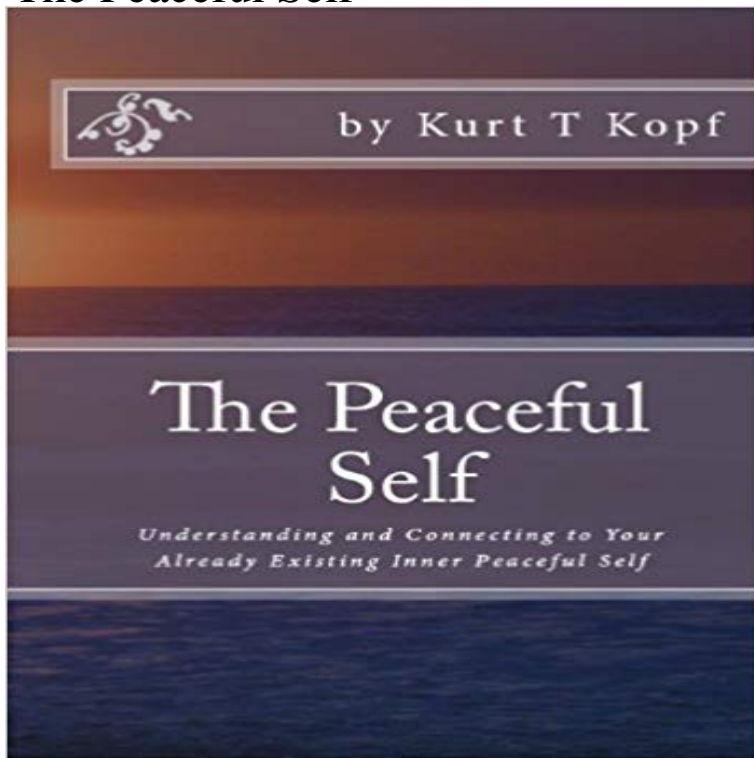


The Peaceful Self



The Peaceful Self is a book about finding The Peaceful Self that you already have residing within you. The Peace and Serenity that you wished you could be experiencing right now, instead of the chaos and drama swirling around inside your head. Where is the solution, where are the answers, how do I get off this merry-go-round and stop spinning? All of these questions are the manifestation of a painful life experience that focuses on the disturbance rather than its source, and are essentially leading you to place where the answers arrive. The answers may have already come to you naturally, but you may have not had the proper vision to see them with at the time. Perception will be the cement that binds that which blocks us from seeing truth and experiencing peace in our life. What you perceive will be determined not only by what you think and believe, but also by what you want to believe and think and see. As a man thinketh so shall he perceive, your mind will create the form necessary to develop your inner world within your external environment. This can be good, if you're consciously aware of this and have a goal that matches your core principals. Or, this could be bad, if you're unconsciously floating and drifting around wondering aimlessly throughout the universe with no rhyme or reason for your being. If you haven't found your purpose and your goals are all short term preferences not grounded in any set standards built on firm principals that strengthen your spiritual journey. Every act of self-will will be just another reminder of your smallness, the failure of your doing will always bear limited fruit and be as limited as your inner degree of alignment with principals, goals and spirit. Throughout this book I will describe what they look like and ways to put them into practical application in real-life situations for the practice of developing your vision, dissolving the chaos and

drama, stopping the merry-go-round and beginning the real-life experience of The Peaceful Self that already exists and reside within you; gaining the access is more of the idea rather than obtaining this eluding peace everyone seems to be looking for. Knowing what things look like, we tend to create them, we have a template to go off of, and we can see right and feel good and assured when they do arrive, that were on the right path.

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