

Secrets to Creating More Inner Peace



By: Members of the
Personal Development Partners Community

Introduction

Welcome and thank you for downloading *Secrets to Creating More Inner Peace*. This Ebook was produced in collaboration by members of the Personal Development Partners community. PDP is the world's first social networking organization geared only towards people who are trying to make positive improvements in their lives!

Because you downloaded this book, or had a friend who sent it to you, it seems that you are looking for ways to improve your life. We hope you find the information in the following chapters helpful in your journey. If you are interested in continuing down the personal development path, we invite you to visit Personal Development Partners at <http://www.personaldevelopmentpartners.com>. When you do, please say hello and let us know your thoughts on this Ebook.



A Note on Copyright

This Ebook is free. You are welcome to share and distribute it at no charge. The authors ask only that you distribute this work in its entirety. All individual chapters remain under the copyright of the author. If you would like to use any section of this work separately, please contact the author at the websites listed in their chapters.

Table of Contents

Chapter 1: You Can't DO Inner Peace - You Have to BE It... By Ellie Walsh, Living the Law of Attraction	3
Chapter 2: Achieve Inner Peace via Surety of Purpose By Aaron M. Potts, Today is That Day	8
Chapter 3: Experience Inner Peace by Vertical Alignment with Your Soul Energies By Lexi Sundell, Energies of Creation	17
Chapter 4: Inner Peace: It's All About Decision Making By Maria Gajewski, Never the Same River Twice	22
Chapter 5: Stop Talking About It. Do It! By Patricia Schiavone, Attracting The Best	27
Photo Credits	30

You Can't DO Inner Peace - You Have to BE It...
By Ellie Walsh, [Living the Law of Attraction](#)



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

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

Life was good.

Now in his mid-thirties, Alex felt he had learned a lot and benefited from all he had done but he heard many speak of inner peace and 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, and 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 that read, "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 and 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 and 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 and 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, and 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 and 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 others 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 that 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 but at the same time he was not sure he understood.

The man still had a 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 and 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.



Ellie Walsh is a 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>

Achieve Inner Peace via Surety of Purpose
By Aaron M. Potts, [Today is That Day](#)



The opposite of Peace is War. Although that is true in a literal sense, it is also true in the ways that we deal with our lives in general.

If we do not have a sense of inner peace, it is because some part of our mind is at war with other parts of our mind. Dozens or even hundreds of times each day we are faced with a decision-making opportunity. *Do I do this, or do I do that?*

Normally, these decisions are pretty mundane, and would have a – seemingly – mundane effect on our lives. In truth, however, the sum of our lives at any given moment is nothing more complex than the sum of all of the decisions that we have made in the past – both the seemingly mundane, as well as the decisions that we viewed as more life changing.

Each of these decisions has some sort of a “value” that is assigned to it by us as individuals. Society and our circles of influence will also try to assign value to our decisions, but in the end, all that matters is the value that we as individuals assign to our decisions.

- A small decision – *Do you want fries with that?*
- A medium decision – *Do I go to the Bahamas or to the Orient during my vacation?*
- A large decision – *Do I marry this person?*

Those are just examples, of course, but you get the idea. Some decisions would seem to have a small immediate impact on our lives, some would have a longer-term impact, and some decisions will likely have results that last for a lifetime.

The higher the value that we assign to any given decision, the more potential that decision has to erode or to destroy our level of inner peace.

When was the last time that you gave more than about a 15-second thought process to whether or not you wanted some French Fries? The negative health issues notwithstanding, it's really not that big of a deal, right?

When deciding where to go on vacation, although not a huge decision, it has the potential to cause quite a bit of turmoil. You only get 14 days off per year, and you are going to spend a significant amount of time, effort, and money in a certain geographic area. The wrong decision could cost you some much needed mental downtime, not to mention a large pile of cash. Also, if this is your only vacation for the year, it could be another 12 months before you even have the chance to make a better choice next time around. Some people get so stressed out about their vacation planning that they effectively ruin their chances of having fun – *no matter where they end up going!*

Whether or not to marry someone is certainly a big decision, right? Even in a world where divorce is very common, there are still plenty of reasons for not marrying someone unless you truly believe that you want to spend the rest of your life with them. Will they always bring you the happiness that they do now? Will they get bored and start looking for more from life than you can offer? Will they turn into an unmotivated slob after the courting period is over, or once you have children? If you marry them, and it doesn't work out, how much of your time will you have wasted, and will you then be too old to start over again? Obviously, whether or not to marry someone is a huge decision, and one that has the potential to make your inner peace disappear for quite awhile. Even after making that decision, any lack of confidence about whether or not you made the right decision will continue to keep your inner peace at a distance for years – if not forever.

