

# Creating Inner Peace

by Robert A. Aboulaché

Master Peace is a body-mind approach to stress management, conflict resolution and spiritual enlightenment. Its purpose is to educate the reader on how to master peace in their life at will, in any situation. Also, its dual purpose is to provide a guideline for living peace as a way of life. Below is an excerpt from the chapter entitled "The *P.E.A.C.E.* Plan."

By ourselves is evil done,  
by ourselves we pain endure,  
by ourselves we cease from wrong.

By ourselves we become pure,  
no one saves us but ourselves,  
no one and no one may; we ourselves must tread the path.

Mahayana Buddha

In the millennia of humankind we have been in search of a plan that will bring us peace — lasting peace. There have been many models set forth, and each of those models are powerful and wise. Hopefully, this *P.E.A.C.E.* plan will be more than just another model; perhaps it will transcend the other paradigms because it is different than any of them. This *P.E.A.C.E.* plan is not a religion nor a spiritual cult. On the contrary, it embraces all the other models presented to us from our religions, philosophies, and sciences. It can do this because it is open-ended, and *you* define its course — it opens the door to the peace living inside.

In order for a plan of this sort to work it must be practical in every aspect of our lives. It must be simple enough to be used and understood by anyone. I have developed a five step peace plan that is both simple and practical. All one needs to do is to apply the principles with practice, patience, passion, and persistence. The more we use the plan, the greater strength it will have in our lives, and the sooner we will see and feel peace. This plan is not merely theoretical. It is one that once incorporated into our being, will bring alive *a state of being that is calm, clear, and creative*, a state of peace.

To incorporate this learning into our being is to know it with every fiber of our being. The word *incorporate* includes the word, *corpus*, meaning body. Our body is our field of experience — in all realms. We previously explored how thought, emotion, tension, and action all happen in concert. We explored them to

be reflections of each other. Incorporating a learning is experiencing it on all of these dimensional realms. Knowing it in just thought will not be sufficient to really appreciating the processes encompassed in peace. We will only experience a partial feeling of it, therefore never really honor the full spectrum of the peace experience. If we successfully incorporate this *P.E.A.C.E.* plan, we will truly know it — in mind, emotion, and action.

The five step peace plan uses the acronym *P.E.A.C.E.* Each step of the plan is interrelated, and each step includes the other. This is one of the reasons for the use of an acronym. Another reason for using this acronym is to remind us of the ultimate goal — peace. The italics present the action that is necessary to make this unfoldment of peace realized. The acronym also makes it easier to remember the steps, ideas, and process of creation. Before we view the *P.E.A.C.E.* plan in-depth, let us preview its ideas. The *P.E.A.C.E.* plan stands for: ***Pause, Examine, Action, Congruency, and Experience.***

***Pause*** is a state of being in which we create an observer perspective of what is happening.

***Examine*** is the action of observing what is happening, within and around us.

***Action*** is the act of doing what we are doing, and then beginning the process of congruency.

**Congruency** is the act of aligning our thoughts, emotions, and body tensions towards peace.

**Experience** is the actual act of being peaceful.

Each step in the *P.E.A.C.E.* plan is whole in itself. For example, *pausing* alone can bring about greater peace. When we stop, look and listen, we're at a better vantage point to gain perspective. This alone brings greater peace. But *pausing* is also more than just stopping in the middle of war (stress or conflict); it can be a way of life, as in meditation. *Pausing*, therefore, can be a way of life or an act at any one moment. The same is true for all of the steps in the plan.

Each step of the plan builds upon the previous one. *Pausing* naturally leads to *examining*. Once we're at an observer level of awareness (*Pause*), we are observing, we are *examining*. What are we observing? Our *actions*. It is from here we can take the initiative to align *actions* (*Congruency*) to bring about a greater *experience* of peace.

Each step has the purpose of bringing greater peace into our lives. As we previously explored, *pausing* can bring about greater peace at any one moment (stop, look and listen) or can be practiced as in meditation (known for millennia to bring about greater peace). The same is true for all the steps. *Examining* our life, our desires, making a life plan — these are all part of the *examine* stage. But also, *examining* our *actions* at any one moment in time (in a *pause* mode) is also part of the *examine* step. Both these attributes of the *examine* step can bring about greater peace in your life. The same is true with all the steps in the plan.

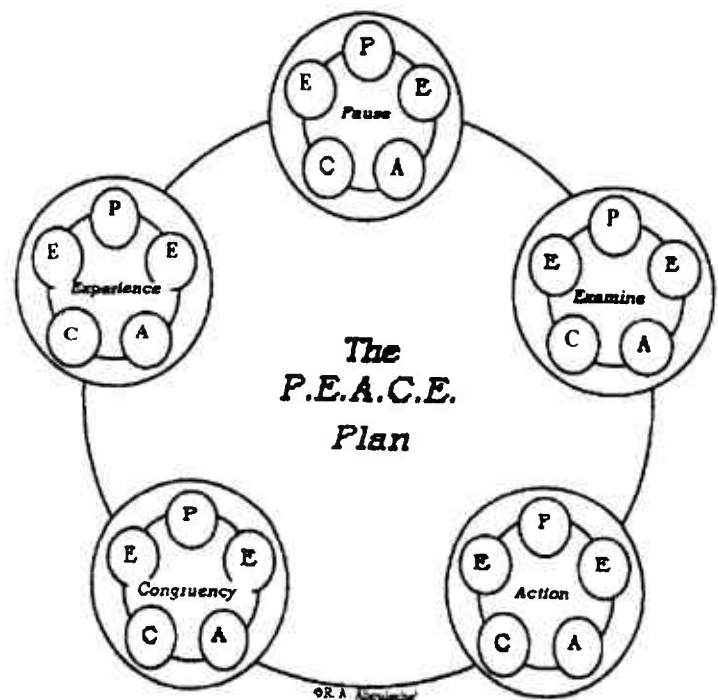
The *P.E.A.C.E.* plan can be done in any one instant or practiced as a way of life. As we have already explored, with *pause* and *examine* as individual steps, the same is true with all the steps. In a warlike situation where we've lost our balance and are tense, we can *pause* and *examine* our *actions*, and adjust our inner being to a more *congruent* state to that which we want to create and *experience*, i.e. *peace*. Moreover, we can practice meditation and prayer (*pause*) as a way of life. We can take a look at our lives and explore what is missing and

what we want (*examine*). We can make goals and *action* steps to get there (*action*). We can take the *actions* necessary to make our dreams a reality (*congruency*). Taking the necessary steps can then make it come true, make it real (*experience*).

The following model visually demonstrates the interrelationships of the plan.

As you see, each step incorporates each of the other steps. It is a hologram. Within every step are the others. This is so because of the continuous reflections of intent, thought, emotion and action. One must always remember, follow-through on the entire plan yields the greatest amount of peace.

As simple as the steps may seem, they are actually very difficult to live. If it were easy to attain peace, we would have been living peace a long, long time ago. Remember, in order to open ourselves to peace, we need to tap into our warrior nature and do the necessary exercises with practice, patience, passion, and persistence; only then can we become a master of peace.



The preceding paper is an excerpt from the original work by this author entitled "*Master Peace*." For an unabridged version of this book contact the Touch for Health Association of America. 25% (of the cover price) will be donated in your behalf for any book purchased via this writing.

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