

## Chapter 13. Enjoying Peace and Balance



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# ENJOYING PEACE AND BALANCE

**WHAT MUST YOU DO TO GET CONTROL OF YOUR LIFE,  
YOUR TIME, AND YOUR MIND?**

*“Peace and balance are not the avoidance of conflict and emotion,  
they comprise a way of interacting that honors what **is**, while  
continuing to work until there is a win-win.” Penny Kelly*

## Enjoying Peace and Balance

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In today's world of over-commitment, media madness, global tensions, and economic uncertainties, finding peace and maintaining balance can seem impossible. Added to the challenges coming from the outside world are those coming from our personal lives. When a spouse or child is in crisis, our usual routines are tossed aside.

When a job is lost you will feel lost because the driving force that got you up in the morning, out the door, and provided a basic structure to your day is no longer there. When a relationship breaks up, a job assignment changes, a new manager comes on the scene, or worse – a natural disaster strikes, life can spin out of balance and into chaos.

Learning to enjoy peace and balance means discovering and accepting the fact that peace comes from within. Your inner peace is not dependent on outer peace. If it were, you would be at the mercy of a crazy world and would spend all your time trying to control that world so you could regain a little peace of mind. Many people do this, and wear themselves out trying to get the world and those around them to comply. However, this kind of control is misplaced.

The kind of control that is needed is *self* control. Inner peace depends on your ability to let go of the world while practicing the discipline of personal responsibility for your attitudes, responses, and

behaviors. The question to ask yourself is, “Are you part of the problem, or part of the solution?”

If you are in the habit of blaming others, denying responsibility, manipulating people or events, magnifying small irritations so you’ll have something to talk about, or constantly creating drama because it brings you attention, you will never have peace and balance. If you want peace of mind and a sense of balance in your life, you have to make a commitment to truth, love, cooperation, service, acceptance of what *is*, and a willingness to embrace your own power to create a beautiful, stress-free environment.

A common misconception is that the way to have peace is to ignore your feelings. Another – and opposite – misconception is that some negative reactions and behaviors are “normal,” or even expected in certain cases.

For example, when insulted, some people get angry, others become aggressive, some feel crushed and their self esteem takes a dive, while still others slink away to pout or and spend days imagining things they could do to get even. Most of us inherit attitudes, responses, and reactions to certain feelings from our parents. We observed them and copied what they did – or what we thought they were doing.

The problem with both of these misconceptions is that too many people flop from one pole to the other as if these were the only two possibilities. To ignore feelings is an invitation to have them go

underground and sabotage your relationships in very destructive ways. The feeling goes unfelt, unacknowledged, and unexpressed, then surfaces later at a totally inappropriate moment. When you hear a friend or lover irritably complaining, “You never do (or say)...” OR, “You always think (or say, or act as if)...” then you can be fairly certain they have been ignoring feelings and allowing them to go underground.

You are not limited to one pole or the other – ignoring feelings, or reacting negatively to what has just transpired. What about all the other possible responses that would allow you to say, “Wow, that was quite an insult! Is that what you really wanted to say?” and give the person a chance to restate their words, perhaps more positively.

If you are in a particularly detached state of mind you might respond with an unspoken observation like, “Hmmm, that was truly an insult and I think this conversation will be terminated until she’s in a better place. Then we’ll talk some more,” and then leave as quickly as possible.

There is always the simple truth that would say, “Ouch, that insult hurt! I’m so sorry you felt the need to say that.” And if you were feeling brave and willing to listen deeper, you might add, “What else are you feeling that I should know about?” then breathe deeply and slowly as you listen bravely to someone else’s truth without taking it personally.

Fortunately, we can and do design our own lives whether consciously or unconsciously. Things often go a bit smoother when we do it consciously, and some people have a natural gift for maintaining a peaceful atmosphere. If you would like to be one of them, consider the Ultimate Destiny self study course, *Enjoying Peace and Balance*. You will find it really *is* possible to nurture the spirit of peace and keep your life in balance. ♦

## Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your ultimate destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

### Enjoying Peace and Balance

Most days I am calm and have a sense of peace throughout the day.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
All the key areas of life—family/home, spiritual, relationships, wealth, personal, and wellness, as on the Ultimate Destiny Wheel of Life—are adequately balanced in my life now.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a set of daily and weekly practices that focus on care for myself and keeping balanced.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I know what I need in every key area of my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
When obstacles or losses come into my life I can put them in perspective fairly quickly and stay positive.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I realize that all I need to do on any task or responsibility is my best, and I can then release it and relax.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
When one or two areas are requiring most of my time, I still find ways to do at least something in the other key areas.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have a secure sense of why I am here and have no fear of death or anything in the future.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I understand that peace in all relationships, up to and including international relations, begins in each of us individually, so I focus on my own peace first when trying to bring it to others.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
I have helpful support people in place to share with whenever I may be struggling to regain balance or peace in my life.	<input type="radio"/> NA <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Total Score \_\_\_\_\_

**Whatever your present score in this area, Ultimate Destiny has programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!**

[www.EnjoyingPeaceAndBalance.com](http://www.EnjoyingPeaceAndBalance.com)