At face value, then, it would seem that the best way to achieve inner peace would be to simply never make any decisions that would cause us such turmoil. Some people are actually able to do this, although it is a rare personality trait. Those people seem to be able to go through life completely nonplussed by anything, and stress seems like a foreign concept to them.

For everyone else, however, our inner peace is compromised on a regular basis because we are simply not 100% certain that we are supposed to be doing – or *not* doing – any given thing. To achieve inner peace then, what we need is Surety of Purpose in any area of our lives where there are decisions to be made that we personally assign a high value to.

Relationships

How many people do you know who are 100% happy with their relationships, 100% happy with their beliefs about the future of that relationship, and they can honestly say that they would not change a single thing about their relationship?

Anybody??

Yes, there are people who are happy with their relationships, and they are happy with the proposed future of that relationship, but few people will say that they would not change anything at all if it were possible to do so.

Each and every time something happens in our relationships that causes us to wonder if we are doing the right thing in that relationship, it erodes our inner peace.

- Should I really be with this person?
- What if this person continues with this bad habit?
- What if this person never changes their point of view on this issue?
- Should I ignore this personality trait, even though it really bothers me?

- Is this person really as wonderful as I think, or am I just seeing what I want to see?

Obviously these types of questions could temporarily or even permanently destabilize a relationship, and as long as you are in a position where you keep asking them, you will never be at peace with that relationship.

You will always doubt whether or not you should stay in that relationship, you will frequently give thought to what would happen if the relationship ended, and your ability to just sit back and enjoy the relationship itself would be a part-time state of mind at best.

The most effective way to achieve inner peace with regard to a relationship is to simply be brutally honest with yourself about what you want, to never accept anything less than what you want, and to make sure that the other people in your life understand what you expect of them.

This is not to say that you should order people around or that you should mold people to your personal vision of perfection. Rather, your job is to decide whether to modify the circumstances in a way that brings you inner peace (which may or may not involve the other people), or to gain inner peace by deciding that you are willing to live with things the way that they are.

As long as you continue to stay in relationships where the circumstances fit into one mold, yet your inner peace fits into a different mold, you will constantly be warring with yourself about whether or not you should even be in that relationship.

Career

If achieving inner peace with a relationship is hard, then doing so with your career can be even more challenging, since there are potentially many other people involved, rather than you just and a few others.

There are so many questions that we ask ourselves about our career choices, and as if just asking the questions wasn't challenging enough, then there comes the question of what opportunities are available once we have decided exactly what we want to do.

- What type of work do I find truly enjoyable?
- What environment do I want to work in?
- How much money do I want to make?
- Do I want to work for a company, or be self-employed?
- Do I want to work with people, or am I better off alone?
- What type of schedule do I want to keep?
- Am I willing to travel, or have a long commute?

Add that list of questions to any questions that you have ever had about your career, and the potential for a lack of inner peace is not just possible, it is *probable*. How many people love their careers so much that they would not change a single aspect of their career, even if the opportunity to do so was handed to them on a silver platter?

In addition, once you think that you have answered all of the questions related to your career – and you are at peace with those answers – there is still the possibility that things will happen that are out of your control, or that you couldn't have foreseen.

This is often the reason why people who were once happy with their career suddenly find themselves in a career downslide. Circumstances that were originally just fine suddenly change and it causes us to have to rethink not just the changing circumstances, but all of the aspects of our career or our life that are affected by those changing circumstances.

As with relationships, the key to having career inner peace is to address each of the issues that are related to your career. You must decide whether you need to make some changes in order to be at peace with your career, or you must decide that you are willing to be at peace with the circumstances as they presently are.

If you try to “force” yourself to be happy with your career because of a belief that you simply don’t have a choice, you will *always* feel that you don’t have a choice. Feeling like you don’t have a choice is a far cry from having inner peace.

