

Unity Center for YOUniversal Prosperity™

Walking the spiritual path on practical, positive, prosperous feet

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Inner Peace Hors d' Oeuvres



The Inner Peace Matters teachings we share are based on how well we experience peace of mind, serenity, calmness, bliss, inner strength, and freedom from anxiety or stress. It describes a high state of consciousness, one where we have achieved enlightenment and Self-Realization through disciplined use of spiritual practices.

- ☯ Be willing to release any attachment you have to anger, resentment, regret, revenge, etc., for any hurtful thing someone has done to you – and what you may have done to yourself – so these negative emotions don't form outposts in your consciousness. That's the true nature of forgiveness and the inner peace that comes with it!*
- ☯ Be aware of any self-defeating copycat choices you're making. If you find yourself moving into a copycat routine, ask yourself: "Why am I choosing imitation over authenticity?"
- ☯ Don't major in minor things.
- ☯ Eliminate all forms of *inner paparazzi* (persistent regrets; reoccurring bad habits, choices and behaviors) which limit or block your attaining the inner peace you seek.
- ☯ An unenlightened ego says "Once everything falls into place, I'll feel the inner peace I seek." The Extraordinary YO☯U says "Find the inner peace within and everything else will fall into place."
- ☯ We recommend an "I" doctor for anyone neglecting to walk the spiritual path on happy, cheerful, optimistic, joyful, blissful feet.
- ☯ Recognize that since materialism is usually wrapped in horizontal consciousness, it'll always be vertically challenged.



☯ You've heard of 'peace of mind.' Why not refer to it as 'peace in mind' since that implies a peaceful intention!

☯ How often have you heard the expression, "Fake it till you make it?" We believe this is one of the most dangerous "cute quotes" tossed around the New Age circuit. If you're faking anything, it's not coming from the heart and essence of who you are. Spiritual growth can't be built on fakery. Instead of advocating faking it, we invite you to use the phrase we use, "Faith it till you make it!"



☯ Try a little vertical farming. That means seek highly advanced spiritual teachings (skyscrapers). In an agricultural context, vertical farming is the practice of cultivating crops in and on top of skyscrapers. The higher teachings we're prescribing are most likely considerably beyond your normal spiritual 'reads.' They're more esoteric and MetaSpiritual in nature.

☯ Diddlyquat order is the opposite of divinely ordering our experience. Actually, it's error ordering! It's the cause of abnormal fluctuations, disturbances, and disorder – which are all ghosts of our poor choices which cause outer war instead of inner peace.

☯ See intuitive wisdom which is centered in inner peace, as a cognitive firewall that protects you from irrational thinking, ridiculous choices and preposterous actions.

☯ The neuroplasticity of MetaSpiritual thought will rewire your spiritual perspectives and prune the dogma from your religious beliefs synapse by synapse.

☯ Step beyond Scarecrow-ology. Trust in your relationship with the awesome Power within you called GOD (your Great I AM Presence, the Global Omnipresent Divinity, the Eternal Presence, the Infinite Isness, or whatever name you give to that Omnipresent Intelligence which is the Ground of All Being). Tap into your inner strength, inner peace, and resoluteness so you can meet any challenge or difficulty. It reminds you that changing the position of two letters (the 'c' and the 'a') in *scared* becomes *sacred*. It means you don't have to cower to the scare tactics of a chaotic world. You have the wherewithal to meet any worldly challenge.



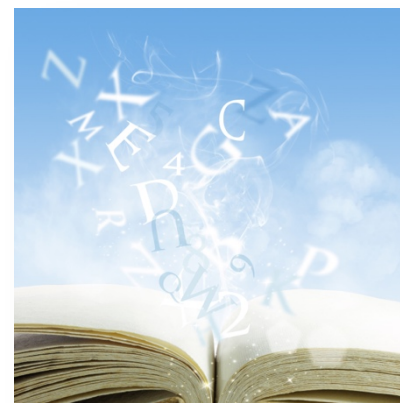
☯ Inner peace changes the crush of negative circumstances into the hush of positive, life-affirming circumstances.

☯ Prosperity doesn't have to play peekaboo with you. It can be sustained uninterrupted when you don't interrupt your peaceful, positive thoughts with negative ones.

