

The Path to Inner Peace  
Through Allen from SADO

We live our lives giving much power to things that ultimately mean nothing. We have a progression of thoughts that lead us away from inner peace. For example, something happens, like someone cuts you off in traffic and causes you to swerve to correct THEIR mistake. Ultimately, it means nothing. However, we make up a story about what happened. The story may be about "idiot drivers," and through thinking about this issue and telling the story of idiot drivers doing idiot things perhaps over and over again, the story gains power and energy. This leads us to the feeling of no longer being at peace. We fail to remember that we did the same thing to someone else last week.

Exercise One:

Recall something minor that aggravated you last month. Think about the incident and how it made you feel. Were you angry, upset, mad, or impatient, or did you need to straighten the other person out? Now, a month later, does that aggravation matter in any way? Do you even remember it? Did it go away or resolve itself, or perhaps you found a simple solution? Now ask yourself, was that event worth getting upset about? Was it worth getting your emotions involved in this? Was it worth losing peace over?