

5 Simple Steps to Inner Peace



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What is Inner Peace?

*"When you find peace within yourself, you become the kind of person
who can live at peace with others."*

~ Peace Pilgrim

Inner peace is something we all would like experience, or at least have the ability to access in our lives. It is a sense of inner tranquillity and serenity where the body, mind and spirit are quiet, relaxed and free from stress and anxiety. Although life will still have its ups and downs you will discover that the periods of time where you feel peace within you increase and strengthen.



Simplicity really is the key to inner peace. The less you engage your mind in needless over-thinking, the less complexity you add to your life. With the cessation of negative and limiting thoughts your inner belief will also strengthen bringing with it greater power to direct your life in the way that you would like.

As you free yourself from the stresses and worries of life, you will begin to feel a greater sense of happiness and freedom and will find that you can meet life's challenges from a place of calm and inner strength.



When inner peace is discovered you will find that you are more creative, intuitive and have a quietness of mind that will bring you clarity and wisdom to achieve more in your life.

As you can see the benefits are powerful and profound. The great news is you have the ability within you right now to achieve inner peace and in this report I will discuss five simple ways for you to discover this for yourself.....





Awareness

"Don't be fooled into thinking that worry, anxiety or any kind of negativity is justified. Give these kind of thoughts no authority when they arise, and they will soon exhaust themselves."

~ InnerPeaceNow.com

We live in a fast-paced world where there is constantly something to stimulate, distract and occupy our minds. Most of us have become very accustomed to this way of living and see it as quite normal. Usually, it is a way of life that we have been taught from childhood.

It is on those occasions when you become overly stressed, consumed with worry, anger or any other strong emotion, that you might realise *"my mind is driving me mad!"* And you would be right. It is actually a very accurate statement. It can take a great deal of effort to be free of our mind's dominion over us - and it can be quite a daunting task. Only, however, if its rule is never called into question!

The key in this situation is to take a moment and recognise what is happening. Realise that you have worked yourself up into a state of upset or anxiety because you have been allowing your thoughts free reign. Thoughts - conjuring up all sorts of fearful scenarios and possibilities – have taken over and are now running the show!



This mere recognition will allow you to step back and place some distance between you and your thoughts.

Instead of trying to control or stop your thoughts as they come up, simply begin to 'observe' them; even for just a few seconds. Are certain thoughts making you feel sad or tense or upset? Become aware of how these thoughts make you *feel*. As you continue to watch your thoughts you will begin to realise that you are actually separate from them.

What a huge realisation - **you have just turned your autopilot off!**





Oftentimes, we cannot stop thinking about certain things. Our minds go into overdrive and we lose ourselves in a spiral of negative thinking which then impacts our emotions. When we become attached to certain thoughts and feelings we energise them with our attention and this is the reason we suffer.

The key is to *allow* the negative or uncomfortable thoughts and emotions to arise within you without judging them - or yourself.

Stay in awareness and allow whatever comes up to come up. If it is anger, do not lose yourself in it - **just allow the anger to be what it is**. This state of detachment takes great strength at first because everything we have learned seduces us into being drawn into our moods; to get inside our thoughts and emotions. And to make matters worse, we may also get drawn into judgment about that state and what it says about us. As long as you stay in awareness you will not let yourself be drawn in – neither by the emotion, nor by the judgment about the emotion.

By silently observing the full extent of the thought or emotion you allow it to fully express itself without letting yourself be taken along with it. As you practice this more and more, you will soon start to notice some of your habitual thought patterns and be able to see how they have been negatively impacting your life.

And more importantly, you will begin to realise: **You are not your thoughts.**



With this realisation comes freedom. By reclaiming your power from your mind, by *choosing* not to identify with or accept unwanted thoughts, you will no longer be run by it or feel powerless as to the thoughts that arise within you. And as you become more 'consciously aware' of the negative effects that certain thoughts are having on your life, you can begin to take ownership of the kind of thoughts you would like to think, becoming more empowered to make better choices for your future.



Non-Resistance



*"The less you respond to negative people or events,
the more peaceful your life will become."*

~ Author unknown

Inner peace is an absence of conflict with your inner state. To no longer judge or attempt to control whatever our inner reality is, and instead simply allow it to be.

Being in a state of resistance to something creates within us a sense of discomfort - the greater our resistance the greater the discomfort. When we feel no need to control others or situations outside ourselves and can simply accept them instead, we are practicing non-resistance which allows us to approach life in a new way.

In life, what we resist, persists.

Now to be clear, this does not mean you have to agree with or condone unwanted things in life. It simply means that whatever we focus on with our thoughts and feelings we add power to. By focusing on the negative aspects (by resisting or pushing back against something we do not want) the 'problem' becomes energised and our resistance to it keeps it locked in place and therefore, fixed in our reality. It persists.

As we allow it to be, and turn our attention to what we *do* want instead, the energetics of the undesirable reality will begin to dissolve.



The next time you see something that you do not want to experience, do not push back. The solution is to continue to give more energy to what you do want instead. Once you soften your resistance you will also become more effective in creating positive changes or solutions, if need be.

As you practice non-resistance you may also begin to notice your automatic reactions to certain people or situations when you become “triggered” by them. When this happens, our past conditioning and subconscious behaviours kick-in, making it very challenging to remain present and aware of ourselves in the moment.

In this situation, it is important not to resist or suppress what you are experiencing. Yet, at the same time do not give it any thought either. Instead, **focus on the feelings** that the situation has triggered within you. Feel the energies come up without judging or trying to change anything – just let them be. By doing so, they will begin to lose their control over you.