- ☯ Have the courage to awaken the kundalini energies within you on your quest for the inner peace that comes from your Self-Realization journey. Make it a spiritual practice to ‘tame your dragon’ by vitalizing each of the seven main chakras so that their synchronization strengthens your Life Force from your Root Chakra to your Crown Chakra.
- ☯ Enlightenment is better than puzzlement, if only for spiritual reasons.
- ☯ Remind yourself that worrying, fretting, and anger won’t cancel tomorrow’s troubles. They’ll take away today’s peace and serenity.
- ☯ According to neuroscience, a peaceful state of mind increases gray matter (neuroplasticity); accelerates your thinking capacity; improves memory and attention; and expands the bandwidth of your ability to conceptualize and appreciate higher realities.
- ☯ Detox yourself from toxic people – and you’ll find inner peace. Declutter yourself from unhealthy relationship clutter – and you’ll enjoy inner peace. Retire from tiring circumstances – and you’ll unearth inner peace. Vacate unfulfilling work as soon it’s reasonable – and you’ll achieve inner peace. Forgive yourself and others for what needs to be forgiven – and you’ll have inner peace.
- ☯ What you genuinely appreciate – usually appreciates sooner than you think. Sooo, appreciate inner peace which is the kind of peace ‘that passes all misunderstanding.’
- ☯ Inner peace is unruffled composure and poise when we’re under pressure from the noise of outer circumstances.
- ☯ You can find inner peace in a whirled world ‘out there’ by going within to the serenity ‘in here’ – we’re pointing to your head-heart connection.
- ☯ Tranquility, blissfulness, nirvanic calmness, serene composure and self-assured steadiness are all ways to spell inner peace.



- ☯ Speak in tongues. We’re not referring to the traditional religious practice of ‘speaking in tongues.’ MetaSpiritually, ‘speaking in tongues’ symbolizes your ability to communicate deeper meanings of hidden truths. That means sharing esoteric truths, metaphorical truths, mystical truths, cabalistic truths, theosophical truths, spiritual truths, and anthroposophical truths in such a way that people can understand and appreciate them. It’s this interpretation of ‘speaking in tongues’ that defines this nuance of inner peace.



- ☯ Every now and Zen look inside yourself for the peace you seek. You won’t find it anywhere else.

☯ The more at peace you are within, the better you'll pick up the pieces without.

☯ Walking the spiritual path on practical feet is a journey of spiritual orthopedics which fosters inner peace if we want to step confidently and lively toward Self-Realization. It doesn't matter if our steps are on bare feet or shoed feet, big feet or small feet, white feet or brown feet or red feet, tired feet or energetic feet. Each step is a tithe toward our becoming one with our Divine Nature. The spiritual orthopedics of any truth walk requires steadfast faith, supported by love, wisdom, and zeal, multiplied by understanding and strength, and a penchant for divinely ordering every experience we have from the consciousness of our oneness with GOD, the Ground of All Beingness and Non-beingness.



☯ We believe, that in spite of your karmic baggage, you aren't here to learn specific lessons. However, while you're here you have an opportunity to lessen self-defeating learning.

☯ Religion has spiritual moments and spirituality has religious moments. That being said, we invite you to live each consecutive-moment-of-now in the light of spiritual awakening rather than in the darkness of religious dogma.

☯ You don't have to go to India, or Tibet, or recluse yourself on a mountaintop for a vision quest, or sit at the feet of a guru in an Ashram somewhere to find inner peace. All you need to do is go to the 'still point' (spiritual singularity) at the center of your being.

☯ There are no secret handshakes, passwords, or hoops to reach your Divine Nature – all you have to do is go into the Silence within.

☯ An 'I' for and 'i' will bring you the inner peace you seek. Why? Because the capital 'I' is your Y☯Universal Extraordinary Self and the small 'i' is your unenlightened egocentric nature.

☯ Inner peace is our clean and spacious 'Upper Room' – empty of unnecessary, antiquated, divinity-denying egocentric furnishings.

☯ Realize that the phrase "born again" is referring, in a very real sense, to a kind of *spiritual obstetrics* where we birth ourselves into a higher spiritual understanding which clarifies who and what we really are as Divine Beings in human 'clothing.'

☯ Prosperous beliefs are like a mental shampoo. They'll wash the materialistic film off your thinking, being, and doing.

☯ Silent relaxation is a spiritual practice that helps you to, well, relax! It helps you attain a state of increased calmness, comfort, and composure. It calls for you to lie back on a couch or bed, close your eyes, and sleep or take a cat nap in a quiet room depending how much time you want to devote to the experience. It's sort of like a portable Sabbath (resting from worldly concerns and material wants).

- ☯ You'll enjoy the inner peace you seek when you Feng Shui your thoughts, choices and actions.
- ☯ We're password protected because we have immediate access to the greatest security system in the world: the Still Small Voice which is the Soundless Voice of our Soul Signature. And the password is: *Peace be still.*



Spiritual Practice: 4-7-8 Breathing

Use the incredible 4-7-8 breathing technique.
It's a perfect prep for becoming peaceful.

Here's How This Practice Works:

Focus on the following breathing pattern:

- Inhale quietly through your nose for 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale forcefully through pursed lips by making a 'whoosh' sound, to a count of 8 seconds.
- Repeat that inhalation/exhalation pattern 3 times in succession. It's an excellent technique for entering a peaceful state of being.



* For a comprehensive look at the rest of our prosperity teachings see our book entitled *YOUniversal Prosperity: How to Achieve the Health, Happiness, Inner Peace and Financial Independence You Seek in Less Time Than You Might Think*