



PEACE IN TURMOIL

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Every time, what we worry about is connecting to something one or the other in the past, or something that hasn't occurred. The practice of life add opinions, doubts, shames, uncertainties, concerns, conclusions, annoyance and offence, to name a few. The moment, anxiousness starts there are inner turmoil were the coordination of the body behaves in ways that are not good for health. The systems of the body interact with one another in such a way that it brings an adverse effect on the physical health. The body goes in offensive mode. This evokes various diseases. Every time we get tensed and stunned within our own life, we forget the ray of confidence. We overlook that the sun always shines after a night and the time we pass now will bring a brighter hope.

There is when, the human searches for peace. The creation in earth gives importance on inner peace, and it offers thousands of ideas to those who seek "peace of mind and soul." The religion comes with lot of perception on peace. The spiritual gurus, counselor advices and share the experiences of different places, people and incidents to extend the hope to shore. After all, it is our normal state of being which could lead to learn how to let it through to the surface.

Inner peace means allowing go of all fears, doubts, worries, apprehensions, restrictions, and hurdles. Inner peace means disempowering any damaging arrogances and views and switching them with positive empowering abilities. With inner peace, routing through the creation becomes much relaxed. There is no need to go penetrating for inner peace, it is permanently there. Finding inner peace is about learning and practicing to restore those things that foil from feeling our natural peaceable state. Inner peace is a state of existence. It is not a place that we go to or a mechanism that we do. Inner peace is deep within us all.

To live in here peacefully means to delete all such thoughts. A worry about something that is past cannot be changed. A worry about something of which we are not sure whether it will happen or not. Living here in this world is a gift by God. Little cautiousness can differ in from worry to peace. True inner peace can be found only when a person start experiencing it. This happen in present moment and the problem looks lesser. Along with it should be remembered that it is not always easy. The cloud of worries that frozen, be removed with full confidence and awareness to bring to a state of least-existence.

The mind is always busy with thoughts and thinking .Many times mind disturbs the sleep when undesirable dream pokes in. After all efficiency has to be created to accept and reject the thought at our end. Every thought that passes through mind should not be allowed to brood in to create unnecessary worries .Maximum people are as if caged by their judgements. It occur to them as if they can never overcome from its grip. Subsequently reviving what is inner peace and being able to live in that state more often contains knowledge to settle and let go of all of those effects the state of mind .Remember! the healing journey is personal.

To control and calm the mind is not easy. Man may be in better position if he can control the mind. A person who can calm the inward chat of his mind is free from doubts, apprehensions and uncertainties. Creating the mind quiet and free from the pressure of endless thinking is possible, only if the proper working out is carry out. With the correct method and actions, each person can achieve at least some scope of emotional understanding and inner peace. There are several useful approaches which can be used to improve the logic of self-confidence. It depends on the condition. So many times people become fearful when they come across the sense of uncertainty. Simple things like regular trails changes the thoughtful setting of the concentration and body. The self-inspiring level of peace make feel better to focus on the right direction. It could be hazardous to miscalculate the uncertain and worthless methods to fit body and mind. Healthy mind forms healthy body and both together organizes is obedient to your higher Self. With support of the strong body, mind and 'spiritual will' a person can be persisting and very influential in daily acts.

Factual control of mind helps not only just the skill to think correct to the right direction of thought but also ignore other thoughts. It is the talent to purify the mind completely and make it peace. This peace brings harmony, satisfaction, pleasure and delight. This peace is not the stillness of slumber. It is the peace of command, cheerfulness, and superior consciousness. It brings immense peace in just feeling deep within heart that everything will be right. With hope and optimistic trust in God that whatsoever is outwardly dreadful is only short-term and

that rapidly ample, things will be just fine. This encourages all of that pessimism and unrefined vibrational liveliness from the whole life, and make feel in harmony rapidly.

The quietness and stillness within self that pursue life, discover peace. A person has to reduce the worries that peeps in heart and mind, otherwise it haunts the inner peace and take to the point where it trouble sleep. Learned to live in the present moment, and stop thinking about the past and any budding future. The worry about being ever-present in each and every moment is sufficient. It is enough to think to the extent that we can influence. The domain which is outside the capacity and influence need not concern us. Many are there who focus and linger on those things which doesn't have any meaning and is out of self-control. The worries going around the world cannot be changed. Why bother about what other people think and of which when we our self are not even sure what they are actually thinking of us.

