

You can have more Inner Peace, Joy and Vitality in your life.

By Kerry-Ann COX BSc. MEnvSci Copyright 2005



*Walk on a rainbow trail; walk on a trail of song, and all about you will be beauty.
There is a way out of every dark mist, over a rainbow trail.
Navajo Song*

**Please join us on our Mission to fill
the World with Peace, Beauty, Joy
and Adventure.**

**When you find Inner Peace
you will advance World Peace.**

Tell your friends about this ebook, so they can join our mission for inner peace and world peace. To tell your friends about this ebook simply send them a copy or let them know they can download a copy at <http://www.exaltedliving.com/peace.htm>

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*Never underestimate the power of a loosely knit group working for a good cause. All of us who work for peace together, all of us who pray for peace together, are a small minority, but a powerful spiritual fellowship. Our power is beyond our numbers
Peace Pilgrim.*

We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.

Jawaharlal Nehru

Introduction

Our world appears to be filled with hustle and bustle, stress and strain, noise and pollution and there never seems to be enough time. In today's world we are all in search of peace and happiness but so often they seem outside our grasp.

Something vital is missing. You can feel that at the very depth of your soul. But it is an illusive and fleeting feeling you never really have the time to examine it. So you continue on with life, day in day out, sometimes you feel stuck on a hamster wheel, with no end in sight.. Maybe you have been so caught up in it you don't even know how tired and stressed you really are , or that your soul is crying out for something more. Something it is not finding in the rush you call your life.

May the sun bring you new energies by day, may the moon softly restore you by night, may the rain wash away any worries you may have. May gentle breezes refresh your soul and all the days of your life, may you walk gently through the world and know its beauty.

Unknown

Your soul is crying out for Peace, Tranquility and Beauty. Without these things your life becomes colourless, boring and full of tension.

However beauty is all around you, all you have to do is look for it and your life can turn back into one of joy and adventure. This may sound simplistic, but please suspend your disbelief for a little while. If your life is already filled with joy and peace then I congratulate you. However if like most of us, life is a bit of a struggle. Please read on and try the exercises below. You have nothing to lose and so much to gain.

In his latest book "Divine Beauty" John O'Donohue says "... beauty's invisible embrace invites us towards new heights and of passion and creativity. It also sets us free to discover the wonders of the world as our journey becomes illuminated upon a bright path between source and horizon, awakening and surrender.

Beauty of style and harmony and grace and good rhythm depend on Simplicity
Plato

So I am on a mission to awaken people to the beauty that is constantly about them. And in awakening them to beauty they will find peace and joy and adventure in their lives. You cannot see the divine beauty in something without it touching your soul and in that moment you will also be in touch with your own divine beauty and indeed your own divinity.

A Greater Goal of world peace

This mission goes beyond an individual quest for greater happiness. The ultimate goal is for world peace. Many spiritual leaders tell us that world peace will only occur when we have inner peace.

The Dalai Lama (in the forward to Thich Nhat Hanh's book "peace is every step") said " Although attempting to bring about world peace through the internal transformation of individuals is difficult, it is the only way. Wherever I go, I express this, and I am encouraged that people from many different walks of life receive it well. Peace must first be developed within an individual. And I believe that love, compassion, and altruism are the fundamental basis for peace. Once these qualities are developed within an individual, he or she is then able to create an atmosphere of peace and harmony. This atmosphere can be expanded and extended from the individual to his family, from the family to the community and eventually to the whole world.

