

THE 21ST CENTURY SPIRITUAL SHIFT

**INCREASING YOUR INNER PEACE AND
RISING ABOVE THIS TURBULENT WORLD**



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Foreword

All of us may work for peace. We may work exactly where we are, right inside ourselves, as the more peace we have inside our own lives, the more we may reverberate it into the outer state of affairs. As a matter of fact, the wish to exist will push us into some sort of restless world peace which will then have to be supported by a big inner awakening if it's to hold up. We came in to a new age when we came across nuclear energy, and that this fresh age demands a fresh renaissance to lift us to a greater level of understanding so that we'll be able to contend with the troubles of this new age. So, principally peace inside ourselves is a step towards peace in our cosmos.

Chapter 1:

Tap Into Your Intuition

Synopsis

Tap into your intuition and intellectual decision making to reason out which things are the priority. Constitute short- and long-term goals for the life region that requires the most tending.

Listen To Your Gut

Once you take the time to very listen to yourself, you might be surprised at just how much you already understand. Believing in yourself and listening up is crucial to help you comprehend who you are as an individual. It is reasonably simple to tap into your intuition with the accompanying steps.

Take a breath -

When you breathe in deeply and then breathe out slowly thinking of a quietening word such as love, hope, dreams, and so forth. Which ever word influences you, simply state it slowly to yourself or consider it as you breathe out. Taking a breath helps to reconnect your mind and body helping you to connect with your intuition.

Have trust in yourself -

Some of the times you just have a belief about something, devote some attention! It may be a little matter or a huge matter you have a feeling about, however have the trust in yourself to take heed. Those feelings are your intuition revealing to you something significant so make certain you are attentively listening.

Sound off -

Speak to other people or even just yourself about your fears and troubles. Being able to talk about them will help you

discover a way to get the better of them. The answer might not come to you straight off, however it will come to you and when it does you will understand what to do.

Tune in –

Everybody tunes into their intuition in their own particular style. For a few it may be a prickling sensation, deep however, shutting your eyes, and so forth. Regardless what it is the sooner you realize the way you feel physically it may help you to tune in better to your hunch.

Hear -

When you take the time to listen to yourself you might be surprised at the matters you know about. It may help lead you in the correct direction and help you get what you truly want out of life. Through the procedure of tuning into your most bass thoughts you'll learn things about yourself you might not have differently learned.

Chapter 2:

Get Inspired

Synopsis

Surround yourself with happiness and inspiration. State affirmations, treasure the fundamental blessings, engage in uplifting actions and sweep up your natural passions and gifts.

Passion

Inspiration is simple to discover, because it's all around in everything you see. Inspiration may be found in an amusing moment with your best friend, or a setting you may like to paint may be found by observing a sunset, even a plot for a book may be rather simple to get, like a life history of somebody close to you or a dream you experienced one night.

Whatever originaive thing you wish to discover inspiration for it may be quite simple, if you open your eyes to the fantastic world around you.

Open up your mind. Be hospitable to any propositions from a friend, relative even a stranger or soul you just met, the minds of other people is among your best resources so make certain to utilize it often.

Likewise, most of the time individuals may give you the most beneficial ideas for something because they're not trying to, so pay attention to what other people say or do, you may just be writing the next huge hit on the radio because a conversation you over heard or a instant where you saw the world through somebody else's eyes.

Look around you. What is the one matter that's always happening around you and never quits? Life. Life is all

around, and if you give more attention to the Earth around you, inspiration is at each corner.

So perhaps try sitting down someplace (such as a park or motor coach stop) with a piece of paper and a pen and put down (or possibly sketch out) the things you notice around you, if you clear your mind and free it from its tiny little mental box you yourself in, you are able to feel the world around you, and inspiration is everyplace you look.

Do something you have never done earlier. Sign up for a dance class, possibly even a clayware class or picture taking class, something creative that perks up your brain. Dance, clayware and picture taking are all forms of art, and linking up with a group like that will be surrounding yourself with originative opportunities and resources.

