

You Can't DO Inner Peace - You Have to BE It.....

By Ellie Walsh

<http://LivingTheLawOfAttraction.com>

Alex was in his early twenties when he set upon the path of personal development. He read many books, attended workshops, participated in online classes...

His life definitely changed - he was happier, he had more self-confidence - he had a great job - he had attained a sizable amount of wealth - he had a brighter outlook on life.

Life was good....

Now in his middle thirties Alex felt he had learned a lot and benefited from all he had done - but - he heard many speak of inner peace and he felt he had not yet accomplished that.

Alex thought - "this journey I have been on has been rewarding - but I think I have not yet found this inner peace that I have heard the sages speak of.... What more can I do to find this inner peace?"

He decided to specifically find this inner peace... He went to more seminars, he read more books, he tried different processes, he spoke to anyone who claimed they had the information on how to get this inner peace

As he was driving to work one day - thinking about his quest for inner peace - he saw a sign on a building - "Grand Opening Spiritual Center" - He made a mental note - I will stop at this Spiritual Center one evening on my way home from work - surely someone there will be able to tell me how I can attain inner peace....

He knew he would not be able to stop that night as it was Wednesday and he always stayed late at the office on Wednesday evenings.

On his way home that night as he was passing the new Spiritual Center he was surprised and happy to see a light on - He pulled in - went to the door - but it was locked. He was disappointed and was just about to leave - when a man opened the door.

"Hello there - my name is Raymond - the building is closed for the evening - is there something I can help you with?"

Alex couldn't contain himself - "OH Yes - I have been searching for inner peace for years and have not been able to find it!"

He started to spew out his story....

"I went searching for inner peace - I found people who claimed they had it - One told me to meditate - so I meditated everyday - everyday - - I still did not have inner peace.....

Another person told me to do yoga - so I did yoga everyday - stretch these muscles - do a yoga stance - stand on my head - - I still did not have inner peace.....

Another person told me to go to church and light candles - I went to church - I lit candles everyday - - still no inner peace.....

Surely here at this Spiritual Center you can help me! You must have inner peace would you please be so kind to tell me what I need to do to find this inner peace!"

The man looked a little startled at first - - then a warm smile came over his face.

"I could tell you how I found inner peace - but that would not help you."

"It will not work for me? Why would it not work for me? I have been searching for years for this inner peace - what could I have done so wrong that I can not attain this inner peace?!"

Raymond spoke again "I did not tell you that you can not attain inner peace. I told you how I found inner peace will not work for you. It will not work for you - not because you have done anything wrong - not because there is something wrong with you. My path to inner peace is not your path.....

"You have been searching for this inner peace which resides within you - You have been looking outside of you - trying to do the things that others have done who are not on your path. Your path is unique and your inner peace is unique also...

"There is nothing you can Do to find Inner Peace -- Inner Peace is about Being.... That is why what other's have done can not help you - You have to Be Inner Peace.

"You are not a Human Doing - You are a Human Being..... You have to look within you to the perfection that you are... You have to love all there is about you.

"You have to look back at your life and know that all the experiences you have had were perfect at the time in your life. Whether they brought you joy or tragedy you have to make peace with those situations and let them go. All of your experiences have served you.

"You have to suspend judgment and stop trying to fix yourself and others and know that every human being does the best they are capable of doing at that given moment of their lives.

"You have to take what you have learned from others and apply it to your life in your own unique way.

"You have to Be it -- You have to Be Inner Peace....

"If you want to go to church - go to church for the joy of it not for the reason of finding inner peace.....

"If you meditate - meditate for the joy of it - practice yoga - for the joy of it.....

"You can not attain inner peace through searching or struggling - You have to BE the Inner Peace that you already are...."

As the man spoke Alex felt his words resonate deep within his soul... He knew what the man was saying was true and at the same time he was not sure he understood.....

The man still had this warm glowing smile on his face... he looked at Alex and then at his watch. "It is getting very late and I need to finish up here."

Alex left and went home - As he was sitting in his living room thinking about what had just transpired he was feeling jumbled yet exhilarated - he felt he had been touched deep inside yet he still was not sure what he should be doing...

Then he thought - - "Oh, - I don't have to Do - I just have to Be....." And the pieces to his puzzle started to come together.

He realized all these years of reading and attending workshops were of great benefit to him. He had discovered things about himself he was not aware of at the time. He was able to let go of old hurts and confusion.

Others would look at his life and marvel - yet he kept running an old story in his head that said he was not yet "enlightened". "Raymond is right", he thought - "I am the one who is holding myself back by thinking there is more for me to DO....

"I just need to relish in all the wonders of my life and the lives around me. I just need to appreciate all the experiences and people that I have met on this journey of mine! I Get It! I Really Get It!"

He was so happy - he was feeling so fulfilled and then he realized - - "This is Inner Peace! I have Inner Peace - I am Being Inner Peace!"

