

A DAILY PRACTICE: HOW TO BECOME PEACEFUL IN MINUTES

50 % OF BEING A PEACEFUL PERSON IS LEARNING SELF CONTROL IN THE MIDST OF STRESS AT HOME AND IN THE WORKPLACE. THE OTHER 50 % IS LEARNING TO RELEASE THE FEAR AND WORRY CAUSED WHEN OUR EMOTIONAL BUTTONS HAVE BEEN PUSHED BY EVENTS OR RELATIONSHIPS IN OUR LIVES. WHEN FEAR AND WORRY ASSAIL US, THE FOLLOWING PROCESS CAN BE USED TO RELEASE OUR TENSION, TO RETURN BACK TO A STATE OF TOTAL PEACE.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, “if 0 = total peace, like the peace of a little cartoon angel in heaven, sleeping on a cloud in total bliss (pause and look at her), in sharp contrast how ‘un-peaceful’ do I feel when I open up to the pressures and effects of all that I’m dealing with, past, present, and to come?”

Then rate how on a 0-10 scale how un-peaceful you feel = X, opening up and expanding your sensitivity to allow a full awareness of all that’s upsetting you in life, now and in your imagined future.

Step 2: Ask ... “Instead of the total bliss of the angel sleeping on a cloud in heaven, what emotion am I feeling now, when I open up unarmored like a 3 y.o. to the pressures and effects of all that I’m dealing with past, present, and to come?”

Try to discern in one or two words what emotion you are feeling instead of the bliss of the angel. Put this feeling into a simple sentence, e.g., “I’m feeling frustrated”, or “I’m feeling very sad”. Note, if you can’t identify the feeling, then you may use a number instead, such as “I’m feeling a ‘6’ un-peaceful”.

Step 3: Repeat over and over what you are feeling, using the following sentence structure ...

“I’m Feeling _____” ... “I’m Feeling _____” ... “I’m Feeling _____” ...

Stay connected with the feeling – like a child would be, repeating it over and over, until either at least a minute to a minute and a half passes, or the feeling fully subsides.

Return to Step 1: Continue with these steps until you’re happy with how much your stress, anxiety, worry, or fear has subsided, or until you return to total peace.

... It may be helpful to remember the adage ...

**“What I am willing to feel will heal ...
What I am not willing to feel stays real!”**

A Spiritual Solution

When we finally breakthrough to feeling total peace, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner peace. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

So How Can We Stay Peaceful?

We know life is likely to present us with challenges every day, so how can we stay peaceful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