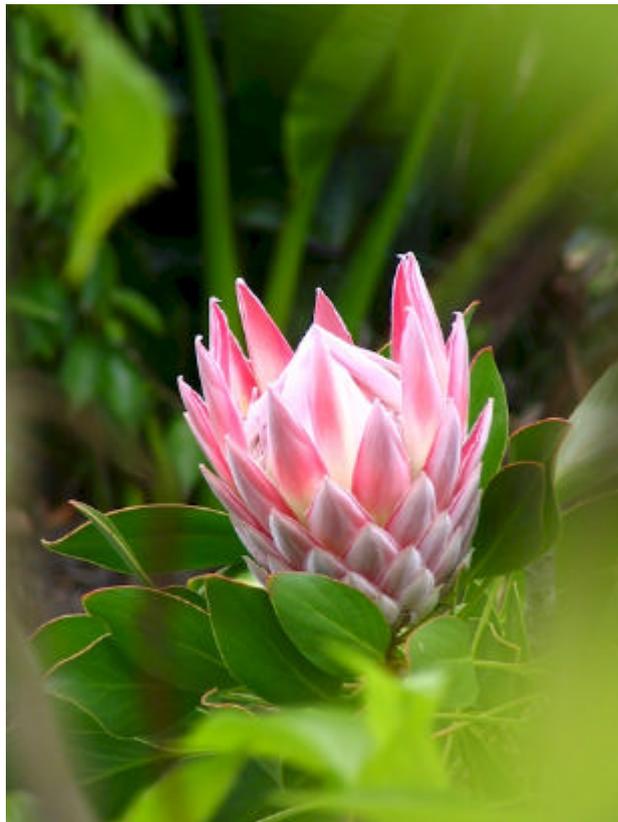
The Peace Pilgrim put it a little differently when she said "Ultimate peace begins within; when we find peace within there will be no more conflict, no more occasion for war. If this is the peace you seek, purify your body by sensible living habits, purify your mind by expelling all negative thoughts, purify your motives by casting out any ideas of greed or self-striving and by seeking to serve your fellow human beings, purify your desires by eliminating all wishes for material possessions or self-glorification and by desiring to know and do God's will for you. Inspire others to do likewise."

Choices

Life is about the choices we make. We can choose to look for the negative and depressing things about us. That will give us reason to complain and be in the "ain't life awful club". They have a huge membership, you know. But look at the lives of its members. Do these people have a sparkle in their eyes, joy in their hearts and a wish for happiness for all they meet on their lips? You can belong to their club or you can join me on my mission and look for the good, the positive and the beautiful. You can search for things to be happy and grateful for.

I don't think of all the misery, but of all the beauty that remains.
Anne Frank

Science is discovering that when we put our attention on something, it grows, and it is attracted into our lives. So, if we spend time looking for wonderful things, we will find that more and more wonderful things are around us and happen to us. Gratitude is another great power. When we are grateful for something we will find more to be grateful for.



So why will searching for the beautiful and positive make such a difference in your life?

Left Brain verses Right Brain

We have two distinct hemispheres of our brain and these two hemispheres have very different functions.

The left hemisphere is our logical, verbal and analytic mind that is responsible for naming and categorizing the world around us. It is used for speech, reading and arithmetic. It takes complex things and reduces them to simple concepts, so we can understand them. It is also critical and judgmental of self, others and the world around us.

The right hemisphere is creative and see patterns and forms and relationships between things. It sees things holistically, the big picture and put us more in touch with our spirituality. It is more accepting and forgiving than the left hemisphere and lives in the present moment.

We need to have both hemispheres functioning to get by in this world. However we are a society that is predominantly left hemisphere biased. This can make us over analytical and critical which can lead to a life full of stress. We need ways to enhance the use of our right hemisphere, which will put us more in touch with our spirituality and all the benefits that brings, like living in the present moment, instead of always being pulled back into the past or fantasizing about the future. When we are in right hemisphere we are far more joyous and relaxed.

*Practice random beauty and senseless acts of love.
Anonymous*

The easiest way to switch from Left hemisphere dominance to right hemisphere dominance is to look for the beauty in the world around you. We will talk more about this later when we discuss going on a beauty walk.

How Your Thoughts and Feelings affect Your Health

We all know that stress can cause many problems like low energy, heart problems, stomach ulcers and increase our wrinkles and grey hair. However we are now discovering that our thoughts and feelings also have an affect our bodies right down to the cellular level of our DNA and water molecules.

Negative thoughts and feelings like hate, frustration, worry, guilt, complaining etc. will drain your energy and make you feel lousy and reduce your sense of wellbeing. However positive feelings and thoughts like love, gratitude, compassion, understanding, tolerance and forgiveness will fill you with energy and uplift you. The more energy you have the more enjoyable your life becomes.

David Hayman, an organic chemist, became interested in the connection between the body and mind after experiencing a fire walk, where he used his mind to withstand the heat of fire on his bare feet. Hayman located about 500 scientific papers, from academic journals, showing the effect that thought, feeling and faith have on our health.

His book "It's The Thought That Counts" demonstrates the scientific evidence that your thoughts and feelings can and do affect your health. It will be available next year (2006)

*Youth is happy because it has the capacity to see Beauty. Anyone who keeps the ability to see Beauty never grows old.
Frank Kafka*

Cellular Functions and our thoughts

DNA

Experiments with water molecules and DNA also show that our thoughts and feelings do affect our health. Our cells are constantly dying and being replaced by new ones. The DNA in the new cells are made by replicating the DNA from the old cell. It is the codes in the DNA which let the cell know what functions it is suppose to do. Illness can occur if DNA is replicated incorrectly.

