

FINDING PEACE WITHIN

THE
INNER COMPASS

UNIT 1:
FINDING PEACE WITHIN



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According to the World Health Organisation, by 2030 depression will account for the highest level of disability in the world. Anti-depressant drugs are now among the best-selling drugs in medical practice with a market in the US of \$12 billion.

There are more depressed people in the world today than ever before and it is only getting worse. But why are there so many unhappy people in our world? Why are there so many people who find life difficult and a struggle?

Could it be more about the way we feel about life and about ourselves than it is about a chemical imbalance in the brain? I believe it is, and I believe that taking anti-depressants is not the answer to this world-wide problem. Why? Because if people are unhappy with their circumstances, thus causing them to feel pain and discouragement, then this form of depression has nothing to do with a chemical imbalance in the brain. When people are depressed because they are struggling with their current circumstances in life and they do not know how to move out of them, then this kind of depression is called circumstantial depression and no amount of anti-depressants are going to help.

There are many reasons why people suffer from circumstantial depression; the loss of a job, moving countries (or even just to another city), the death of a loved one, the breakdown of a relationship and, in particular, a divorce. People living without any sense of purpose or meaning to their lives, wondering why they get up in the mornings doing the same work they dislike, day after day. Many people dealing with these experiences go to their doctors for help because they are feeling down and depressed, and instead of receiving the support they need, they are given a prescription for anti-depressants.

Circumstantial depression however, is not a sickness of the brain. It is a sickness of the heart. It is the pain of living without hope, or existing in negative circumstances and not seeing a way out. The book of Proverbs tells us that "hope deferred makes the heart sick." Many years ago when Jack

Canfield and Mark Victor Hansen were trying to find a name for their book of inspirational stories, *Chicken Soup for the Soul*. Jack tells of the time he spent in prayer asking God for a title. He meditated for half an hour a day and on the third day he saw a hand writing on a big green chalkboard. It wrote the words "chicken soup." Jack commented, "What does chicken soup have to do with my book? This is not a book about sick people." He heard the words, "People's spirits are sick. They are living in resignation, hopelessness, and fear." *Chicken Soup for the Soul* has been around for over twenty years and I don't believe the problem is any better. In fact, it is getting worse. People are living with sick hearts because they have lost hope that they will ever live a life of true happiness and joy; a life of purpose. As a result, they are living in hopelessness and fear.

A report from the American Psychological Association published in the *New York Times* stated that depression is misdiagnosed approximately thirty to fifty percent of the time, and that seventy percent of the anti-depressant prescriptions were given often without proper diagnosis or monitoring.* It is interesting to note that this report also stated that unhappily married people have the highest rates of depression. In other words, if a person is in an unhappy relationship, there is a greater chance they will feel bad about themselves, causing their thought life to become negative, which will plunge them into a form of depression... circumstantial depression. No amount of anti-depressant drugs are going to cure this.

The report I have referred to concluded that a more effective approach [other than taking anti-depressants] was ... "to take some positive steps, even if they are small symbolic ones, toward changing the circumstances that were leading to the depression." One very small step taken each day will lead us towards that breakthrough path of purpose and joy. And it starts by changing the way we think about ourselves and our circumstances.

As discussed in the Introduction to this course, our first realisation must be to understand that we are never alone. There is someone greater than ourselves; call him God, the universe, Infinite Intelligence, Omnipotent Power, it does not matter what you call this incredible, miraculous force. The fact is, it is always there, and whenever we are in need all we need to do is acknowledge its powerful presence and ask for help. We are one with our creator and he will never withhold the answers that we need for anything that is troubling us. He knows the way to solve all our problems. We simply need to ask and the way will be made clear to us. He will guide us through every pain and difficulty. He hears every request. He hears and he will answer. No call to God will go unheard or left unanswered. That is one thing we can be absolutely sure of. He will not fail to be available to us each time we call to him for help. When we call on the name of God (whichever name we choose) we invite the angels to surround us, to spread out their wings and keep us safe and shelter us from every storm.

This incredible power is waiting to communicate with us, to have conversations with us. He wants to direct us, to tell us what we should do and give us the knowledge and the information we need. He is trustworthy. Every time we have a choice to make he is able and willing to tell us exactly what his divine plan is.

So why do we not go to this incredible power for guidance and help? Many of us are living a life of fear, even believing that God is angry with us because of the mistakes we have made in the past. But this power is not a father who gets angry with a child when they have made a mistake. He understands that we are learning and that we gain understanding by going through this process called "life". As we do this, we will make mistakes. This does not make our father angry, but delighted! Mistakes are inevitable. They are part of life. He created us knowing we would make them as part

of our learning process. It is how we view our mistakes that makes them painful to us. Yet when we see them as part of our learning experiences, and can accept them as part of us, they have no lasting negative effect on us.

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When searching for peace, there is only one place to find it. Within ourselves. For every one of us, our goal is a well-balanced life, a serene life, a life where even the winds and the storms do not distract or discourage or destroy us. To have stillness and tranquillity no matter what is going on around us... these are gifts given to us when we seek them within, and we have been promised that when we seek, we will find.

