

# Being Aligned with Our Own Self

The main thief of peace has to be the inner conflict between the head and the heart, the restlessness we feel when we are not in alignment with ourselves. Very often it has to do with what we desire versus what we feel we should be choosing according to our highest spiritual morals, values and conscience. Should you buy that expensive bag which might last longer for school, or should you buy the simpler one? Should you bike to work to keep fit or should you take public transport and remain safe? Should we listen to our conscience or pander to our ego and image?

Too many unrealistic desires can also be a cause for internal upheaval. One desire gives birth to another and another, and we are forever trying to plug a bottomless hole. The accomplices of desire are very often anger, greed, attachment, ego and lust. They all create an illusion of happiness and power when in fact they make us more peaceless and restless. Learning to take a closer look at our desires, and checking whether they are helping us achieve our greater goal of peace and happiness will save us a lot of suffering.

Over-worrying and thinking too much also takes away our peace, as does holding onto unresolved feuds and past grievances. In a deep state of meditation the soul becomes completely comfortable, balanced and content with every area of his life, physically, emotionally and spiritually. This state of fulfilment brings happiness and a deep sense of contentment. Then when we get into action, there is less tension between what the heart desires and what the mind says - because both have become aligned to one's higher self full of contentment, harmony, respect, etc.

Taking responsibility for our lives and deciding not to join in the blame game, forgiving, letting go of grievances and cultivating acceptance all give us a deep sense of being at peace.

Understand the repercussions of your decisions, embrace them and do not submit to the 'poor me' syndrome. We then realise that as we let go of certain things on the path, we receive a lot more in return. Hence there is no feeling of being deprived.

Learning to come to terms with all areas of your life will bring a greater sense of fulfilment and happiness. True satisfaction will come when you are indeed making the 'right' choices. Until you arrive at that state of peace, there will always be an inner conflict. The more inner work you do, and the more you act from your higher self, the less the outer world will influence you. And once you arrive at that state of peace, all inner conflict ceases. There are no extra thoughts of doubt, worry, fear and you are free to appreciate and enjoy the beauty of every situation, no matter which way you turn!

Om shanti (I am a peaceful soul)