



# THE delight OF INSIGHT

Robin Friedman

One of our deepest longings as humans is to be at peace with ourselves.

Inner peace is a state of feeling well no matter what the circumstances are around us.

Certainly we want specific events to happen in our lives, but what we really want are the feelings we think those events will bring: fulfillment, joy, contentment.

The happy truth is that

we can have those feelings regardless of what's happening in our lives. That's not to say it's an easy thing to do; cultivating inner peace is very difficult to master. After all, we may not feel joyful in the midst of something difficult. But it is an effort worth making.

Cultivating inner stillness is a habit, a series of choices that we elect on purpose. Here are some of those choices:

## CULTIVATING INNER STILLNESS

### : pay attention to how you talk to yourself

For instance, when something is terrible, don't tell yourself it's terrible. Don't tell yourself it's nothing, either, because you don't get inner peace by avoiding the truth. Just tell yourself, "This is really hard, but I will cope with it, and besides, it will pass."

### : be in the moment

One thing at a time. One day at a time. It sounds simplistic, but it works. Focus on the now. A lot of inner conflict is a result of worrying about the future or dwelling on the past. Neither is time well spent. In fact, it is probably the most destructive thinking you can do.

### : learn to accept

Whenever you choose not to accept what is in front of you, you're causing turmoil to yourself. Accept it, whatever it is, even as you acknowledge you wish it were otherwise. Say to yourself, "This is not what I expected or wanted, but it is reality, and I accept it." Remember, your goal is to feel at peace, not to get everything you want, or to avoid everything you don't want.

### : make positive choices

Choose to spend time with positive people in positive situations. It's your time and your life – be discerning about your decisions – and spend wisely.



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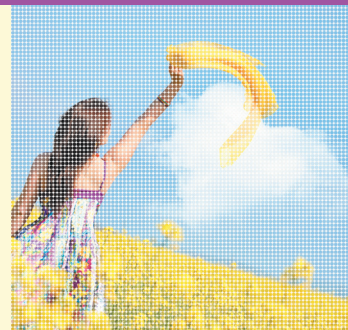
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