He went to bed that night with a lightness he hadn't felt in a long time. He woke in the morning full of great expectation for the day! His inner peace did not leave him - he made a conscious decision to BE Inner Peace that day.

Then he thought - "I need to go find Raymond this morning and pay him for the wonderful lesson he has taught me. I have paid many thousands of dollars for all

the information and seminars I have attended. I want to pay Raymond for this wonderful lesson he has taught me.

"I will leave a few minutes early today and stop at the Spiritual Center on my way to work."

The drive that morning was spectacular - Alex noticed all the happy children going to school - the color of the sky - the birds flying about. He was just so happy and connected.

He pulled into the parking lot for the Spiritual Center and went inside. The young woman sitting at the front desk greeted him. "Good Morning Sir - Welcome to our new Spiritual Center."

"It is indeed a good morning", - Alex said "and this is a fantastic spiritual center! I would like to see the director - Mr. Raymond to thank him and pay him for the wonderful lesson he gave me last night."

The young woman looked a bit confused and as she started to speak a gentleman stepped out of another office. "Good Morning Sir, how may I help you?"

"Oh", Alex said - "I need to speak to your director about the wonderful lesson on Inner Peace he gave me."

"Well" the man said, "we do have a class on Inner Peace that is starting next week. We have a special price for our grand opening and you can sign up for \$1,999.00 - That is such a bargain and I am sure you will be happy with the results."

The man was reaching for some papers to give to Alex and he kept talking - "Here", he said, "You fill these out and make the check out to....."

"Wait", Alex said, - "I have already found my inner peace and I owe it all to your director - Raymond - I would really like to see him and talk to him and he gently pushed the paper away."

"I am - Mr. Holmes", the man said, "and I am the director here at Spiritual Center." His voice was a bit agitated...

"Oh excuse me", Alex said, - "I assumed Raymond was the director here because he was such a kind and gentle man - I guess he is one of your teachers. Can you tell him I am here to see him."

Mr. Holmes started to walk away from Alex saying, "I have 2 other teachers here and they are both woman - there is nobody here by the name of Raymond you have made a mistake"..... and he walked back into his office and closed the door.

Alex was confused and a bit taken back by the gruffness of Mr. Holmes. He turned and looked at the receptionist and then he let himself out of the building.

He stood there for a moment - and realized he was starting to feel annoyed at the way he was just treated - and then he thought of last night and what Raymond had said....

"OK", he thought - "I will not judge this man" and he felt a lightness come back to him. But he was still confused about Raymond - why didn't this Mr. Holmes let him talk to Raymond? Why did he say Raymond didn't work there?

As he was just about to open his car door - the young receptionist had stepped outside and was calling to him. "Alex" - she called - "I know who Raymond is."

"Oh thank goodness", Alex said, "I really want to talk to him."

"Raymond is a very kind, wise and gentle man....", the woman was saying...

"Yes", Alex said - "that is Raymond....."

She continued - - - "And he is here on Wednesday nights after 8pm..."

"Yes that is when I saw him last night it was a little after 8pm.... Is that the only night he is here? Why did that Mr. Holmes say he doesn't work here? Why did he say he doesn't know him?"

The woman now had reached Alex at his car.... She looked a little a sad and then smiled. "Mr. Holmes has never met Raymond", she said - "he does not know who he is."

Alex was confused and he was now listening intently.

"Raymond is the most spiritual man I have ever known she said - I stay late on Wednesday nights just to get to talk to him....."

"I still don't understand..." - Alex started to say.....

The young woman continued..... "Raymond is the janitor here - he comes on Wednesday nights to clean the office building. He lives a meager life just outside of town with his lovely family and he is the happiest, kindest and most giving person I have ever known. I am sure he has helped you understand Inner Peace - as whenever I am with him I feel so peaceful and happy!" She now had a big smile on her face.

Alex was shocked - "The janitor?! The janitor has taught me about Inner Peace?! I have been to the best seminars paid thousand of dollars - I have read all the books....." And then he again remembered Raymond's words - "All that you have lived has served you...."

"Thank You so much" he said to the woman - "I will be back on Wednesday night to see Raymond and I will pay him for this life changing lesson he has taught me!"

They both turned to go on their separate ways - both had a big smile on their face - both were **Being Inner Peace!**



Ellie Walsh is an LOA Life Coach and Instructor who helps clients understand and utilize the Law of Attraction in their daily lives.

Ellie believes in empowering people not in "teaching" them. She says "We can not teach others how to live their lives. I do not have your answers. I can explain to you the Universal Laws and principals. I can share with you my many years of experience.... I can help guide you to find Your own specific answers on Your own unique journey"

She is also the founder of the website Living the Law of Attraction, which is updated often with useful tips and information on using LOA. To contact Ellie or to sign up for "LOA Tips & News" visit the website – <http://LivingTheLawOfAttraction.com>