Health

Have you ever seen the video of the man who is giving a lecture, and he has no arms or no legs? In fact, he has *never* had arms or legs – he was born that way. Here is the best part, though – he was a motivational speaker! He spent his time lecturing other people about how to focus on the parts of their lives that they *could* control, and to forget the rest.

There are a lot of people who think that inner peace is not possible with regard to their health, because their overall health is only partially in their own control. That point itself is debatable, yet even if that were true, the same formula for achieving inner peace applies to health as it does to relationships and career status: you must *have surety of purpose that you are doing what will bring you peace.*

If you are overweight, even if you have “resigned” yourself to being overweight, does that decision truly bring you peace? If it does, then good for you, but for most people, the resignation that their weight is out of their control is little more than an admittance that they are not willing to do what it takes to get into shape. On the inside, they know this to be true, and that fact does *not* bring them inner peace.

If you are capable of some sort of physical activity that you have been avoiding because of nothing more complex than laziness, does that fact fill you with inner peace? Is there an athlete inside of you that wants to come out? Is there a

gardener or a landscaper in there that requires you to get off the couch? Is there a martial artist inside of you that wants to break free, yet you keep him/her locked up because of your own insecurities? If you know that you are capable of physical greatness, yet you have come to terms with the fact that you aren't going to explore that, then you are good to go. However, if your inner physicality is busting at the seams to get out, and you do not *truly* feel good about keeping it locked up, then guilt alone will ensure that you never achieve inner peace in that regard.

If you have a chronic condition or some sort of a disease that you cannot do anything about, have you come to peace with that, or do you spend your time lamenting about the fact that your health will never be what you want it to be? Although there are very few conditions that are so well understood by medical science that it is even *possible* for you to know if your condition is permanent, even if that were the case, what good are you doing yourself by focusing on your condition and how unhappy you are about it? If a guy with no arms and no legs can be a motivational speaker, then you should be able to come to terms with the fact that your health is what it is. In so doing, you can release your negative attachment to your health condition, and you can spend all of that mental energy on happiness and peace instead.

Why is it that so many people allow themselves to be in constant turmoil over their level of health or physical fitness?

For most people it is nothing more mind-blowing than a simple lack of confidence, a perceived lack of opportunity, or an incorrect understanding of what is even possible. Inner peace when it comes to health and fitness is not about controlling the situation, but rather about controlling *what you can control*, and coming to peace with the fact that the rest is out of your hands.

Conclusion

In each of the examples given earlier, relationships, career, and health, there is a definitive pattern that can be repeated in any given set of circumstances that you find yourself in:

- 1) Be sure about what it is that you want
- 2) Control the things that you *can* control with regard to what you want
- 3) Come to terms with the fact that you can't control the rest

Stress and turmoil – the opposites of inner peace – do not come about as a result of the circumstances themselves. Rather, they come about as a result of us feeling like we have not done everything that we could possibly do in order to make those circumstances be the way that we want them to be. Once we have done everything that we can do in any given set of circumstances – *and we are absolutely certain of that* – the entire reason for turmoil simply fades away.

The wars that we have with ourselves are the result of the fact that we are constantly asking:

“Am I doing the right thing?”

The words “right” and “wrong” are completely subjective, and mean completely different things to each individual person. What one person sees as right, another person will see as wrong. You are the only person who will ever be able to determine if you are doing the “right” thing.

Nonetheless, whatever your personal definition is of the “right thing to do”, as long as you think that you are doing the opposite if it, you will never achieve inner peace.

On the other hand, in any given set of circumstances – in fact, in *every* set of circumstances – as long as you believe that you are living up to your own personal definition of the right thing to do, then you will be at peace with whatever actions you are taking or not taking.

As long as we *truly* believe that we are living up to our own personal integrity in any given situation, then a high state of inner peace is not only possible, it is a natural side effect.



Aaron Potts is a Personal Development Blogger and Fitness Coach who believes that people have *unlimited* potential. All of his writing, his products, and his interactions with other people are colored with the same *'you can do anything you set your mind to'* mentality.

Aaron is also the founder of Personal Development Partners, a social network for people who want to surround themselves with others who have attained or are striving for success. Check out PDP at <http://www.personaldevelopmentpartners.com>.

