldo Trine

"Everyone thinks of changing the world, but no one thinks of changing himself"

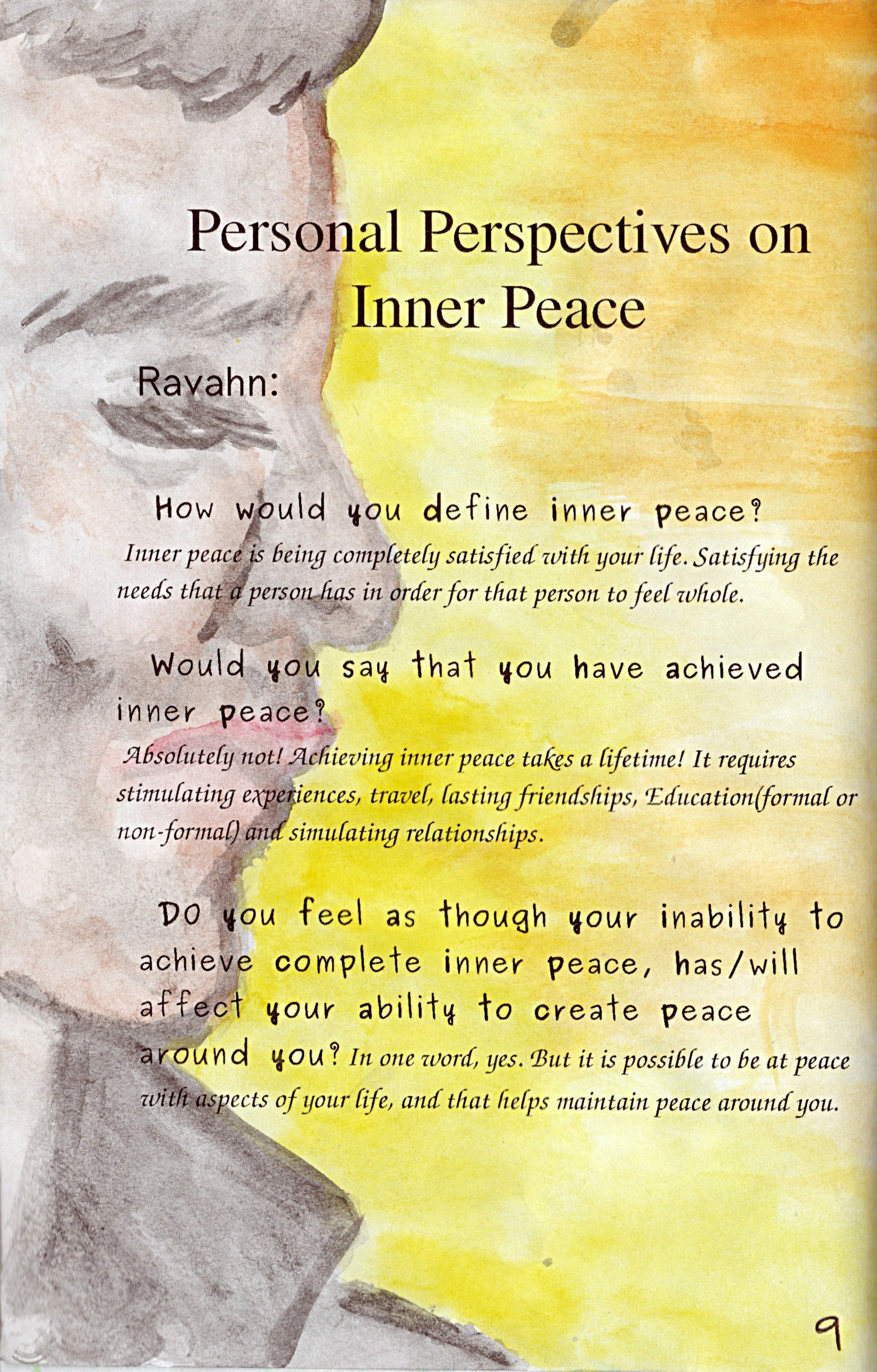
-Leo Tolstoy

"Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances"

-Mahatma Gandhi

"A human being is a part of a whole, called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

- Albert Einstein



Personal Perspectives on Inner Peace

Ravahn:

How would you define inner peace?

Inner peace is being completely satisfied with your life. Satisfying the needs that a person has in order for that person to feel whole.

Would you say that you have achieved inner peace?

Absolutely not! Achieving inner peace takes a lifetime! It requires stimulating experiences, travel, lasting friendships, Education(formal or non-formal) and stimulating relationships.

Do you feel as though your inability to achieve complete inner peace, has/will affect your ability to create peace around you? *In one word, yes. But it is possible to be at peace with aspects of your life, and that helps maintain peace around you.*



Willow:

What is your personal definition of inner peace?