The Kingdom of God is righteousness, joy and peace. And it is within us! And when we first seek this "kingdom", this place of peace and joy, then everything else will be added unto us. In other words, seek first the peace that is within you and everything else will take care of itself.

When we learn to "be", we will do all things out of the sense of "being" and then we will have all the resources that we need. When we finally come to the realisation that we are "okay" and our mistakes have not been disastrous but lessons for us to learn from and move on from. When we finally understand that the power that created us is not mad with us but loves us and is there for us ready and waiting to help us, then we can finally live in peace.

When we search for peace outside of ourselves we will always be disappointed. We must lay aside all hope of finding happiness and peace in situations, places, people or things, and realise that the only way to truly be at peace, is to first find it within ourselves. True peace, the internal peace that we can have no matter what is going on around us, is

available to every one of us. It is already inside of us. There is no peace except the peace of God and that has been given to us freely, to find in a place that is easily accessible - within us. Peace is the answer to conflicting goals, a journey that seems difficult and perhaps even senseless, vain pursuits and meaningless endeavours. When we change where we are looking for this peace, and seek first the kingdom of God within us... the peace that is within us... we will find it. Seek and you shall find. Ask and you shall receive. True and lasting peace cannot be found in situations, in places, or in other people. Peace is found within, and we will then be amazed at how situations around us will change when we seek first this peace within.

It is time to lay down our shields and swords, to find peace within. It is time to listen to the still, quiet voice that leads and guides us through difficult situations... within. We often call this voice intuition and it is always accurate.

When the Israelites had to cross the red sea, they were told, "Be still... and know that I am God." This did not mean they had to be physically still. They had to get up and cross the red sea. However, they were instructed to be still within and know that Omnipotent Power would take control of the situation and work on their behalf. That is peace within. When we can get up, cross our red sea, do the scary thing, take the journey... and be in total peace, knowing that infinite intelligence, infinite wisdom is with us and will take care of us.

It is time for us to experience this sense of freedom and peace; this sense of liberation that is available to everyone, because... it is within everyone.

Exercise:

Practice this.

Sit quietly and repeat God's name in whatever way is comfortable for you. He has a very healthy self-esteem and is not concerned about what name you call him. Repeat it slowly, again and again. Let all your thoughts become focused on the name of God. Let God's name become the only thought that occupies your mind.

As you repeat his name, acknowledge him ... let him become all encompassing. Let all thoughts be still except this one. If a thought arises, say God's name around that thought. All little things will become silent. The little things of this world will disappear. In this place is peace. A stillness where no words are necessary.

Ask the questions you need help with and guidance in. And listen...

As we access this inner peace daily, we will begin to be led by it. And one step at a time, one action at a time, we will move out of negative circumstances into a life of meaning and purpose. The journey starts with the first step. As we seek we shall find.

Begin today with the intention of seeking peace within and this incredible loving powerful force will find you.

Journal Ideas:

Write down all of the things you do not experience peace in. Your work, your relationships, your finances, etc. Ask God for help with these situations. Then leave them with him. Do nothing until you get a definite lead from him. Then follow through with that lead.

Listen to the affirmation (MP3) on finding peace within. Listen to it as often as you can and repeat the phrases aloud if possible. Our words are like seeds and they have transformative power. As you speak these words, things will begin to change for you and you will begin to move along your path towards freedom.

Congratulations!

You have completed Unit 1:
Finding Peace Within.

Units 2 - 7 are waiting for you.

Go to:

www.rechartyourcourse.com
and download them for free!



Skye@rechartyourcourse.com

Please email me if this unit has
impacted your life. I would love
to hear from you!

Skye

The Inner Compass

There are 7 units in The Inner Compass Programme. All of them are free for you to download immediately. There is also a video with each unit, that will help you gain clarity and understanding of the principles taught, as well as a short meditation that you can listen to as often as you desire.

Unit 1: Finding Peace Within

Many of us have spent years searching for peace. I travelled the world trying to find a "place" where I would feel good about myself, comfortable with myself. The search for peace stops when we realise we have been looking in all the wrong places... and go within.

Unit 2: Self-Worth

A strong sense of self-worth is crucial to our well-being. When we base our self-worth on what others think of us or how others view us, we become addicted to please them. Find freedom to become yourself... the real, authentic person you were created to be.

Unit 3: Identity

When we discover our true north, our true identity, we find peace and tranquillity no matter what our circumstances. Discover your unique identity and be free to live it!

Unit 4: Understanding Triggers

What are triggers, how do they affect our lives and how can we overcome them? Be free from the emotions of the past... forever!

Unit 5: Thoughts Create Habits.

Our thoughts are like seeds and every thought-seed we plant in our minds grows to form habits which produce the circumstances in our lives. If we want to change our circumstances, we must start by changing what we think about!

Unit 6: The Power of Our Words

If we knew the power of our words, we would never speak another negative word again. Identify your negative self-talk and discover how to change it!

Unit 7: We Change Our Lives Through Our Choices

Do we really have the ability to make our own choices or is our past programming dictating to us how we live our lives? This revelation will change your life!

This course was written by Skye McKenzie and it is available for you to download for FREE!

www.rechartyourcourse.com