



War and peace are on the minds of a lot of people these days. The thoughts of conflict creeps into our minds and infests our daily lives. Peace is interrupted. Yet peace is one of the top things that we strive for the most. So where is it?

To have peace you must be at peace; at peace within yourself and outside your Self.

Let's come to our senses!

A sense of security

It seems so commonsense that to have peace you need to feel safe, but there's so much more to security than just not being afraid. Security is a sense of a solid foundation and a hopeful future; and then a sense that no one is going to take it away.

A sense of Self

Knowing who we are, what we want, where we're going is all so important to our feelings of peace. That's because the unknown can create so much fear; and not knowing ourselves is the closest that uncertainty can get. No certainty, no security; then we're back to square one.

A sense of simplicity

Complication leads to confusion; confusion to uncertainty; uncertainty to lack of security. Well, you get the point. "Simple" doesn't mean living off the beaten path, or off the grid, or whatever else seems far removed. It all has to do with how easy it is to handle. As long as the effort is easy enough to do and the reward is worth the effort, it's simple enough.

A sense of synchronicity

"Synchronicity" is being at the right place at the right time. There's nothing like a sense that everything is going right in the world to make one feel at peace. That means doing what we want to do, when we want to do it, in the way that only we can... resulting in good things for everyone involved.

A sense of satisfaction

Speaking of good results. This all leads back to feeling rewarded... really rewarded; not about the instant gratification that makes us feel good one minute then worse the next; but rather a real sense of goodness within our lives. That goodness we feel; that's the peace we're looking for.