When we have a negative thought it shortens our DNA and can switched off some of the DNA codes. Whereas positive thoughts and feelings like love, peace, harmony, gratitude and appreciation of beauty, lengths our DNA and switches the DNA codes back on.

*Beauty is not in the face;
beauty is a light in the heart
Khalil Gibran, (1883 - 1931)*

Water Molecules

Masaru Emoto, from Japan, has photographed the crystalline structure of water from pristine mountain streams and springs and found that they form beautiful geometric designs in their crystalline patterns. Whereas polluted and toxic water from industrial and populated areas show distorted and randomly formed crystalline structures.

Masaru Emoto then went on to experiment with the effect that words would have upon the structure of water and found that positive words make beautiful crystalline structures in water molecules, like the pristine mountain stream water. However, heavy rock music, destructive thoughts and feelings such as hate, anger, worry, frustration and fear make the water molecules look cloudy and dirty, with very little structure. As the human body is at least 75% water then obviously we are affected in the same way. This research is documented in Masaru Emoto's book "*The Hidden Messages in Water*" and can be seen in the movie "*What The Bleep Do We Know?*" Photos and an in depth explanation of some of these crystals can be found at <http://www.whatthebleep.com/crystals/> <http://www.wellnessgoods.com/messages.asp> or http://www.bariumblues.com/conscious_water_crystals.htm

Negative thoughts and feelings also cause energy blockages in our meridians and chakras, this can cause disease in the human body.

Of course there is more to good health than just positive thinking as you start to look for beauty in your life you will feel more energized and this, in turn will have you naturally making more positive decisions about what you are eat and drinking. If you are feeling a natural high from living you will not feel the need to reach for drugs or alcohol. You will be more in touch with yourself and you might find that the crunch of an apple is so much more appealing than a candy bar.



How to raise your energy and bring more beauty and joy into your life

I have included a few techniques for you to try, see which feels right for you. Approach these with a sense of play and curiosity. Just keep your mind open and simply allow each experience to unfold however it does. Try not to have any expectations, simply go with whatever occurs.

Go on a negative fast

I have a challenge for you. For one week go on a positive fast. This means that for one week, do your best to remove any negative energy around you and in your thinking.

The rules are:

You are **not** allowed to:

- Complain about anything or anyone
- Watch news, current affairs or TV with violence, crime etc
- Gossip – try not to talk about anyone who is not in a conversation with you
- Listen to heavy metal or any other music with a negative message
- Play violent video games

If possible:

- Read books with inspirational and uplifting messages
- Listen to music you find uplifting
- Visit inspiring people
- Search for good things happening around you
- Look for what you like about the people you are with
- Watch inspirational movies
- Go on lots of beauty walks (see below)

By the end of the week you will be feeling better physically, mentally and emotionally than you have in a long time. You don't have to stop after a week either, you can keep going indefinitely. Or if you can't manage to do this all the time you could have one day a week, or even one day a month that can be your positive fast day. It will recharge your batteries and be like a mini holiday for you.

I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love.
Mahatma

To make it easier, you can ask your friends and family to join you. That way you can help keep each other on track. However only tell them about it if you think they will support you. If someone around you starts to gossip or complain, just try to gently change the subject to something more upbeat. Don't get upset or into judgment about someone else's comments, just try to move the conversation in another direction. A good way to do this is to ask them a question about something positive that is happening in their lives.



Make your home your Haven

Often we cannot control the environment we work or socialize in. We just have to make do as best we can. But our own homes are a different matter. In our world full of clutter and chaos it is important that we have somewhere that we can relax and feel at peace, so we can rest our weary souls and bodies.

*Though we travel the world over to find the beautiful,
we must carry it with us or we find it not.*

Ralph Waldo Emerson

The best place to do this is in the home. Your home should be a place that makes you feel safe and uplifted. Somewhere, if need be, you can shut out the rest of the world, and simply be yourself. Your home should be a place that when you walk through the front door you sigh and say “Ah! It is good to be home”.