Learn more about Aaron at <http://www.todayisthatday.com/blog/>, his personal development blog, or see his helpful and informative health and fitness website at <http://www.fitnessdestinations.com>.

***Experience Inner Peace by Vertical Alignment with Your Soul
Energies***

By Lexi Sundell, [Energies of Creation](#)

Peace Rarely Seen in the World



In a world wracked by wars, famines, disease, and natural disasters, peace is not the first thing we see when we look at the state of humanity. Probably not the second, third, or fourth either.

Handling stress is a common topic, with stress accepted as a given in our hectic lives. We are urged to become more productive, more enlightened, more environmentally conscious, more, more, more.

All of those goals are perfectly valid but often keep everyone swept up in a frenzy of striving. Where in all this turmoil do we find peace?

You might sit down for a relaxing cup of tea or can of beer to decompress from the day. That is likely the moment the youngest child begins crying and wailing that their teddy bear is stuck in the toilet and they cannot get it out. Never mind that the toilet is overflowing all over the floor at the same time.

Life is like that, full of unexpected and unplanned demands. It is far too easy to think that if the kids would be quiet, the relatives would stop quarreling, and the appliances would all refrain from breaking for a little while, maybe we could find a little peace in our lives.

Well, it really does not work that way. Things break, people do disruptive things, stressful events keep coming. Looking externally in the ever-changing flux of our lives to find peace is worse than chasing a will-o-the-wisp.

Some of us go outdoors to find a little peace. Being in nature can be calming. Unless we get bee stung, or poison ivy, or some such rude surprise.

But what happens when we are floating on the river with the birds chirping and the water making soothing sounds? Sometimes we find ourselves fully at peace, at one with the world around us.

This, too, can keep us looking at the outer world for answers to the elusive quest for peace. After all, if we can find peace at times on the river in the midst of willows and mountains, why can't we find it in our own homes?

Horizontal Energies and Peace

These efforts are all based on what we might call the horizontal energies. Horizontal energies are all the energies that surround us externally. These energies are always in flux and unpredictable. Trying to find peace in relation to the horizontal is a trying task, an impossible task.

Every time we expect someone to balance our emotions for us we fall prey to the illusion that they can give us peace. Every time we think the new raise is going to bring us peace, we fall prey to the illusion that external reality will not disturb us again.

An untimely flat tire or mechanical breakdown in the car will immediately dispel that illusion. Foolish drivers doing stupid things too close to our fenders will dispel that illusion. Irrate phone calls from clients or relatives will also dispel the illusion that anything external can bring us peace.

How fast do you get stressed? How often do you think something or someone is driving you crazy? How quickly can you fly off the handle?

Those answers can give a clue as to how much you base your experience of peace on the external world. But the fact is that no one else can take care of your emotions for you. External events cannot

bring you peace, unless you want to feel peace like a yo-yo going up and down constantly.

Money won't eliminate stressful events. Just last night my husband and I went to rescue friends who were stranded with a car breakdown. I don't know how much money they have, I have never asked. But they are unquestionably wealthy.

That did not help when they were two miles from their home after the garages were all closed with a vehicle that refused to move. They could not call a cab because our wee town does not have any. Luckily we were home and went to get them.

He had been up since well before dawn, was tired, and stressed. He did not seem peaceful, to say the least. She had been up just as long but was much calmer about the whole thing and looked at it as a somewhat amusing interlude.

Same situation, two different responses. What makes that difference?

Peace and Vertical Alignment with the Soul

The stranded lady had an inner balance that was resilient in the face of external stress. The stranded gentleman (and the roles could have been just as easily reversed, this is not gender specific) was not inherently balanced within himself so he was quickly stressed by the external situation.

The external situation was not really that bad. The vehicle probably has a stuck thermostat and a quick tow to the garage when it opens will most likely get it fixed in short order. No one was harmed, their luggage is fine, and I don't think their ice cream even melted.

So what is causing all the stress, all the lack of peace? Obviously not the external situation. It was a nuisance for them but certainly could not be considered any kind of tragedy.

This gives the clue that the answer does not lie in the external events and circumstances. The answer lies within each of us, lies in our balance within ourselves.