There are 1000000s of things you may do that will be creatively exhilarating to do away with writer's block or simply to find inspiration because you feel like it.

Chapter 3:

Release Negativity

Synopsis

Ceaseless negative thinking leads to a lot of troubles in our lives, including tension, anger, helplessness, and even natural depression. Negative thinking is simply a habit that we acquire about the way we view and respond to the things that are occurring around us.

Don't Be Negative

Like any habit, we may learn to decrease it from our lives and substitute it with richer and favorable habits. Here you'll find a few ways to help you in defeating negativity and feel more positive about yourself and your life. As it co-occurs with learning anything new, this takes time and repetitious action to accomplish your goal of a more pleased you!

Remind yourself daily of your favorable traits. Take time to recognize your own favorable traits and how you are able to use them to benefit your own life. You might automatically revert to damaging thoughts and not trust these at the start. But if remind yourself of your positives each day, after a couple of months (yes, a couple of months), you'll grow to see a more favorable perspective about yourself.

Be cognizant of how the stimulus you're getting results in damaging thoughts. We may be pelted with negatives from the news, tabloids, and being close to other negative individuals. Observe how you feel when you start to get a surcharge of negative thoughts from these origins and learn to walk off from or tune out the negatives. By bringing in so much negative info, we tend to believe that there's only negativism in the world. But there are a lot of positives too. So look for the beauty that's available in this world and in individuals.

Recognize that negativity multiplies negativity. Damaging thoughts result in damaging behaviors, which make negative individuals, who will gain negative responses from other people and yourself. Take a minute to think about what possible reasons might be happening in the lives of other people that come off as negative encounters and things that happen around you. Remember that everybody is dealing with their own troubles and that not everybody and everything is out just to get you. None of us may be that much of a focal point to everybody in this world!

Learn to not worry over matters you've no control over. Many of us trust that to be in command means to center all of our energy on managing others and conditions outside of ourselves. But the fact is, as much as we might try, all we manage to accomplish is feeling more distressed and frightened of what may happen, which serves to produce more damaging thoughts inside us. You can't make anything occur or make anybody change, so learn to go with the flow and recognize that the only thing you are able to command are the selections you make for your own actions as things occur.

Apply problem solving skills to help yourself defeat the situations you are able to command. Problem solving is a good key to building self-regard, overcome obstacles and cut down defeated and damaging thinking. Obstacles are not thought to be something to stop us from accomplishing our goals. As a matter of fact, they're meant to help us mature

and improve in order to better accomplish our goals. To defeat negativity in your life, forever be open to learn fresh problem solving techniques.

Sounding off about what you don't like about individuals or things won't alter anything and only builds more negative thought. Individuals will always be individuals and there are so many personalities to grapple with. You can't alter anybody but yourself, so accept that individuals are who they are, and unless it directly touches on your life, learn to not let it produce negativity in your life. If something directly does touch you, then determine what choices you are able to make to alter the situation and your interactions with these negative individuals.

If you would like to see change, then take stock within yourself about how you are able to accomplish the results you want. Your selections and actions regulate the path you wind up on. If you feel there's a bit much negativeness where you're at, then take action to alter that. Again, it's not up to anybody else but yourself to produce the results you long for.

Catch yourself when you have damaging thoughts about individuals or things. What others do is their choice and is up to them to address it. As things change, learn to change with them instead of be stuck by them and turning the change into damaging thoughts. As we make these alterations, our changes likewise produce change around us.

You'll become a much more pleased individual if you grow and change along with the opportunities and examples life offers to you.

Chapter 4:

Synopsis

Check over your life... see what's working and what's not.
***Forever make time to see how things are going and
reflect!***

Write It

Only too often in life you are able to become so engaged and distracted that you forget to center on yourself. You are able to easily lose sight of the matters that you used to hold to be so significant. If you've somehow lost focus of your goals or came out of tune with your inner self, why not author a personal reflection? By authoring personal reflections, you are able to act as your own counsel. When done properly, you are able to counsel yourself out of any state of affairs. Come back to the lost art of personal reflection and get your life back on course today.