There are two types of peace. 1. Optimistic and Constructive 2. Adverse and Destructive. Optimistic peace begets self –Satisfaction (Self approval and Self Pleasure), to satisfy others (Family Members, Friends, Society). Adverse peace begets to satisfy self - Destructive need. Constructive peace helps to protect and produce inner peace of self, family society and nation. It could be short term and large termed. Whereas Destructive peace which is self-centered and short termed is dangerous to self and society. Intoxication, smoking, rape, abuse, fight, envy, anger, murder and many more comes under these category. The long term peace in optimism provides better health and stress free society. A stress is enjoyable if it involve peace. However that has become dream in present world as human being runs after short term enjoyment and peace. Accountability towards each others have become nil. A sense and help, care and feeling are past now. Selfish motive has emerged highly. A neighbor house on fire, a call to Ambulance never bother anybody.

To attain peace, one has to start accepting the facts with open mindset which will relieve spontaneously relieve the mountain of worry and nervousness. The huge weight of heaviness relieves from the shoulder. This will slowly lead to the right path of inner peace. The sense of self-doubt can surpass surprisingly. It could be through somebody. A simple talk may create wrong or some unanticipated events happen. Self-esteem likes to assure us that the thoughts or the incidents are related to us and then we start thinking adverse. All talks then take the wrong path. Nevertheless this is not true. We prefer up feelings in a form of energy and judge ourselves in the way we are existing. We have contact to understanding from the driving field to which we belong.

In spite of miserables surroundings in the world and the subjective encounters that come into every life, peace within can be a reality. We can be calm and quiet irrespective of the twirling

turmoil all around us. Conquering coordination within ourselves depends upon our connection with our God, and our readiness to contend with him by living the doctrines he has given us. "Though we abhor war, peace nearly always has been more a dream than a reality. During most of the world's history, strife, dissension, and conflict have flourished and displaced peace. The times when peace has reigned, it began in the hearts of righteous, obedient individuals and grew until it engulfed a society....." (See Marion G. Romney, Ensign, Oct. 1983, p. 5.)

When we feel some judgements of destructive nature try to enter our mind, don't let them in. we know this may be hard to do, because it requires a high amount of alertness, but at a surprise even when they enter into our mind, let them go past without any connection or contribution and avoid prerogative them as our own. Denote to them as the thoughts that have nothing to do with us. Overlook them as just data passing through our mind and evade them to get any wish to entertain them. Peace, whether in a city, a nation, or other society, develops from peace that begins within the hearts of individuals as they live in. Peace is more than a lofty ideal. It is a real-world standard that, with mindful effort, can become a normal part of our lives as we deal with troubles both large and small. One habit that prevents inner peace is delay. It confuses our minds with incomplete occupation and makes us nervous until we finish a task and get it out of the way.

Self-worth becomes plays important role as it is strong and elevates others too. An amazing tool for connecting to divine self is reflection. It is challenging to start with, as it is often difficult to master the mind. It is an exact training for mind, increases, self-worth, intelligence, and changes the understanding of the brain. Over and over again true practice make self to control the situation but uttermost care to be taken as at no point of time even a smallest of the smallest can bring us done to anxieties. The value of peace within our hearts cannot be measured. When we are at peace, we can be free of apprehension and fear. We can do all that is probable or essential of us. We can approach every day, every task, and every challenge with pledge and self-confidence in the conclusion. We have self-determination of thought and deed and also freedom to be happy as well.

Be sympathetic and forbearing not only to others, but also oneself. Through love, compassion, thankfulness and tolerance self-esteem grants itself with such an elegance, taste and comfort every single time. Find and use positive pronouncements; use whatever that helps you every time. Set goal. Duck getting upset and sentiment as though you were hitting your head constantly against a wall, by learning to accept. Pema Chodron says, "If we want to

make peace, with ourselves and with the world at large, we have to look closely at the source of all of our wars."

The Bible says, cast all your burdens on the Lord, He will sustain you. Just put all your burdens on Him. He will sustain you. He gives you peace, joy and happiness which this world cannot give you. He is the prince of peace. He will do marvelous things for you. Because His name is Wonderful, Counselor, Mighty God, Everlasting Father and Prince of Peace. Just call on His name with Faith. Lift up the mood and surrender to the Higher Power all that you seem to lose power over every single time. Go ahead and use the tips, you will be amazed of your great newly found self-worth.

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