Nature tries to reveal this to us by letting us connect with ourselves in an undistracted way. Unless, of course, the mosquitoes show up to provide those distractions. The mosquitoes offer quick proof that peace is not inherent in our external experience of nature.

But, if we look within ourselves deeply, we will find that which has been missing from our experiences in the external world, that will-the-wisp peace. It smiles from within us, undisturbed by external events.

We may allow those external events to distract us from that peace within, but if we remember to look again, to look deeply, we will still find it there.

We come into the physical realm to inhabit the physical body, to be born of the earth. We bring our spiritual connection to the soul, but can quickly forget it.

Ideally, we stand balanced and stable in our hara line, the line of vertical energy running from the core of the earth up through our feet, legs, bodies, and out the crown of our heads up to the divine source. That alignment, and that alignment alone, is the one that delivers genuine peace.

Our task is not to find peace in the turmoil of the external world, but to remember our own inner peace and bring it into that ongoing turmoil of horizontal life energies. Our task is to stand in alignment with our souls and bring our spiritual gifts into our every day existence, as best we can, each and every day.



Lexi Sundell constantly explores creativity in her life, particularly in her artwork and energy healing. She loves to assist others in developing their creative abilities as well. She and her husband own and operate RiverStone Gallery in Ennis, Montana. Lexi paints dramatic floral paintings and has recently begun a rooster series.

She co-founded Crystalline Consciousness Technique™ which is an energy healing modality. CCT works for personal and group growth and healing in a huge variety of ways. For one example, she uses CCT to energize her paintings with profound results.

Lexi teaches CCT classes and offers private sessions so others can use the process for themselves. She also is developing video training materials to go with her recent book, *The Acrylic Flower Painter's A-Z*.

You can share these creative explorations at her blog [Energies of Creation](#) or the [Lexi Sundell art web site](#) featuring her paintings.

Inner Peace: It's All About Decision Making
By Maria Gajewski, [Never the Same River Twice](#)



Do you ever get “stuck” in a place where you are hovering between two choices, both of which seem equally valid, and you can’t decide which one will be better? Do you ever wish someone else would make your choices for you so that you can get out of that “stuck” place and move on?

In my experience, that place is the opposite of inner peace.

Chances are, you’ve lost countless hours of your life to being “stuck,” which can cause such unpleasant symptoms as insomnia, loss of appetite (or overeating), stomach aches, boredom, and even depression and anxiety in serious cases. If you want to achieve a greater level of inner peace, one of the most effective ways to get there is to make decisions more quickly. This chapter will teach you a simple technique for faster decision making that will help you sleep better and live a happier life.

Avoiding Decisions is the Problem

Most human beings dislike confrontation, even if that confrontation is with their own hearts and minds. When an individual has to make a difficult decision it creates a lot of conflict, especially when all of the available choices have merit. The typical reaction people have is to avoid making a decision for as long as possible, and they end up hovering between the choices, never resolving the tension between them.

In his book *Goal-Free Living*, author Stephen Shapiro gives us the following example:

“From the beginning, I was never really ‘in’ my marriage... The relationship languished, and the two of us suffered. I could have chosen to commit to my marriage and make it work. Equally, I could have chosen

to end it early on when it was clear it wasn't working... Unfortunately, I did neither. The marriage dragged on for five years until [my wife] ultimately made the decision for both of us."

Often people seem to act as if avoiding making a decision can save them from a painful experience. As you can see from this example, failing to make a choice cost Shapiro and his ex-wife five years of tension in an unfulfilling marriage. Neither of them benefited from his failure to make a decision and avoid the pain of divorce. The marriage ended anyway.

Don't Take Life So Seriously. It's Not Permanent.

There are many times in all of our lives that we have to make choices that feel so BIG. Here is just a short list:

- Whether to go to college
- What subject to study
- What job to take
- Whether to stay in a job or start a business
- Whom to marry
- Whether to stay married or get a divorce
- Whether to move away from friends and family

Often when we have to make these choices, they feel so... permanent. The good (and bad) news is that all things are impermanent, so even our worst decisions can only affect us for a brief time.

It's entirely possible to choose a community college over Harvard, major in underwater basket weaving, marry a heroin addict, divorce the heroin addict and work in a gas station for a five year stretch, then follow that up with five years of complete transformation. We have all heard stories of people who have gone through terrible times caused by bad choices and then turned everything around and ended up better than ever.

