

## INNER PEACE

## STOP BEING AT WAR WITH YOURSELF



JIM RYAN

Everyone on the planet was born into a world at war. Each one of us started this life in a world that had some kind of conflict happening in one place or another. Did we think that this was a normal state of things? No, because all of us long for peace, which means we must all believe that peace is our true state of being. So why is conflict so prevalent? It is because it is a reflection of the inner turmoil and inner civil war that we are all experiencing. We may think that we are living fairly harmoniously or spending some days in a certain amount of peace, but we are all dealing with small discontents or even outright inner hostility.

## WHAT ARE THOSE INNER CONFLICTS BASED ON?

**1. Past issues** – unresolved resentments or anger and hatred for parents, individuals, things that upset us, things we cannot forgive. These memories are constantly being triggered and flare up from time to time.

**2. Present situations** – we may reject parts of the self.

Perhaps we do not accept the body we have, the gender we were born with. We feel uneasy in the place we live or the culture we were born into.

**3. Relationships** – we may live in homes where there is discord, our place of work makes us uneasy or uncomfortable, the connections we make with others may make us angry or upset because they hold different opinions or attitudes.

**4. Issues with society** – we may seriously dislike how our society is organised; its rules and policies. This could range from indifference and dislike to active campaigns and violent terrorism.

**5. Belief systems** – we may feel like fish out of water in the belief systems that we are born into, and reject the ideas and ideologies.

**6. Spiritual discontent** – we may even be at war with God and blame Him for all that we are feeling and for all that is happening throughout the world.

When we look at all the rejection, unease, inner conflict and lack of peace within, it is not difficult to see the connection with all the outer conflict that is manifesting. But, why are we engaged in all this internal warfare? Because each soul knows at some deep level that they have a blueprint of their higher self and of their life purpose. When that purpose is not in harmony or alignment, then our minds become reactive and we find things repulsive and offensive.



Meditation helps us deal with our inner battles, big or small, and find peace and contentment.

Some of us, in the face of all this, just accept and comply. We say that it has always been this way, there is nothing we can do. This reflects the loss of spiritual hope. The battle for the blueprint is lost. In fact, this is an illusion because everyone is a spiritual being, and their inner truth will be aware that this is contrary to what and who they are.

Some have grown to believe that the world is one

of suffering, to be expected and to just 'grin and bear it' holding on to the promise of a better life next time, or of a heaven to come.

Others remain in a state of constant warfare. They are constantly battling, reacting, and rejecting everything. And yet others try to resolve the situation. They try to see the positive, not engage on a confrontational level, try to change perspectives, work on a cessation of

hostilities. All these are just temporary measures. It is impossible for these warring influences, based on materialism and exploitation, to just stop. They are constantly there.

The world of materialism is totally opposed to a world of spirituality. We deceive ourselves if we think all is well. So how do we confront it all?

We can completely conquer these inner states, and

thereby eradicate the outer manifestations, through meditation. We can reach a state where we can overcome them. We can win the inner war.

To do this, we can:

Go into silence. Go into our inner world where we automatically let go of the physical dimension of form and all the baggage we carry. The moment we let go, the issues cannot confront us. Almost immediately all

the external circumstances begin to lose their hold and dissipate. With spiritual understanding and its powerful vibrational effects, we can win the war, and illusions are banished.

We will enter a peaceful state of being. What is happening within us will be reflected outside. This state has to be maintained though. Along with meditation and spiritual understanding we can also use the

powerful weapon of affirmations of awareness.

The affirmations need to be personal ones based on understanding, but ones that resonate with us. Some basic ones are given below, but each of us can make them just for ourselves.

For example, in terms of inner conflict over the past, we can affirm:

"I send forgiveness", "I forgive..."

For the present issues: "I am a spiritual being of light"

For imposed belief systems: "My true religion is peace"

For conflict in relationships: "Each one is a spiritual actor, doing the best they can to interpret their part"

For the state of society: "These are just scenes in life's great play", "I live in harmony, but I don't accept their falsehoods"

For anguish of a spiritual nature: "Each religion met the needs of that particular time", "what's needed now?", "What do I really believe, and how do I manifest that?"

