

Inner Peace

Be on the lookout for symptoms of inner peace. This could pose a serious threat to what has up to now been a fairly stable condition of conflict in the world. Some signs and symptoms of inner peace:

- a tendency to think and act spontaneously rather than on fears based on past experiences
- an unmistakable ability to enjoy each moment
- a loss of interest in judging other people
- a loss of interest in interpreting the actions of others
- a loss of interest in conflict
- a loss of ability to worry (this is a very serious symptom)
- frequent overwhelming episodes of appreciation
- contented feelings of connectedness with others and nature
- frequent attacks of smiling
- an increasing tendency to let things happen rather than make them happen
- an increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

Peace is not something bestowed on us. It is achieved through human effort and involves a willingness to take on occasionally difficult inner work.

In our culture, health is usually understood to be the absence of disease, and peace, the absence of conflict. But many of us are awakening to the reality that true health and true peace are much more than the absence of their opposites. Instead, it is the integration of these opposites into our whole selves, and the ability to balance the tension between love and hate, anger and happiness, success and failure.

For peace to break out, we need to welcome awareness. To be prepared to be wrong, and for things to not turn out as we planned. We need to open to new ways of doing things and new routines. In short, inner peace demands that we embrace our humanity, however flawed it may be.

I wish you all the courage – and the extra time in your busy lives to embrace your humanity, for therein lies the true path to that heavenly peace so many of us seek.

Monitor your stress level

Situationally and multiple times per day – check for stress signs

- Can't calm down or relax
- Not tired when one should be – insomnia, disturbed sleep
- Feel and look tense – muscles, shoulders, face, posture, back pain
- Feel abnormally energized and strong
- Restlessness, nervousness
- Quick, shallow breathing
- Fleeting body signs of problems
- Pupils dilated
- Hands and feet cold
- Can't digest food
- High pulse rate
- Irritable, angry responses in voice or actions

If already stressed – don't add to stress and use relaxation techniques. Do not use any caffeine – which releases more fight or flight hormones – situationally over time could be dangerous.

Caffeine withdrawal symptoms: fatigue, anxiety, depression, makes you want to drink more caffeine.

Coping with stress

There are many types of stress – physical, mental, emotional, relational, and financial. Recognize the many sources of stress in your life and to your body. Stress management is one of the arts of living well. Identify sources of stress, deal with them as soon as possible. Monitor yourself situationally and daily for symptoms of stress. Seek to identify what those sources of stress are and act to ameliorate or eliminate them.

The following are some of the many ways to reduce the stress of modern living:

Strategic stress avoidance

Have a strategy to your life and anticipate problems and stress creator and prevent them, ameliorate them, and protect yourself from them.

You live within an intentionally vested culture of fear which is created so you will seek the protection of governmental authority and action. Eliminate news from all media sources. Scan the news only. Spend the time you save in doing things that benefit you. Plan, prepare, create contingencies, organize, and share responsibility.

Live within your means – stay financially secure.

Minimize stressful situations – avoid overcommitting, manage expectations, allow enough time, reduce daily time demands, just say no. Stay away from conflict.

Simplify your life.

Improve friendships and relationships – emphasize supportive, empowering, intimate ones.

Create a peaceful relaxing environment

Avoid accidents and illness – make your health the number one priority.

Evolve your life to create peace of mind.

Come to terms with the stress programmed into you as a child – mental cleaning techniques.

Competition can be stressful – a function of how you view it.

Avoid emotionally toxic people and situations.

Build support groups around you.

Lower Stress Levels

Avoid stress producing caffeine (found in coffee, black tea, soda, chocolate, and many OTC medicines).

Eat wisely, lightly, and appropriately for your needs.

Follow Stephen Cherniske's adrenal supplement program found in the back of his Caffeine Blue's book.

Look for constructive responses to problems.

Enjoy life as much and as often as possible – Seek and be aware of the pleasures in life.

Distract yourself with peaceful, calming activities.

Resolve as quickly as possible sources of stress and anxiety.

Observe yourself and how you are reacting.

Reduce background levels of stress – e.g. stress from noise.

Active harmful micro organism suppression.

Detoxify and then make it an ongoing practice.

Accept what you cannot control or influence.

Respond intentionally in non stressful ways.

Resolve what is bothering you – don't procrastinate.

Calm the mind and body as often as possible.

Meditation of any kind to focus on breath, mantras, muscle movements, walking meditation, stress, and flowers.

Drop into a theta state by closing your eyes and imagining how five different things or experiences affect taste, smell, sight, sound, and skin.

Exercise – any kind that is not stressful.

Use affirmations, visualizations, enjoyable music, non-stressful reading, express gratitude.

Breathing exercises – any kind.

Slow down your pace.

Nurture yourself and others.

Stay within your power and abilities.

Strive for balance and being centered in your life.

Be situationally appropriate.

Reaffirm your goals and how you want to live.

Close, loving, caring relationships.

Yoga – any kind

Rest – time out for quiet, peaceful time.

Reflect on what truly matters in life

Keep developing your coping skills – coping with yourself, others, your life, and the nature of life itself.

Create goals and move towards them with as least stress as possible.
Seek answers to your problems – be open to them anywhere, from any source.
Create self-love, self esteem, and self confidence.
Think about your situation – what is going on , what are the stressors, and what can be done about them.
Positive thinking – read: Norman Vicent Peale.
Proper body posture.
Not too much carbohydrate for breakfast or when you are not physically active. It will cause your body to over produce insulin which after several hours can cause low blood sugar and fatigue.
Physical activity – sports, walking dancing, jogging, hiking.
Focus on anything beautiful, pleasing, immerse yourself in nature or any pleasurable activity.
Sauna, massage, therapeutic touch, acupuncture, hydrotherapy.
Long, slow stretching.
Guided relations programs and tapes.
Progressive muscle relaxation – read Herberts, “Relaxation Response”
Imagine you are at or doing one of the most peaceful things you remember.
Always choose the right foods – read Weston A. Price information and listen to their annual seminar tapes.

Now are you probably thinking that no one person can do all of this. But overtime you can implement many of these. Moreover, it is useful to have a wide range of options to address the stressor of life.

I wish you peace.

Joel Rosenthal