

Serenity

The power of inner peace

Serenity has many meanings...calm, peace, stillness, quiet, repose, but to me there's a little more to it than that. To be serene means to be in control of your physical and emotional actions and responses. Actually being in control of your thoughts. To be in that place where you exude calm and rarely need to think about accessing it, because it's always there as we allow our words and deeds to reflect our true feelings

I believe that most of us seek similar things in life, and paramount to me is holding on to those feelings of calm no matter what prevails. Thereby allowing ourselves the space and time to think what we want, to be truly in the moment and not bouncing around with what the Buddhists call our "monkey brain". One moment fussing over the past and the next lost in the future. Being in the "now" is one of the greatest gifts we can offer ourselves. **It takes just one thought or intuition to completely change our lives, and the world we live in.**

I have about 30 "life tips" to help foster serenity in our lives and I'd like to share a few of them now.

What is...is

The Buddhist Mantra, of which the full quote is something like: "What is...is. We all have expectations of approval and/or control which doesn't agree with what is." Buddhists believe that it is resistance to what is, that causes most of the pain and suffering in the world. If we don't like what is, we have 4 choices: fight it...accept it...move away from it...or change our response to it.

We would all probably chose to initially fight that which we strongly disagree with, but the period should be planned in advance, so that after a certain time we stop fighting and make a different choice. Accepting can be a negative, as can avoiding, so to me the key choice is to change our response. To change the way we look at something, and reframe it in some way from a large negative to some sort of positive stance.

An example might be...a rather loud and nasty individual joins your circle of friends. We could argue, avoid, accept, or change the way we view that person. Which one do you feel would increase your internal power, and stop you thinking in a negative way?

Boundaries

We all have physical boundaries. If someone we don't know stands too close to us at a social gathering, or sits too near us on the bus, we mentally if not physically move away. There are lots of other kinds of boundaries that we may not be quite as aware of - moral, ethical etc. As with the physical, the better we know people, family and friends, the closer we allow them, and we relax our boundaries.

It is this lowering of our boundaries that is the danger. I feel that in most cases we should initially put ourselves first. What works best for me? When we have answered that question we can then decide on any threat to our boundaries and our peace of mind. We all spend time doing things we don't want to do, fretting about them, and feeling negative towards ourselves and others. The key to this is once again our choice of response.

For example, your elderly mother often phones to ask/bully/cajole you into performing menial tasks for her, that she could easily afford to pay for. You do them unwillingly, feeling angry at yourself and her, and a bit of a wimp for not standing up to her. The important thing to remember is that is ok to say no from time to time, and put ourselves first.

Saying no can be made a lot easier by asking questions...."I wonder why you think I should do that" or "I get the feeling that you are being a little unfair, what do you think..?"

However the most important point here, is to change your response to your mother into a positive one. "I love my mother, she needs my help, so in this case I'm happy to help with a light heart". This totally changes the energy of the situation.

The first question we need to ask is "Do I want to do this?". If the answer is no, we say so with love and protect our boundaries.

Forgiveness

I'm sure as we reflect on life there are many instances when we feel we have let ourselves down, or we hold on to negative thoughts about other people. The important thing here is that negative ties bind the tightest and the more we think badly about someone, the closer we are pulling them towards us. It is imperative for an easy mind that we release the sting by forgiving both ourselves and others who were involved negatively in our lives. We all know just who we need to forgive in life, as we probably think of them most days. Here's an easy way to do it.

Meditate lightly and relax. See the person sitting or standing in front of you, and repeat these words directly to them. **“ I forgive you...I forgive you for everything you have said or done to me in this life and all past lives, as I forgive myself for everything I may have said or done to you. I swear from this moment on I will only think of you with Love.”**

Now pick up a pair of magic scissors, and see yourself severing all the dark ties that used to bind you to that person. As you are doing this I guarantee you will begin to feel Light filled and free. Slowly let the image fade and say goodbye to this person with love.

To truly achieve serenity we need to let go of all negative thought patterns about ourselves and others.

Daily Protection

Perhaps you have read my analogy about the lighthouse. The more evolved and aware we become, the brighter our Light will shine out. Like the lighthouse keeper, we have no control who or what is attracted to our Light. We can pick up negative energy simply by brushing past someone in the supermarket, and malevolence is constantly being attracted to us. It is therefore of paramount importance that we cleanse and protect ourselves on a daily basis. We must practice tuning in to our bodies and emotions to notice just how we are feeling at any given time, and act on it accordingly. **There is a very effective protection script available to download on my website.**

As we all work to raise the vibrational energy of our planet, I believe it our Divine duty to protect ourselves. Some people may scoff and call this an empty ritual, and that they don't believe in it. We keep our teeth clean and healthy by brushing them once or twice a day, so why not the rest of us? Try it for a few weeks, you will see a difference.

Karma

Accept Karma as a fundamental part of your life. Every thought or deed creates or balances Karma, and every intention, whether acted upon or not, is sufficient to create negativity and bring about Karma. We all have the power to chose our thoughts!

The key to inner calm is to work towards balancing our Karma. It is our divine duty to release negativity in our life, and benefit the universal dynamic of as all. Our immortal Soul exists outside of time, but we do know it has chosen this physical life to heal and grow. It is unimportant when we chose to discover and resolve our issues, it could be on our deathbed, and still this life will not have been in vain, but that said, the sooner we are able to recognise and deal with our Karmic challenges, the sooner we will experience serenity. I know this from first hand experience, and that of many clients. This work is empowering and life enhancing. Usually, but not always, the run up to this awakening can be a very painful time in our lives. So if you are experiencing some turmoil, ask your guides to send you some intuition to help you resolve this issue. Remember if we don't ask we don't get. For some reason our Soul believes that the best way to learn on the Earth Plane is through pain and suffering, and this will continue for some time. There will come a time though when we can learn as we used to through joy, happiness and love, but that may be post 2012 and only for the enlightened.

So join me on my path to lasting serenity. Perhaps chose to tackle these items over a period of weeks or months, and practice tapping into those feelings of well-being and calm.