Living in fear that you will make a bad decision is a waste of effort – you WILL make bad decisions. Rather than agonizing over making the perfect decision all the time, work on making decisions quickly

and really committing to them. This is the opposite of what many people do. Instead we make a choice, work toward it half-heartedly, and constantly look back wondering if we did the right thing. The reality is it DOESN'T MATTER.

"When You See a Fork in the Road, Take It." – Yogi Berra

It doesn't matter? How can I make the claim that our biggest life choices, such as whether to stay in a marriage or get divorced aren't important?

Psychologists have done a lot of research recently on the subject of happiness, and what influences human happiness. The results have been surprising and enlightening so far. For one thing, a lot of research seems to suggest that even major life changes have a relatively small effect on overall happiness in the long run.

Most of us would consider making a choice to stay married or get divorced to be pretty important, with long-lasting implications for our future happiness. Recent research suggests that that isn't actually the case. A study by Yakimec (2005), which you can find [here](#), suggests that there is little difference in overall happiness between married and divorced people. This is supported by [this study](#) conducted in Germany – so it seems that this isn't a purely American phenomenon.

In fact, it seems that many BIG, SCARY decisions have little impact on our long-term happiness. They may be difficult or painful for a brief while (or they could be intoxicating and joyful), but eventually we return to our baseline happiness level. What ends up being important is our attitude toward life and our willingness to adjust our course as necessary to create the lives we desire.

Throw Away Your Map

Every culture has a prescribed "road map" for a happy life. In the United States, the prevailing route goes something like this: graduate high school, go to college, get married before you're 30, have 2 children (a boy and a girl), buy a house in the suburbs, work at a white collar job, and retire at 59 ½. Any decision that takes you

away from this route is considered negative, or a bad decision. The problem is that for many of us, this route is too restrictive to help us achieve the lives we desire.

Just about everyone has the end goal of living a happy life. We all define "happiness" differently, but at least we can agree on this broad concept. The key to faster and less painful decision making is to create an image of what a happy life looks like for you at this moment and making choices that are in alignment with that image.

Here is the process for faster decision making:

1. Visualize a perfect day in your life. Think about it in great detail, including what your home is like, what type of activities you do (include leisure AND work), who you spend time with, even what you look like/wear/eat, etc.
2. Write down your perfect day. This is your *orientation point* going forward. (By the way, you are free to change this vision whenever you wish. Remember, nothing is permanent!)
3. Whenever you need to make a decision, think about what choices will get you closer to, or farther away from your orientation point. It's also possible that a decision will have no impact on your journey.
4. If a decision will have no impact on you achieving your ideal life just pick an option. Flip a coin or throw a dart. It really doesn't matter what you pick as either choice is likely to have little impact on your long term happiness.
5. If a decision is likely to have a longer term impact, select the one that seems to move you closer to your orientation point.
6. Commit to your chosen decision completely. If you need to, remove all possibility of going back to the other possible decisions. Burn your bridges and have no regrets.

Many people fear making decisions, and ultimately avoid them, because they are convinced that if they wait just a little longer, they will gain access to the information they need to make the *perfect* decision. Unfortunately, it is impossible to make a perfect decision and to get all the relevant information. The best we can do is use

what we know in the moment, make the decision, and move on as quickly as possible.

One caveat I will offer is, if you sincerely pursue your ideal life you will probably end up with something that is quite different from the mainstream. You may end up finding nontraditional ways of making a living, relationships that are quite different from traditional marriage and friendship, and a working life that doesn't include 40 years of cubical dwelling followed by retirement.

On the other hand, you may find that the traditional path is the one that brings you the most happiness. The only way to know is to have the courage to make the decisions that move you in the direction of your ideal life.

Here's to the journey.



Maria Gajewski explores ideas related to change, decision making and the pursuit of happiness at [Never the Same River Twice](#). If you'd like to read about more ways to make decisions quickly and get on with your life, sign up to receive automatic updates from her site using an [RSS feed reader](#) or in your [email](#). (Don't worry, it's free!)

Stop Talking About It. Do It!
By Patricia Schiavone, [Attracting The Best](#)



Once we have understood that we are the leaders of our own lives, the secret to living in inner peace lies in seeing ourselves leading the lives we desire.