Discover a quiet place where you are able to put down your personal reflection. It ought to be a place where you are able to have a continuous writing session. Bearing a quiet place to contemplate will let your words and thoughts flow freely without misdirection.

Determine what life experience or life position you'd like to reflect upon. For instance, you are able to reflect on how it feels to be heavy, or how it feels to be forty years old and not even near to reaching your aspirations in life.

Put down everything you feel about the state of affairs. Don't be afraid to put down your real thoughts. No one is going to judge you. If you're not truthful with yourself, then it will shoot down the purpose of authoring a personal reflection.

Document behavioral designs as they spring to mind. For instance, you eat every time you get blue, even though you're not hungry, or you grab the phone and call somebody who verbally abuses you every time you feel alone. Putting down patterns while doing a personal reflection may help you to get to the source cause of the conduct rather than centering on the behavior. Center on the root and not the fruit.

Pen the sought after outcome that you'd like to see bearing on this life situation. Document the steps you'll put into place to ensure that you're sought after outcome is encountered. For instance, if you want to slim down, write that down. Then assure yourself that the next time you feel blue you won't turn to food but will rather address the matter that's causing you to be blue.

Maintain a record of your progress. If you muck up along the way, put down in your personal reflection what induced you to mess up. Put down what you need to do to come back on the right path.

By executing personal reflections each day, it will help you to stay in tune with your real feelings and your inner self. Don't be afraid to go back and study through your personal reflections to see how much you've grown and how far you've come.

Chapter 5:

Be Accountable

Synopsis

You have to do things to alter the way you feel. Make your allegiance and hold yourself accountable to complete your undertakings. Produce a reward/punishment system of rules to help you on your way.

Responsibility

Modern life may be very nerve-racking; however tension is something we as individuals may command. Once we have ascertained the causes of our stress and admitting ownership of it we may move on. Know that no one may make you feel strained without your permission. Yes I Understand but, but, but. No you have to take responsibility yourself. Quit the rot as they state and take action to avoid further stress in your life.

You have decided that you're working too long at work. Quit simply accepting and rise and state it. Say no to the additional work, you are already working ten hours or more. You are accepting responsibility remember. Be truthful may you be managing your time more beneficially? Could you in reality be much more efficient? Or are you merely accepting increasingly more work that you can't accomplish?

How are you attending to your wellness? Have you let yourself coast? You need to alter your diet. That entails balanced meals throughout the day, no skipping over meals. That means averting stress enhancers like high caffeine, elevated sugar drinks. Avoid elevated fat, elevated starch, and elevated sugar foods. Prevent smoking and drugs. You don't have to be an angel just everything in temperance and work from there.

What about your workouts? Do you do anything? You have to have oxygen to get to that mind to function right. Kickoff with a gentle walk, you are able to think sedately whilst oxygenating your body. What a fantastic stress reliever is swimming and additional low stress physical actions.

Quit carrying on about all your stress! This just feeds upon itself. Carry on about the beneficial matters in your life now, more time effective, you said no to being a wuss, you're eating well and you love your extended walk. There's an old saying tension is all in your head, while this isn't forever truthful it gives you a hint to if you alter the focus tension can be alleviated.

Wrapping Up

Final thoughts...

Acquiring inner peace is something that must be rehearsed. This is a discipline that few participate in.

1st, you have to calm your mind. The mind is commonly filled with many disquieting thoughts during the day. When one calms their mind and listens to the hush, the person starts to be more cognizant of the stillness around them.

2nd, take joy in the simple matters, but noting the things in nature that truly resemble life. View a tree with reverence and wonder on how the tree is so motionless. Start to emulate that hush that the tree exudes. When you start to emulate this hush and calm found in a tree, you'll see that you and nature are indeed one. You'll be more cognizant of your environment when you sense and feel nature in a fresh way.

3rd, give peace and brightness to those around you. When you're sending off peace and brightness to those around you, and you stay in a state of a calm mind, you'll feel your self more cognizant of the vibes around you. As you send off, so shall you receive back.

