The Path to Inner Peace
Monica Griffin is a Fitness Leader and Group Exercise Instructor with a passion and strong personal commitment to physical fitness. She is American Red Cross CPR/First Aid Certified and has taught aerobics for organizations, churches, and conferences. Monica is the creator of Fitness & Faith In Action! - a program that helps people achieve weight control/obesity reduction, lower cholesterol, healthier eating habits, increased self-esteem, and disease prevention. She has partnered with registered dietitians to provide clients with balanced meal planning. Monica believes the best and safest way to lose weight and keep unwanted fat off is by changing your eating habits, eating the proper foods, and consistent exercise. Part of her vision is to motivate, encourage, and inspire those with health challenges or who want to maintain a healthy life.
Learning Objectives

• We will discuss and explore:
  – Your life in the fast lane
  – Inner peace
  – Three factors in finding your inner peace
  – Common dilemmas
  – Awareness of self and others
“He who lives in harmony with himself lives in harmony with the universe.”
- Marcus Aurelius
5 Principles for Developing Inner Peace

• Principle #1: Add Simplicity
• Principle #2: Learn Acceptance
• Principle #3: Practice Forgiveness
• Principle #4: Enjoy Life
• Principle #5: Guard Your Inner Peace
Poll

My life is extremely complicated with all of the daily demands. It seems nearly impossible to simplify anything.

A. I agree
B. I disagree
“The simplification of life is one of the steps to inner peace. A persistent simplification will create an inner and outer well-being that places harmony in one’s life.”

- Peace Pilgrim
Principle #1: Add Simplicity

- Select 3 major items to focus on. Eliminate the smaller insignificant items.
- Place limitations on the number of times that you check your e-mail inboxes and answer messages.
- Create time limits for making smaller decisions. Don’t overthink. This will breed procrastination.
- Do not overcommit yourself. Feel free to say “no” to reduce stress and produce better results.
- Remember to “keep things extremely simple”
“We have no control over the situations of life and we can't even run from them, the best we can do is to acknowledge it and embrace it in order to move through it.”

- Senora Roy
Principle #2: Learn Acceptance

• Accept the reality before you. Do not give all of your mind power to a problem. When you accept the reality of the situation, a lot of its power is lost.

• Acceptance does not mean throw in the towel. It allows you to begin to focus on the action needed to push towards something you want and to change your current situation. You have been enlightened and are able to see more clearly.
Principle #3: Practice Forgiveness

• Now that we have accepted the reality, we are able to move to the most difficult piece, forgiveness.
• Lack of forgiveness breeds resentment and loss of power. As long as you’re unable to forgive, you are rendered powerless. Your inner emotions are off balance. The constant battle within you begins to seep out and affects others around you.
• Forgiveness breeds freedom from emotional bondage
• Forgiveness is not just for others, it is for you also. Forgive yourself for mistakes you’ve made in the past. Do not beat yourself up for it. Move on and enjoy life.
Principle #4: Enjoy Life

• Find your passion! Enjoying what you do brings an inner peace and calmness about life. Inner peace about life fosters success.

• To find your passion, put your curiosity to work. Explore new things and ventures. You will learn a lot about yourself as well as form new insights about how things really are.
“Much may be done in those little shreds and patches of time which every day produces, and which most men throw away.”

- Charles Caleb Colton
Principle #5: Guard Your Inner Peace

• Now that you have completed the first four principles, you will find that your inner peace increases regardless of what situations are thrown at you. When things around you seem to be in turmoil, you can rely on the peace within you to keep you calm and help you make sound, solid decisions. Guard that peace.
Meditation

Meditation is extremely important in reaching into ourselves and discovering the peace that lies deep within. Yoga is one of many methods of silencing the outside world and digging deeper in yourself.
Do you find meditation to be a source of inner peace for you?

A. Absolutely
B. At times
C. Not at all
According to the primary principle of yoga, there is an inseparable link between the mind and the body. Accessing and building up one has a direct impact on the other.
Benefits of Yoga

• Physical
  – Strengthens the body
  – Increases energy level and respiration
  – Maintains a healthy metabolism

• Mental
  – Relieves stress
  – Promotes positive thoughts and energy
  – Increases self-confidence

• Spiritual
  – Fosters awareness of your body and your feelings
  – Creates a mutual dependence between your spirit, mind, and body
Life in the Fast Lane
Making Decisions

If I say yes to __________, I will be saying no to __________, which leads to _________.