Those of us who are interested in Personal Development consume a lot of material: large amounts of books, long lists of blog articles, video and audio material. However, sometimes we don't see the expected results in our daily lives. This happens when we have intellectually consumed and absorbed a large amount of information but, for some reason, have not been able to put what we understood into practice.

If you have experienced this, I invite you to stop adding information into your brain and start putting into practice what you have learned so far. Why? Because what's the use of adding and adding intellectual tips when the main point of the Law of Attraction is that we attract into our experience things that are in vibrational alignment with our feelings?

Let's stop thinking here and now. Let's start attracting.

Here is a list of the first 20 tips that came to my mind. There are obviously many others, but I assure you that if you really 'do' these, you'll see big changes and big improvements.

I do not explain the concepts in this article because I'm sure you only need the headlines to remember them. But, if there is any concept that is new to you, you are invited to place a question at www.personaldevelopmentpartners.com and there will be many members ready to jump in to help. Me included.

Feel free to print the list and put it where you frequently see it. Add other tips to the list that come to your mind when you finish reading it. Those are most likely the most important for your development, just as those from this list are for mine.

List of actions to take:

1. Write down your intents and read them frequently. Be as precise or vague as you need to be. Write a detailed description when you are very sure of your exact aim and leave room for creativity when you think the Universe can know better.
2. Get into alignment with your desire. Get to the feeling place of already having attained your desire by acting and doing the things you would do once you are there.
3. Meditate and visualize. Let all thoughts pass by and then visualize your desire as something that is happening right now. Make sure your heart feels the joy that you'll feel when you actually attain your desire.
4. Remember to enjoy every moment. Specific goals are necessary but remember that you are living here and now.
5. Start every day consciously planning your perfect day.
6. If you expect a different result, then do things differently.
7. Feel gratitude and give thanks for everything positive in your life, even the small stuff. The feeling of gratitude will bring you more positive goals. Always carry a gratitude rock or choose something that reminds you to stop and feel gratitude at the sight of it. It may be anything: a cloud, a square, a black garment, something you're sure to find often in your daily life. Every time you go to the bathroom or every time you open an e-mail may be wise triggers, for example.
8. Always look for positive words, statements, thoughts and feelings. Try to raise the level of positivism each time.
9. Be quick in changing a negative feeling into a positive feeling. Practice this. It requires training with small stuff to be able to efficiently do it when big stuff arises.
10. Have a stock of images, flashes or memories which trigger good-feeling thoughts in you.
11. Relax your muscles. Let energy flow through your body.
12. Remember life has an unknown deadline. Take the most out of it while you have it.
13. Make your visionboard. Use images, words or drawings and make a visionboard that makes you thrive at the sight of it.
14. Have fun. Do things which bring joy to your heart just because they are fun.

15. Surround yourself with positive-thinking people. Make sure to thank them for their appearance in your life and staying in your life. Try attracting as many of these people as you can.
16. Heal inside yourself what you see to be wrong outside yourself.
17. Stop expecting others to help you improve yourself. Take responsibility for your life.
18. Develop the ability to allow. Once you accept that the Universe will provide. Ask and then let go.
19. If you find your feelings towards an issue are not positive, stop thinking about that. When you don't think, you don't resist and therefore, you allow.
20. Be confident that you are now in the best starting point to get where you want to get. You may not see from your present position how you will get there, but be sure the dots will be easy to unite backwards, once you have reached that place you want to reach.

Make a difference in your life, not only in your discourse.



Patricia Schiavone is an active member of PDP community. She enjoys communication and is learning to create the life she wants to lead. She has made improvement in the past year and she believes in the power of positive thinking and good vibrations.

She has taken her first steps into blogging at <http://attractingthebest.blogspot.com>

Photo Credits

Cover photo by Gabriella Fabbri at <http://www.sxc.hu/photo/984791>

Page 3 photo by Barun Patro at <http://www.sxc.hu/photo/1018482>

Page 8 photo by Rodolfo Clixat <http://www.sxc.hu/photo/996508>

Page 17 photo by ijsendoorn at <http://www.sxc.hu/photo/952908>

Page 22 photo by Ira Brown at <http://www.sxc.hu/photo/937424>

Page 27 photo by Patricia Schiavone