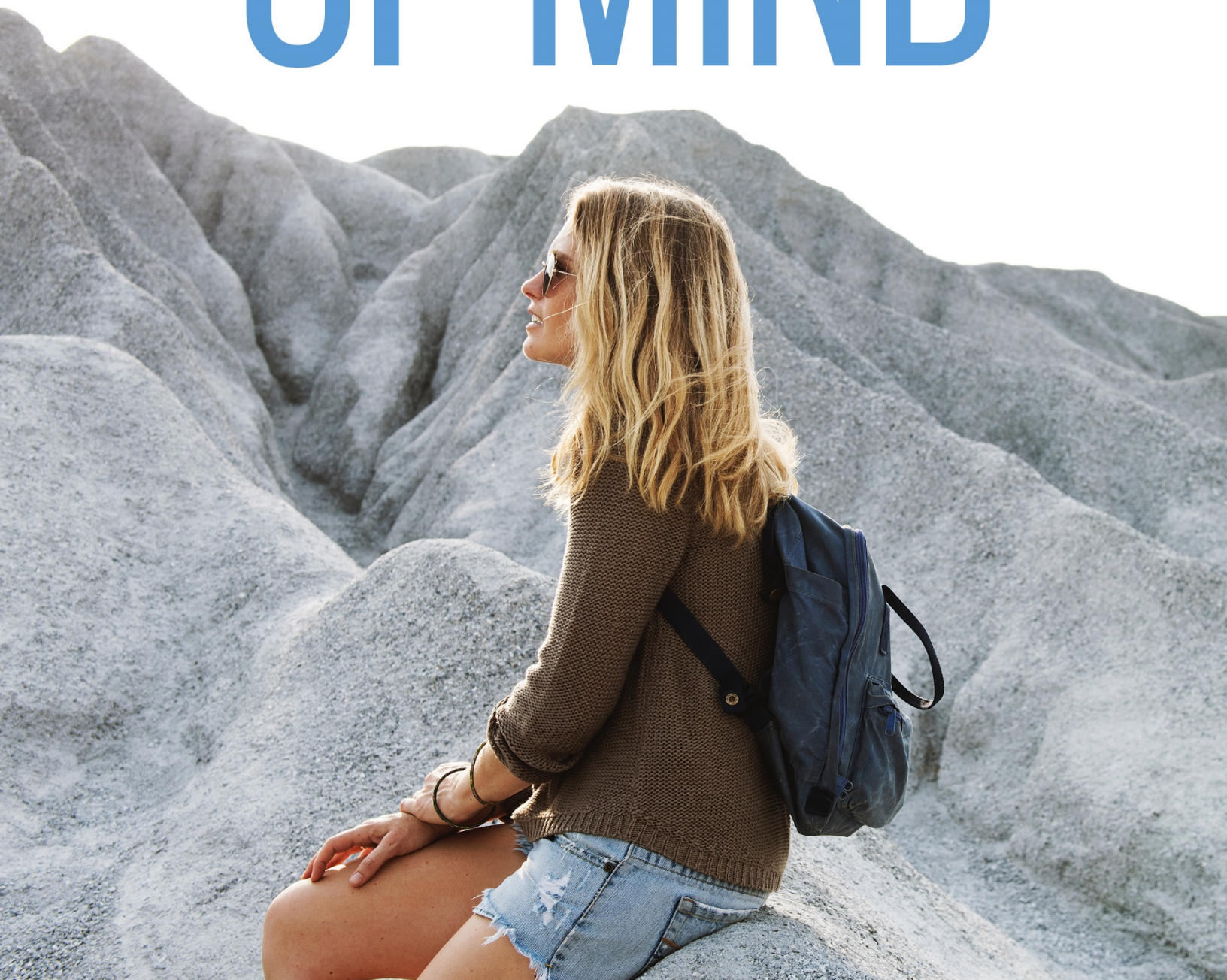


FIND PEACE OF MIND



By: Marion Baker

ARE YOU YOUR HARSHTEST CRITIC?

If you have answered yes to the question, then you are not alone. And that is probably the understatement of the year.

You are also in the right place. In this report I will share with you how we do the opposite of what will truly help us, what the real underlying issue is, and what we need to do to have our lives be different.

The message we get from society is to fill ourselves up with things or experiences, as these will be the solution to our unhappiness. More money, a bigger house, a new relationship, a dream career, or a vacation to the tropics.

The fact is, we have this backwards.

What we try to get when we think we want something outside of ourselves is really peace, happiness and fulfillment. Does this sound familiar? If I have more money I will have more peace of mind. When I get my dream house, I will be happy. When I find my dream career, I'll be fulfilled. Once I get organized, I'll feel better. These are what we say to ourselves. Yet we all know the stats about seventy percent of all lottery winners being broke again, or even bankrupt after only two years. If we have always sabotaged, we will keep sabotaging. Past behaviour is a great indicator of future behaviour. So how can any of these ideas be true?

I can attest to all of this as today my circumstances are much different than they used to be. I have a happy marriage. I live in my dream home that I have made into a beautiful retreat centre, I have my dream career and enough money to not just survive but thrive. And still, these things don't keep me happy moment to moment. And life doesn't always feel easier as a result of these things.

And, my life wasn't always this way. Just a little more than a decade ago, when I was in school to become a counsellor, my whole life pretty much fell apart. After decades of searching, I couldn't find love and the marriage I desperately wanted. I was going through bankruptcy as my debt had become emotionally crippling. I had to move to a shack on a friend's property as I couldn't afford to pay rent. My health started to fail as I had worked myself into exhaustion and didn't know if I could continue for much longer; my livelihood was at stake. I was at my rock bottom.