Ways to do this include:

- Keep your home clean and tidy, avoid clutter and mess
- Remove anything that you don't like or you feel brings your energy down, don't hold onto things for sentimental reasons if they are not uplifting to you
- Make sure the photos you display around your home are happy and positive (more about this below)
- Regularly sort through old things and remove anything unloved or unused. If you haven't used something within a year, you are not likely to need it again. And if you do, you can probably borrow it from someone else
- When you purchase something make sure that it feels uplifting. Don't buy something just because it is cheap. If you don't really like it, it will drain your energy subconsciously, every time you look at it.
- Bring photos, painting, plants and furniture into your home that you love and find beautiful and uplifting
- If you have an argument in your home, cleanse the energy afterwards. There are a number of ways you can do this. An easy way is to burn incense. Light an incense stick and then walk around the room in which the argument took place and let the smoke drift over the surfaces of the objects in the room. Make sure you do the corners and behind the doors as this is where energy can collect and stagnate. For more details on cleansing your home of negative energy and for tools for cleansing go to <http://www.exaltedliving.com/cleansing.htm>

- Keep a look out for new and beautiful things. Introducing new things every now and then keeps your home fresh and alive.

Photos and Pictures in your home

The photos you display in your home are important to both you conscious and subconscious minds. In *“Feng Shui for the Soul”*, Denise Linn says “The photographs that you have in your home are very important. They are a powerful tool for shifting energy and should not be used lightly. How and where they are placed and who is pictured in them and what was occurring at the time the photo was taken will have a strong impact on your home.”

Photos of nature that you find attractive can bring positive and uplifting energy into your home. These photos speak to your subconscious mind of peace and beauty. And if you spend time observing them your conscious mind will also be reminded that we live in a world filled with splendor and wonder.

So pick your photos with great care and try to avoid photos in which your family and friends look unhappy. Joyful photos will encourage more joy into your life. Just as beautiful photos will bring more beauty into your life.

If you would like to change and update some of the photos in your home, we have made all the photos in this ebook available for sale. To find out more or buy a photo please go to <http://www.exaltedliving.com/natphoto.htm>

A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.
Johann Wolfgang von Goethe



Go on a beauty walk

A very simple way to get you in a joyous mood with loads of vitality and love is to go on a beauty walk. A beauty walk will switch your brain from left hemisphere to right. It will put you in the present moment and when done correctly you will feel a great sense of peace.

*A thing of beauty is a joy forever: Its loveliness increases;
it will never pass into nothingness.
John Keats*

How to go on a beauty walk

A beauty walk is very simple. There are just a few things to be aware of and then all you have to do is go out and walk.

Before you start, if you have something that is really worrying you, you might want to write it down on a piece of paper before you go out walking. The idea is to write it down and release it for the time you are out on the walk. Know that when you get back you can start worrying about it again if you need to, but for the time you are on your walk promise yourself that you will not think about it, know that it is there for you when you get back. And that you deserve this time just for you to relax and rejuvenate. (You may even find that when you return home the solution/s to your problem/s have come to you.)

OK start by taking a few deeps breaths, try to release any tension and worries you may have. You might want to shake out your legs, roll your shoulders back, shake your whole body gently, letting go any areas of tension. Breathe in and feel you body filling with energy and life and breathe out any stress or strain. Repeat this breathing pattern a few times.

When you feel relaxed simply start walking, at a slow leisurely pace. You are not walking to get to a destination, you are walking to find joy. As you walk you must be constantly looking for beauty around you. You must stay relaxed and not get tense or try to force this to happen. Just keep looking around you. The first thing you will probably notice is colour around you.

Try not to name or categories anything, as these are left brain functions and you want to be in your right brain. So start by looking for colours around you, then you may start to notice how colours work together and subtle changes in colour with changes in light. Start to look for how many shades of green you can see around you. You may be enthralled by the way two or three colours complement each other, or how one bright pink flower stands out against a sea of deep green. After a while you will also start to notice shapes of things and patterns.

If you live in a city, the only color you may see to start with is the colour of the cars passing you on the street. If so then take note of the cars. Don't think of them as cars, simply observe their color and shape, and notice the way their

sound gentle increases and then decreases as they come towards you and move away from you. The idea is to use your five senses to really get in touch with the world around you.

Suddenly the links in a chain fence may look beautiful, the patterns in the clouds are lovely, even the scattering of pebbles on the sidewalk can be interesting. All this may sound silly, but go out and try it and you may surprise yourself by just how much joy you can get out of little things that you usually take for granted and would not even see.

