

Being Peaceful

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How important is being peaceful to you? How much time and energy do you spend each day in being peaceful?

If you're like most people you will say, "Yes it's **very** important" however, most of us do not spend much time investing in peaceful experiences. Instead, we spend much of our time playing the "what if" game. "*What if* this goes wrong and *what if* that goes wrong." This way of living creates unproductive worry and anxiety which unnecessarily drains our daily energy.

What needs to be understood is Being Peaceful is not a concept to be considered but an **experience** to be invested in. The more you invest in the experience of being peaceful, the more it provides for your life.

The challenge is that in order to be peaceful you must let go of control. This is difficult for most and is the main reason we don't have more peace in our lives.

To understand why this is so requires an exploration of how our fast paced society in combination with the programmable nature of our body's and minds has created an environment which does not allow for the seeds of peace to grow. At present, our world is getting faster. Constantly evolving technology has long since outdistanced personal evolution. Quick fix solutions which require no real effort or responsibility have become increasingly commonplace. This leads to entitlement, laziness and expectation of immediate result(s).

It is time to level the field, slow down and take personal responsibility.

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To do this we need to try on new concepts and new ways of being in the world.

This Ebook is designed to lead you into your inner world. Up till now you have been led to believe your ability to alter this world is negligible. This is simply not true. The problem is not “Can I access this world?” Its, “How DO I access this world?”

To do so requires a willingness to try and see for yourself. Adopting an “I don’t know” mentality is the first step. For then and only then can things truly change. If you claim you already know then I cannot help you for you have already made up your mind. Possibilities can only occur if you step into the realm of “I don’t know” for then you have the opportunity for self discovery.

So prepare yourself for an inner journey to change your relationship to your body, your thoughts, your life and the world around you.

Personal peace can lead to world peace

If we look at our world we will see that no one really values peace. World Peace is a thought beyond us at this present time however; *personal peace* is something we can achieve. Committing to your personal peace is a step towards this higher goal. Sharing your peaceful state with others will help them to be calmer. You then become part of the solution instead part of the problem.

Ultimately, being peaceful is about growth and growing. As you grow your ability to stay calm and at ease within yourself grows. Then growth of a deeply personal nature can occur. Being peaceful is an investment in your inner health. Each step of this program takes you deeper into this experience.

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Each day your practice will deepen this ability. Each day you practice allows your deeper self to emerge.

There is greatness within each of us. The question is, are you ready to experience yours?

This sample chapter is part of a structured 4 week program designed to introduce a new technique each week. The goal is to incorporate peaceful experiences into your nervous system. Through repetition, your nervous system will learn, grow and adapt its ability to be peaceful.

To take part in this four week program to change your life and develop a new relationship with peace, visit www.thefitpath.net and order your copy or call 305.785.2936.

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