If I say no to __________, I will be saying yes to __________, which leads to _________.
The 10-10-10 Perspective Model

- What impact will my decision have 10 minutes from now?
- What impact will my decision have 10 months from now?
- What impact will my decision have 10 years from now?
Inner Peace

- State of being mentally or spiritually at peace
- Considered to be healthy
- Opposite of being stressed or anxious
- Associated with bliss and happiness
The “Peace Pilgrim”

“This is the way of peace: overcome evil with good, and falsehood with truth, and hatred with love.”

- Mildred Norman, 1908 - 1981
Four Preparations

• Assume the right attitude toward life
• Live good beliefs
• Find your place in the Life Pattern
• Simplify life
Four Purifications

- Bodily temple
- Thoughts
- Motives
- Desires
Four Relinquishments

• Self-will
• Feeling of separateness
• Attachments
• Negative feelings
# Common Psychological Dilemmas

<table>
<thead>
<tr>
<th>Self</th>
<th>VS.</th>
<th>Others</th>
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<tbody>
<tr>
<td>Phony</td>
<td>VS.</td>
<td>Real</td>
</tr>
<tr>
<td>Alone</td>
<td>VS.</td>
<td>Together</td>
</tr>
<tr>
<td>Agony</td>
<td>VS.</td>
<td>Ecstasy</td>
</tr>
<tr>
<td>My needs</td>
<td>VS.</td>
<td>Your needs</td>
</tr>
<tr>
<td>Unique</td>
<td>VS.</td>
<td>Ordinary</td>
</tr>
<tr>
<td>Separate</td>
<td>VS.</td>
<td>Connected</td>
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<tr>
<td>Right</td>
<td>VS.</td>
<td>Wrong</td>
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<tr>
<td>True</td>
<td>VS.</td>
<td>False</td>
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<tr>
<td>Close</td>
<td>VS.</td>
<td>Distant</td>
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<tr>
<td>Love</td>
<td>VS.</td>
<td>Hate</td>
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# Common Un-Resolvable Dilemmas

<table>
<thead>
<tr>
<th>Rich</th>
<th>VS.</th>
<th>Poor</th>
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<tbody>
<tr>
<td>Payable</td>
<td>VS.</td>
<td>Receivable</td>
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<tr>
<td>Risk</td>
<td>VS.</td>
<td>Security</td>
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<tr>
<td>Proud</td>
<td>VS.</td>
<td>Embarrassed</td>
</tr>
<tr>
<td>Affluence</td>
<td>VS.</td>
<td>Lack</td>
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<td>Debt</td>
<td>VS.</td>
<td>Disposable income</td>
</tr>
<tr>
<td>Gain</td>
<td>VS.</td>
<td>Loss</td>
</tr>
<tr>
<td>Within needs</td>
<td>VS.</td>
<td>Beyond means</td>
</tr>
<tr>
<td>Freedom</td>
<td>VS.</td>
<td>Imprisonment</td>
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<tr>
<td>Save</td>
<td>VS.</td>
<td>Spend</td>
</tr>
<tr>
<td>Credit</td>
<td>VS.</td>
<td>Cash</td>
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Awareness of Self and Others

- Learn independence
- Understand freedom
Why Find Your Inner Peace?

• Increase your self-awareness
• Allow yourself to “slow down”
• Become more effective in all aspects of your life
• Determine what matters most to you
All Aspects of Life are Overlapping

Self

Work

Home
“...the importance of individual responsibility is quite clear; an atmosphere of peace must first be created within ourselves, then gradually expanded to include our families, our communities, and ultimately the whole planet.”

- Tenzin Gyatso, the 14th Dalai Lama
Resources

- *The 7 Timeless Habits of Happiness* by Henrik Edberg
Contact your EAP
or
Work-Life Program
for
Assistance
Thank You!

Questions?

Please complete the short online evaluation after exiting from this webinar.