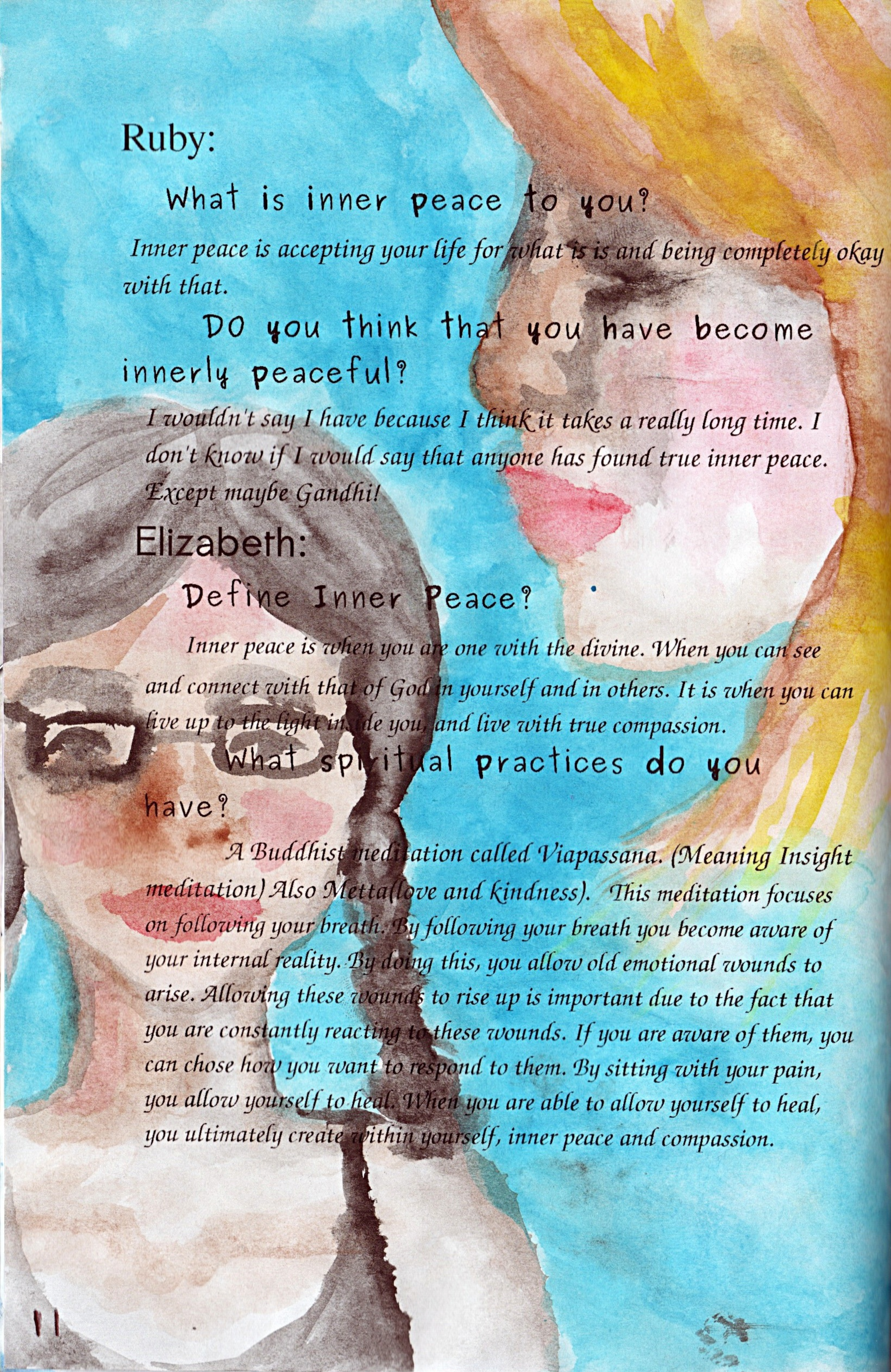
"Solitude in the sense of a balance scale. Even good and bad, black and white, the gray area is pronounceable. Finding your land that is a mystery in a beautiful way. The place we secretly strive for inside ourselves."

Do you do any spiritual or personal practices which you would say help you to find inner peace?

"I do reiki which is an energy healing form of art related to the body and spirit. I do it every day. On a personal level I do it on myself, this reaches to the world and to others."

Do you think inner peace is achievable?

"I feel like when we die, we achieve something and you could call that inner peace, and our whole lives we're searching like lost puppies. Maybe that's why we are put through suffering, painful experiences that we grow from more than we consciously imagine."



Ruby:

What is inner peace to you?

Inner peace is accepting your life for what is is and being completely okay with that.

Do you think that you have become innerly peaceful?

I wouldn't say I have because I think it takes a really long time. I don't know if I would say that anyone has found true inner peace. Except maybe Gandhi!

Elizabeth:

Define Inner Peace?

Inner peace is when you are one with the divine. When you can see and connect with that of God in yourself and in others. It is when you can live up to the light inside you, and live with true compassion.

What spiritual practices do you have?

A Buddhist meditation called Viapassana. (Meaning Insight meditation) Also Metta (love and kindness). This meditation focuses on following your breath. By following your breath you become aware of your internal reality. By doing this, you allow old emotional wounds to arise. Allowing these wounds to rise up is important due to the fact that you are constantly reacting to these wounds. If you are aware of them, you can chose how you want to respond to them. By sitting with your pain, you allow yourself to heal. When you are able to allow yourself to heal, you ultimately create within yourself, inner peace and compassion.



