



6 Steps to Practising Peace of Mind

Whatever you aspire for – do your best – do the right thing – and don't ignore your "peace of mind".

Achieving Peace of Mind is probably the biggest goal you can aspire for – not an end goal but a journey goal. There are a lot of things that contribute to achieving it. Here are six practical steps that you can take that can help you achieve a greater peace of mind.

1. Sort some stuff out. Deal with some of the issues clouding your head – that difficult conversation, decision on which way to go, whatever ... (refer our articles on Courage).

2. Find something meaningful, beyond yourself, to work towards. Whether it is a big goal, or just helping others, looking at the world as something more than yourself may help you focus your mind elsewhere and calm you around the noise that is going on in your head.

3. Meditate. Try sitting upright in a chair, closing your eyes, clearing your head, and focusing on your breathing. Feel the breath coming in and going out. Focus on the breath. After a time, it may be 5 seconds but I'm guessing no more than 20 seconds, you'll be thinking about something else. Your mind will wander. What are these things you're thinking about? What is disturbing your peace? With the first thing that comes into your head, allow it to consume all of you. Take it right in. Feel it. Don't shy away from it or dismiss it, no matter how difficult. The more you can accept it, the easier it is to deal with it, whether you have control over it or not. If you do have control, perhaps this exercise will help you build the courage to deal with it.

4. Give more of yourself to Now. Be in this moment. This is where the power of possibility and imagination is. This is so powerful (worthy of more conversations). Nothing, and no-one else, is more important than right now. The power of now is tremendous.

5. Always do your best. Leave no niggles in your head as to whether you could do better. Sure there is no such thing as perfection, however if you do something and you know it isn't your best, your head will remind you, and karma may find you

6. I'm ok. Accept yourself as you are. This is really difficult, but totally essential. You are ok exactly as you are. Nobody is perfect, but everyone is as perfect as they're going to be right now. It is easy to look at other people and say "wow, I wish I was like them, or had their life". You can't look at people from the outside and know them.