Luckily, I was in the middle of my counsellor training program and had my peers and my teachers that I could reach out to and ask for help. Because of this I learned two very important things. 1. Reaching out for help, realizing I didn't have to do it all myself, started to change the way I felt immediately. 2. The help I received was priceless. I wasn't counselled to go on more dating sites to find a man or to polish up my resume and go pound the pavement to find a new job. I had tried that over and over with no results. I had pushed and pushed myself as my subconscious messages were that my best efforts were never enough. Any criticism would make me work more or try harder. And even though I worked really hard, I always found a way to sabotage what I had worked for. Somewhere in the back of my mind I was telling myself I didn't deserve anything better.

The guidance that I did get was priceless. It was just to stop and let it all go. Surrender the search, the effort, the trying, and the struggle and start to do what I found peaceful. It worked. I took my profile off all dating sites, I rested more, I found time for the things I enjoyed and immediately found more peace.

The next thing I knew I was happily married, have my dream home, my dream career and almost anything I could want. And still, my life is only peaceful when I reach for peace instead of buying in to the struggle.



Now, do I believe that doing the process in this direction brought me to where I am today? Finding peace first and then letting that peace guide me to my current circumstances? Yes, I do. I am a very spiritual person and I listen for guidance. And it is only in a state of peace that I can listen for what my next best step is. And there is one key thing that has helped me not only maintain and deepen that sense of peace. I'll tell you what that is after I explain more about what the problem is in the first place.

I promised I would tell you what the true underlying issue to our lack of peace of mind was. It's a very simple, but very destructive entity. It's guilt. That is why we are so hard on ourselves. We feel guilty about not being good enough, about not being loveable enough, about being broken in some way. Guilt is the one thing that underlies it all.

Think of it this way. When someone is upset at you, do you automatically feel either defended or like you have to turn yourself into a pretzel to make them happy again? That's because there's something they're saying that your subconscious is believing is true, something you feel guilty about. For example, someone can call you a pumpkin and you think that's just weird. You know you're not a pumpkin. But if someone calls you selfish, all the things that you have done in your life that you have judged as selfish come to mind in one subconscious emotional blur and you react because you believe it. Then you start trying to people please or you lash out or shut down or do whatever your personal defense system tells you to do. And then you feel even more guilty about having acted that way. It's a vicious cycle. If you boil down everything in your life that makes you unhappy, I promise that you will find guilt is the underlying saboteur.



So, what is the key to unravelling all of this guilt and finding more peace? Forgiveness. To find more peace of mind you need to learn to be more kind, gentler, more loving to yourself. The peace is already there, inherent in you or you wouldn't be able to experience it at all. The only thing that covers it up is the guilt you feel. You need to start to learn to let yourself off the hook for all the mistakes you think you have made that you tell yourself were so horrible. As a result of these mistakes, your subconscious makes it mean you are some type of sub human. We all have this. It's the way our brains work. Unless someone can walk on water or be in a state of peace at all times, they too feel inadequate in some, if not many ways.



So, let me recap all of this for you:

1. Our guilt is what keeps us stuck
2. We are inherently peaceful. It's there waiting for us to find.
3. Find peace first, the rest will come.
4. Forgiveness is the key to finding peace.
5. The more forgiveness and peace you can find, the more you will be guided. I call the guidance that of spirit, you can call it your inner self, whatever works for you. But if you continue to struggle, that is what will guide you. If you find peace, that will be your compass. You will automatically find anything unattractive that isn't peaceful.



When you start to find forgiveness for yourself, the typical first response you get is relief and a greater sense of contentment. Have you ever done something you feel guilty about and then found a way to make up for it or confess it to someone, or to say your sorry? It feels like the weight of years and even decades of guilt start to come off of your shoulders. It feels like you can finally untie the two-thousand-pound lead weight you have been dragging around for most of your life.

We are so used to walking around with our head in a fog of judgement, not only of ourselves, but everyone and everything else, that our mind is rarely peaceful. "That shouldn't be like that. I'm too fat. My nose is too big. Look at the way she dresses. The world is going to hell in a handbasket. Kids these days. Why is he doing that?"

Try to think about the last time you felt like your mind just rested. I bet you can't.

Now think about what would happen if you were to forgive yourself and became gentler with yourself as a regular practice. How many years of guilt would start to come off your shoulders? How much relief would you feel?

It IS possible to find peace of mind.

Simple? Yes.

Easy? No

I would never be where I am today if I didn't have help. My best thinking left me broke, alone and exhausted. How was I going to gain a new perspective when I could only see life through my lens? I say it is possible to find more peace of mind, but I have never seen anyone have success without the assistance of a non-judgemental and trained ear and, in my opinion, a spiritual practice that gives you loving support. Well meaning friends and family members often try to fix you or give advice that in the end is even more detrimental.

Contact me today for your free 30-minute consultation to see how I can help you. I'll bet it's true that you are your harshest critic and I know there is hope.

To your peace of mind,

Marion Baker, RTC



ABOUT THE AUTHOR



Marion Baker, RTC

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Marion Baker, RTC, is a registered counsellor who specialized in transpersonal psychology-the marriage of spirituality and psychology. Her passion is to teach forgiveness and learning to listen to the guidance of spirit, the basis of A Course in Miracles. Marion's three year counselling program was based on ACIM and she is currently enrolled in a one year program that is an immersion into The Course. At the end of this year, Marion will be a Reverend who's specialty will be non-demoninational spirituality.