

Why people need to look inside themselves for happiness

For most folks, inner peace is more a concept than a reality. In fact, most of us experience our days at work, at home and often at play in some state of inner conflict, agitation, upset, stress and/or overwhelm.

Consider:

One in four Americans feels somewhat "angry all the time" while they're at work
35 percent of women have negative thoughts about their body up to five times a day
40 percent of workers say their job is very or extremely stressful
35-40 percent of Americans live paycheck to paycheck
54 percent of Americans are concerned about the level of stress in their everyday lives
Nearly 19 million American adults suffer from depression during any one-year period
One-quarter of Americans say they have no one with whom to discuss personal troubles

What Is Inner Peace?

Sadly, many of us are so separated from inner peace that the simple idea of inner peace sounds distant, unattainable, and impossible something others can perhaps experience, "but, not me."
The fact is, inner peace is available to everyone. Inner peace already exists in each of us, in our core; but many folks never choose to take the time to enter inside to access their core and experience the calm of inner peace.

When you have achieved inner peace, you feel relaxed, at ease, focused, clear and "quiet" even in the midst of high-pressure and stressful situations the inconsiderate and rude customer service representative; the driver who cuts you off or who tailgates you; the spouse who annoys you with his/her idiosyncrasies; the outburst your boss hurled at you; the hard-drive crash, etc.

Inner peace is not about not being reactive, not getting angry, not acting out. Inner peace is about freeing yourself from the clutches of stress, from the draw of external stimuli, and living life from a place of freedom, self-control, personal power, relaxation, emotional maturity and stability, and joy - all while accessing your intuitive powers and higher consciousness so you can live life from a deeper, richer, more meaningful place a place from which everyday stressors have no power and control over you.

Here are four resolutions you might consider if you choose to experience a greater degree of inner peace in 2008:

Be open to the idea that your Natural state of being is "at peace."

We were born in and from a place of inner peace. It's just that life got in the way. Our natural state of inner peace is always within us; it's always been here, always accessible. If you allow yourself to be open to this possibility, and then take the time to consciously let go and relax into your center, your core, you will find and experience this state of who you really are.

Recognize that you can feel inner peace in every moment.

The state of inner peace does not depend on location, people, events, or circumstances. Inner peace is not a function of how stressful an event may be. It just is. Inner peace is always available, even under the most stressful or upsetting situations, regardless of where we are, what we're doing, what time it is, or who we're with.

Let go of the self-limiting beliefs, the negative self-images and self-sabotaging assumptions

that get in the way of your experiencing a quiet mind, a peaceful heart and a relaxed body.

If you think you can or if you think you can't you're right on both counts. If you feel you are lacking,

deficient, or you cannot improve, cannot be happy, cannot be financially successful, cannot be in a satisfying and healthy relationship, cannot have meaningful work, etc....if this is what you think, then this is what your experience will be. Release your self-limiting thoughts and you'll move into a place of inner peace unencumbered by the negativity that keeps you agitated, paralyzed, or unhappy. Release your stress and anxiety.

Do the mental, emotional and physical work to release your stress and anxiety. Each time you let go of your stress and anxiety you will experience more of the mental, emotional and physical peace that is natural for you.

Letting go is a natural ability that we all have, but as we grow older forget how to use it, or if we do know, we seldom take the time and make the effort to let go. We allow ourselves to be distracted, to operate on automatic pilot and live life at 90 miles an hour taking us away from experiencing quietude and inner peace.

Resolving to experience inner peace on a consistent basis in 2008 will support you to master your life, achieve your goals, connect to your higher self and live peacefully in the present, in the moment, each and every day as you journey through the New Year...at work, at home and at play. Will you choose to make this resolution?

(c) 2012, Peter G. Vajda, Ph.D. and True North Partnering. All rights in all media reserved. You may reprint this article as long as the article is printed in its entirety, including the author's information

Peter G. Vajda, Ph.D, C.P.C. is the founder of True North Partnering an Atlanta-based company that supports conscious living through coaching and facilitating. With a practice based on the dynamic intersection of mind, body, emotion and spirit, Peter's approach focuses on personal, business, relational and spiritual coaching. He is a professional speaker and published author. For more information, www.truenorthpartnering.com, or [pvajda\(at\)truenorthpartnering.com](mailto:pvajda@truenorthpartnering.com), or phone 770.804.9125. You can also follow Peter on Twitter: @petergvajda