



MAHESH GORDHAN

# 5 Simple Steps to Inner Peace



*In collaboration with Mahesh Gordhan*

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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 that we all would like to experience or at least have the ability to access in our lives. It is a sense of inner tranquility 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 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 more clarity and wisdom to achieve more in your life.

As you can see the benefits are powerful and profound and the great news is you have the ability within you right now to achieve inner peace.

In this report I will discuss five simple ways for you to discover your own inner peace.....

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

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

It is only on those occasions when you become overly stressed, consumed with worry, anger or any other strong emotion, that you realise "my mind is driving me mad!" And you would be right. It is actually a very accurate statement. It can take great perseverance to be free of the mind's dominion over us and 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 scenarios and fearful possibilities which are not real – have been running the show! This mere recognition will allow you to step back and relax a little.

Instead of trying to 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 those thoughts make you 'feel'. As you continue to watch your thoughts you will begin to realise that you are actually separate from your thoughts.

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



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The less you engage with these thoughts the less you energise them and allow them to steal your peace of mind. You will soon start to notice some of your habitual thought patterns and be able to see how they are negatively impacting your life. As you become more 'consciously aware' of the negative effects that these thoughts are having on your life, you will become 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."*

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

When you are in a state of resistance you will feel discomfort; the greater your resistance the greater your discomfort. When you feel no need to control others or situations outside yourself and can simply accept them instead, you can approach life in a new way. Once you soften your resistance you will also become more effective in creating positive changes or solutions, if need be. As you practice being non-resistant you may also begin to notice how many times you have reacted to certain things or become triggered by them which will help you release automatic patterns of behavior which you no longer choose for yourself.

The key is to be in a state of non-resistance to whatever life presents. It is willingness to move 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. This moment is as it is because the universe is as it is. Don't struggle against the infinite scheme of things; instead, be at one with it.

## 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. Become in tune with your body and listen to your body's wisdom by beginning to sense what is going on within - get a *feel* for it.

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. As you bring your awareness to it, it will eventually begin to dissipate.

Soon enough you will notice the peace and beauty of 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 stress.

Meditation is simply taking time to be silent; to quiet 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. Pay attention to your inner life and you will begin to be guided by intuition rather than 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 will help you to cultivate your inner peace.

Find a quiet place where you won't be disturbed.

1. Sit in a relaxed, upright position (with your back supported) perhaps with your legs crossed or in a chair.
2. Close your eyes and put your attention on your belly as you breathe in through your nose and out through your mouth. (Ensure your belly fills in and out with each breath, rather than your chest).
3. Breathe in, breathe out. Breathe in, breathe out.....



4. As you continue focusing on your breath you may notice some 'mental chatter' or some feelings come up. Remember, your inner world is 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 you encounter.
5. If any thoughts or feelings arise just mentally say "yes" to them all. No need to engage with or judge them. Simply accept everything and continue focusing on your breath.

As you practice this short meditation on regular a basis you will find it easier and easier to simply observe your inner world until you discover that you are not thinking anything at all. You are simply peaceful.

## 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 your life circumstances will be.

If you believe that you are at the effect of life, that your consciousness has no effect on the world around you, then life happens *to* you. You feel disempowered because you believe you always have to be in control and life becomes a very cold and hostile place.

Our experiences in life come as a match to the beliefs we hold within us. There is great freedom that comes with the realisation that the Universe is responding to your state of being - things are not just happening *to* you (or conspiring against you).



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