There is nothing ugly; I never saw an ugly thing in my life: for let the form of an object be what it may, -- light, shade, and perspective will always make it beautiful.
John Constable

The main thing you need to do is simply keep your eyes open and look around you and try not to think about what you are seeing. Keep your mind as quiet as possible. The minute you start to think you switch back into left brain. But if you notice yourself thinking about what you are seeing or something don't worry about it, simply relax again and start to look around you again. Just keep focusing on looking out.

Those who look for beauty, find it
Unknown

Our brains are so busy that when you start you will be doing a great job if you can keep your mind quiet for even a minute. So I suggest you keep your walks short to start with and just do the best you can. You will know when you are in the right state of mind because you will feel happy and relaxed and fascinated by the world around you. And once you feel it the first time it is like a drug, you will naturally want to do it again and again.

And then experiment with ways of using the same technique in other things you do. If you are washing the dishes, keep your mind still and notice the color of the dish as you pick it up, the pattern of the left of food, the way it feels in your hands, the look of the soap suds on the clean plate etc.

Beauty in things exists in the mind which contemplates them.
David Hume

Conclusion

Look for beauty in all things and all people around you, and you will find so much more peace and joy in your life. You will also find that people around you will start to respond to you differently too. If you are looking for what is wonderful about people around you, they will naturally do the same to you. A spiritual law is what you give out you get back. So give out only love and appreciation and that is what you will receive. However be warned that the people around you are used to you behaving in predictable ways, and so when you change the way you act they will be a little shaken up to start with. They may even react negatively to start with. But do not let this put you off. Just keep being the way you want to be and things will get better and soon all your relationships will be better than you ever imagined.

Below are a few of our products you may find useful in your search for a happier, healthier and more positive life. If you have any questions or need any help please contact me. kerryann@exaltedliving.com.

Bring more beauty into your home by purchasing some of the beautiful photos found in this ebook. To find out more or to buy a photo please go to <http://www.exaltedliving.com/natphoto.htm>

Do you want other ways to bring more joy and happiness and less stress in your life? If so you may want to look at other personal development books written by Kerry-Ann

“Seven Ancient Secrets for a Happy Life – Chakras”. Learn how to use your chakras in practical ways for the ultimate personal development system. You will learn about gratitude and forgiveness, you will discover ways to enhance your feeling of belonging. And practical ways to increase your self love - something we hear so much about and how important it is - no-one really shows us how to go about it, until now. You will also find ways to increase your creativity, innovative ways to meditate and quieten your mind and much, much more. To find out more go to <http://www.exaltedliving.com/sevensecretes.htm>

Also newly released

“10 Spiritual laws for Stress Reduction” Undue stress in your life will compromise your health and your relationships. It can make you tired and snap at those you love. You can be putting undue strain on your heart, adrenal glands, digestive and nervous systems. When you are stressed you also tend to make mountains out of the smallest molehill. This newly released book you will show you ways to dramatically and permanently reduce your stress levels, bring you back some calm and peace of mind. For more go to: <http://www.exaltedliving.com/stress.htm>

Do you enjoy looking at these nature photos? **Are you concerned by the increasing animal and plant extinctions occurring on the planet?** Then you might want to have a look at Kerry-Ann's new Wildlife Conservation book.

“Wildlife Conservation – 14 practical ways you can help”

Things you do everyday can help or hinder wildlife conservation efforts. Find out how you can become part of the solution with this new ebook. To find out more go to <http://www.wildlife-wilderness.com/conservation>

“How to do a Home Environmental Audit” Find out how to assess and reduce your household environmental impacts, which will also save you money and may improve your health. Find out more at <http://www.wildlife-wilderness.com/homeaudit.htm>

Beauty of whatever kind, in its supreme development, invariably excites the sensitive soul to tears.
- Edgar Allen Poe

Yours in joy and beauty

Kerry-Ann

Please feel free to email with any concerns or questions at kerryann@exaltedliving.com



About the Author

Kerry-Ann Cox is a 30 something Australian. She is a Kinesiologist (a form of alternative healing) who specialises in emotional work and helping her clients gain a larger perspective on life and their own personal problems. This allows them to release and heal the past and turn the future into something special.

She is also an author who has written a number of books on alternative healing and environmental issues – another passion of hers. She runs two websites, owns very little (through choice) and spends a lot of time in Canada with her Spiritual Teacher.

Kerry-Ann's basic philosophy of life is that happiness is always found within and not in the circumstance in which you find yourself in.

Kerry-Ann is also a part-time photographer. She specialises in taking photos of nature that will inspire you to feed your soul with the beauty and grace that is found in the natural world around us.



The End