


How to be at peace with yourself

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Peace is a choice. But is there any way to be at peace while we live in the materialist world? Yes! Instead of asking how to be at peace, ask first how to be at peace with yourself. The article offers an easy way to be at peace. Give him a read. Most of us have a list of things we want in life. It can include a certain kind of livelihood, a different lifestyle, maybe a different car or a bigger house, sometimes even people who love different people. It is not uncommon to see people who wish their parents were like someone else226; 1286? s, if their partner was like someone else, if their life was different and so on. It's not too bad to want something different, because ©. You want to push most people to act and live a certain way. So, is there any way to be at peace while we live in the materialist world? Yes! What? Let me tell you a little story first. There was once a monk who spoke of gratitude. He said everyone had something to be grateful for. That we all had something of value, that everyone was blessed by God. As soon as he finished his sermon, he was approached by a beggar. I don't agree with you, but he said we're homeless and we don't have any assets of any value. 1226? 128? There is nothing that attracts any price in the world. So we're not all blessed. Some are penniless and useless like me. The monk gave a compassionate look and said, oh and if, I say, I tell you, is there something you can give and be paid in return? You're kidding me. The donuts have something of value \$100k, but if you think I do, I will gladly give it for even a fraction of that amount. Are you sure? Yes, yes. For \$100k, you'll give anything. Well, I know someone who'll understand a couple of eyes for that. You wanna sell? Of course not! That's not it kidneys, legs or hands? How can I give parts of my body? But, you just said you have nothing of value. The truth is that there are many things you have Only you're choosing not to import them. You are taking for granted as if it were your right to have them. A »This takes me to the point I want to do: gratitude. Often, people think that their life should be a certain way before they can be grateful. An error. Instead, begin to be grateful and your life will become a certain way. Try it to believe me. Imagine raining strongly strong. The desire is desiring that the rain stops and gratitude is carrying an umbrella. If peace is the seed of happiness, gratitude is the womb that carries it. We all have enough to be grateful? Just look around and you will see that there is a lot you have, a lot of grace, blessings, abundant things - some precious, some invaluable ones. With every breath we take, the minimum we can do is grateful for everything we have. Rather than allowing the infinite you want to squeeze your breath from your life, why not see how breathtaking this life is? Because not taking a breath and a break and reflect and appreciate life as it is. Gratitude is not a promise of the future but a commitment to the present. Mulla Nasrudin's girlfriend asked for a lonely but she refused. Á ě á ~ "Because mulla, Á ě á ~" he said. Á ě á ~ "don't want me to always think of you? Every time I see the ring, remember you. Á ě Á « Course, dear, Á ě á ~, "said Mulla, Á ě á ~" but rather than the diamond, I'd rather seem to your finger without the ring. This will also remember me. "Here it is. You can think of what you don't have and be sad or you can watch what you do and be grateful. Trust me, in the great scheme of things, presence or absence of a stone, both a solitaire or any other, makes no difference. How can material goods help you stay in peace, or to be more healthy, or even more connected? I'm not saying that money is not important. Á Can give a basic security network, but how much is enough? The ocean, how gigantic. It is no longer the size of your hand on the world map. Our planet is not as big as a tennis ball in our galaxy. Our galaxy is not as big as a mustard seed in the universe. The whole universe is a tiny point in infinite creation. Therefore, the meaning of our existence depends on how we evaluate what we have and not how great our material goods are - because no matter how much, the226; they will always be minuziosi regarding what surrounds us. Peace is a choice, a choice, a way. J 160; grateful is the easiest way to be peaceful. Peace. Art of the Swami course of Meditation Free yourself from suffering and live life to the maximum. Learn yogic technique to meditate in four days (and master it all your life) Learn... Being in peace with yourself is being in peace in the real sense. But how to be in peace is the question. The simple answer is to be in peace with yourself. What? The following set of questions and answers helps to understand that being in peace is a choice. is like exercising this choice to be at peace with yourself and with life. How to be at peace in life? Patience is to be at peace with the process of life. With practice, you can strengthen and isolate your inner world at such a level that remains unaltered, imperfected, unaware, no matter what. Meditation, serving humanity, good karma, gratitude, being positive are some of the methods that help to get rid of impurities; if you wish, you can add prayer to the list. It'll help you stay in peace. Be aware when he's muddy and then let him stay for a while. These are moments of non-action. Let the hurricane pass. For your peace of mind, do not act when you feel negative. A step in a state of emotional tumult is like snorkeling without the mask, in salt water. All things, when left alone, come backtheir natural state. Read more here. Like being at peace with yourself? Often, people think that their life should be a certain way before they can be A mistake. Instead, start being grateful and your life will become a certain way. Try believing. Imagine that it is raining strong enough. Desire is to wish that the rain stops and gratitude brings an umbrella. If peace is the seed of happiness, gratitude is the womb that the door.

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