Whatever is going on inside us, whatever battle, big or small, with awareness we realise we must find a way to deal with it. Meditation is a sanctuary, and the fortress of safety is to be absorbed in the energy field of God consciousness, and carry that with us as a form of protective shield.

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## LEARN &amp; GROW

## Building inner resilience



NATALIE STEEL

Many of us are experiencing challenging and difficult situations of a kind that appear more complex than in earlier times. Not only that, but these challenges seem as though they are arriving in number, rather than as isolated incidents, which means that we are having to face things on many different levels, all at the same time. There are choices to be made. We can try to avoid or run away from it all, or turn the burden onto others and abdicate all our responsibility, or build up our own inner resilience, through which we can find strength and clarity of an enduring kind. This kind of resilience will serve us over and over again in times to come.

One way of defining resilience is the success experienced by adapting to difficult and challenging experiences. That does not mean to say that resilience always culminates in a perfect outcome to all things, but that we as individuals face and adapt to what is required, with wisdom, calm, and ease. We cannot build resilience by just thinking about it, but it is in the facing of challenges that we find it. Building by its very nature means step by step, or brick by brick. We cannot build resilience overnight; it takes time and challenges provide the cement to hold the bricks together. However, we all have life-

styles designed to give us as much comfort as possible with as little disruption as possible. When challenges occur, they interfere with our carefully honed routines and for many, the first response is resistance and reaction. We respond with emotion, as we begin to feel out of control. Instead of a calm appraisal, a thought-out response, a clear assessment, we speed up our thinking and lose our sense of perspective. We often lose confidence, and feel that we are not able, or good enough, to deal with it all. If we consider carefully, we can see that to develop our own inner resilience, based on a deep understanding of the self, is a far better option.

Meditation is not something to dip in and out of at times of crisis. It is something we need to build into our lives so that we are the best prepared for whatever might come. Each time we are challenged and work through that challenge using meditation for clarity and inner resolve, then that experience will provide power for the next challenge or difficulty. There are other things we can do combined with the practice of meditation:

We can take a positive rather than a negative view of what is happening. The perspective we have of a situation affects the outcome. A negative perspective can make it worse, especially if we constantly keep talking about it, which drains us of energy and makes us more confused, as others love to give their opinions. We need to provide positive thoughts to a situation, and tell the self that we can do what is needed, this will eventually pass and there will be some, as yet unseen, benefit in it all.

We can see what we can learn about ourselves as we prog-



It is often during crises that we learn how resilient we truly are.

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ress through it. We want to be cool, calm, and respectful throughout. If we see that we are not, then we can take steps to change.

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and blame others, and this takes away our power. When we are calm, we can start to see the best in others, give them good wishes, and allow the goodness that we all have, to emerge. Meditation helps us to see the self with clarity, and we can appreciate the qualities and the virtues we have that foster resilience.

We can listen before we speak. When we speak, we can speak with love and understanding. We can experiment and watch how we feel when we do it this way, or if we revert to reactionary and criticising behaviour. If we handle things to the best of our ability, the best we can be at any given time, we will feel at peace. If we do not make the effort to apply the spiritual un-

derstanding we have gained so far, we will feel anxious, guilty, and worried.

We can focus on the things we are able to do to make a difference. Do not dwell on what we cannot do or the past, or wanting things to be different. I can only control me, step by step, moment by moment, knowing that I can always change.

Ultimately, it is all about my true self and the awareness of what is blocking me or getting in the way. Resilience is there, deep within, and it is often only through a crisis that we discover how resilient we truly are.

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A  
THOUGHT  
FOR  
TODAY

*An umbrella protects me from getting wet in the rain. It does not stop the rain from falling. In the same way, my karma protects me. I will get back what I have given. If I have taken care of others, if I have done my best, I will get the return. It does not mean that rain won't fall and that it may even touch my head, but it does mean that I will feel protected. Protection comes in the form of inner power, tolerance, determination, and support from others. Today let me protect myself by creating an umbrella of good karma.*