You will notice that if you do not nourish the energy of the emotion or of your judgment about it, it will gradually begin to dissipate. This practice will help you to release automatic patterns of behaviour which you no longer choose for yourself.

As you practice being in a state of non-resistance to whatever life presents you will begin moving from a closed, contracted state to an open, expansive and receptive one. Try not to expend any energy fighting life; all that does is raise your stress levels and keep you in a continual state of struggle. Instead, begin embracing the uncertainty of life and the changes it brings.



Presence

*"Whatever the present moment contains, accept it
as if you had chosen it."*

~ Eckhart Tolle

When you are free from worrisome thoughts, have no point to defend, no position to fight against or resist, you can fully experience the present moment, joyously and freely. Simply put, the present is now. Not in the past or in the future, but right now and the best way to access it is to get out of your mind and into your body.

Practice becoming more present. Present in your body and aware of how you are *feeling*.

Tune into your body and listen to it by beginning to sense what is going on within you - get a *feel* for this. Feeling automatically takes you out of your mind. Once you get quiet, you can ask yourself questions such as "who is feeling this sadness or anxiety?" or "what part of me is feeling this way?" This will help you to disidentify with the feeling itself. Placing distance between your thoughts and your feelings will allow you to stand back and observe them without being consumed by them.



You may find that some feelings or emotions are more challenging to sit with than others. Just know that your conscious attention to what is going on within you is powerful. It is much more than a passive registering of a thought or an emotion. **Consciousness transforms.** By infusing your conscious awareness into these places of discomfort, you will begin to dissolve the areas of unconsciousness within, much like the presence of light illuminates and dispels the darkness.

And in time, you will experience moments of inner peace and tranquillity; being in the now instead of dwelling on the past or worrying about the future.



Meditation

"Peace comes from within. Do not seek it without"

~ Buddha

As you begin to practice and apply the steps above in your daily life it will become increasingly easier for you to be quieter within and free from anxiety and disturbance.

Meditation is simply taking time to be silent; to quieten the internal dialogue. It involves tuning out your mind so you can re-connect with your spirit and your own peaceful centre. It can be as simple as adding a one-minute pause to your day or taking a few deep breaths to centre yourself. In moments of silence, realise that you are connecting to your source of pure awareness.



When the mind is still and free from thought creative ideas and inspiration can come through, "out of the blue". Many great discoveries and works of art have been born out of the silence; a place of no mind.

In the words of physicist Sir Isaac Newton, *"truth is the offspring of silence and unbroken meditation."*



As you pay attention to your inner life you may also begin to be guided by your intuition rather than simply the expectations and projections of the world.

There are many different methods of meditation. Outlined below is a simple, yet effective 10-15 minute meditation which can help you to cultivate inner peace.

Find a quiet place where you won't be disturbed. Perhaps set an intention to simply relax without any expectations of yourself or what comes up.

1. Sit in a relaxed, upright position, perhaps with your legs crossed or in a chair.
 2. Close your eyes and place your attention on your breath as you gently breathe in and out through your nose. (Ensure your belly fills in and out with each breath, rather than your chest).
 3. Softly focus on your breath as you continue to breathe in and breathe out.....
 4. You may notice some 'mental chatter' or some feelings come up. Let them flow and do not try to suppress them. Remember, your inner world may be a new experience for you. If you have never visited it before it may seem very noisy and hectic...but that's ok. The important thing is to have a welcoming attitude to whatever comes up.
 5. Mentally say "yes" to everything that arises. There is no need to engage with or judge anything. Simply observe your thoughts and feelings remaining receptive and accepting of all that is there.
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As you practice this short meditation on a regular basis you will find it easier and easier to simply observe your inner world and each time you do you are strengthening your ability to remain centred and at peace with yourself - no longer at the mercy of your thoughts and emotions.





As Within, So Without

"We do not see things as they are. We see them as we are."

~ Talmud

Know that the world "out there" reflects your reality "in here". The happier and more peaceful you become as a person the smoother and happier your life circumstances will be.

Life is responding to the way we feel.

This can also be interpreted as our "energy field" or vibration, which is affected by our thoughts and emotions. Whatever you are feeling determines the frequency of energy you vibrate at, which in turn determines the quality of experiences you have in life. Everything that you are experiencing in life is vibrating at that same frequency.

The higher your energy vibrates, through improved thoughts and feelings, the more you tend to attract improved circumstances in your life that reflect this higher frequency. Compulsive, negative thinking depletes the energy field of your body which causes your vibration to drop.

By becoming aware, therefore, of your negative thoughts and choosing no longer to identify with them you also begin raising the vibration of your energy field, so that anything of a lower frequency (such as fear, depression, anger), can no longer exist in your field; the vibrations are incompatible.



Great freedom comes with the realisation that the Universe is responding to your state of being (and that things are not just happening *to* you or conspiring against you).

To become more mindful, therefore, of your state of being and to purposely cultivate a more peaceful and positive state within, you are taking a profoundly powerful step towards creating a better life for yourself.

To Your Inner Peace!



Further Resources

If you would like further support in any of the areas covered in this report, you may find my online course assists you further in your journey:

'Overcome Barriers to Creating Your Greatest Life'



- More information on this course can be found at:
www.udemy.com/overcoming-barriers-to-creating-your-greatest-life/
- Join my newsletter to receive **free** guidance, tools and knowledge to uplift, empower and enlighten your life, at: www.newconsciousliving.com

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