

## Peace of Mind in Turbulent Times

(Part 3 in 5 Part series)

Obtaining or sustaining *peace of mind* is a natural human desire. We seek *peace of mind* related to our finances, careers, relationships, and in our sense of cultural as well as self-identity. Like the air that we breathe, this quest for *peace of mind* is common to us all. But, true *peace of mind* is harder to come by than air, and once achieved it can be harder to hold on to than a fist full of mercury.

As I write this in May 2009, fewer people are confident today in their *peace of mind* than they were a year ago. A worldwide recession combined with some outright thievery has shocked many people who used to feel secure in their career and finances. Such a turbulent economy also exposes or even creates weaknesses in relationships that were once considered strong and enduring.

Let's not wallow in misery wishing for what used to be or finger pointing at all of the "bad" people (real or imagined). Let's explore what we can actually DO to improve our own situation and perhaps make things brighter for those around us. Let's also agree to these points as we seek both clarity and honest results:

### 1) *Peace of mind* is elemental

While it is possible for people to deceive others and even themselves for a while, dishonesty or self-delusion will not stand the test of time. Eventually, reality or the truth finds its way to the surface. People often require a rude awakening such as this economic meltdown to get them in touch with what is real or true. However, at our core, each human being knows whether their *peace of mind* has been well vetted, earned and is logically sound.

Whenever we want true *peace of mind*, the kind that resonates truth at our core, elemental being, it must be based in reality. It's often said that *love is blind*. Enduring love, however cannot be built upon a foundation as sandy as self-delusion. Neither can enduring *peace of mind*.

### 2) There is a recipe for *peace of mind*

As it is the case with many subjects, the opportunity to enjoy true *peace of mind* or satisfaction at the very core tends to divide people into two primary categories:

Those who earnestly seek it and pay whatever the price to obtain it.

Those who either do not earnestly seek it or will not pay the price necessary to obtain or sustain it.

*Earning peace of mind* reminds me of seeking excellence in business, life, athletics, the arts, parenting, driving, etc; it is far easier to claim one has it than to irrefutably demonstrate or prove its existence. In other words, anyone can meet the minimum driving standards and obtain a drivers' license, while only a small percentage of license holders are actually excellent drivers. Even more to the point, most poor drivers do not believe that they can or need to improve their awareness or skills. In that state of mind, they muddle around on the roads endangering themselves and all those around them. They lack self-awareness and do not realize that they are slowing everyone else down or causing accidents. They seem quite content with their ability and most will resist the notion that they need to improve or become more knowledgeable of laws and more courteous in their behavior.

Much like excellence in any aspect of life, true *peace of mind* can be proven or demonstrated through our behavior. What we do and how we do it is often a reflection of who we really are inside.

What I am suggesting is this: how you really feel down deep inside (at your core) is reflected in your behaviors. A person, who has earned true *peace of mind*, will tend to think and behave differently than most people who have not. Having true confidence at your very core that you *have* earned *peace of mind* is priceless.

Whatever the price we must pay to reach that state of mind and being is well worth the effort. Just as obtaining excellence is a challenging journey, so too is the quest for *peace of mind*. Were this not so, there would be much less mediocrity and self-delusion in the world, as more people would have achieved excellence.

The recipe and journey for earning *peace of mind*, although available to everyone as is air, has unique aspects that demand vision, focus, and commitment. This observation is unpopular in a world where people want to believe they can have "six-pack abs" in only four minutes a day without dieting.

Core level *peace of mind* is achieved only through careful consideration of a series of universal laws and some difficult, unpopular truths. It requires a level of maturity and toughness comparable to achieving excellence in any endeavor. Some people will tell you that they obtained *peace of mind* through interaction with me, but that would be a misunderstanding of my role and how the universe is designed to work. Mentors can provide guidance, insight, wisdom and support.

They can be living examples of certain principles or even universal laws, but in the end just like excellence, core *peace of mind* is only accomplished as you earn it for yourself. No other person can give it to you or worse, sell it to you at any price. After all is said and done, you cannot fool yourself at your core elemental being.

Many sales people will try to convince us otherwise. They will tell us that if we hire them, attend their seminar, put them in charge of our money, or place our trust in them that we shall have *peace of mind*. They will make it sound or seem so easy, like a five-step plan or "four minute six pack abs". Are these people so unwise that they actually believe their own claims or are they patently dishonest? Didn't many of the same people who created this financial mess make this very claim? Some politicians, business people, and financial consultants are going to continue to spread the myth that *peace of mind* is obtainable through some thing or someone else (i.e. them). Gaining trust from the unsophisticated buyer or those who prefer to believe in an easy path to obtain *peace of mind* has long been a good recipe for the successful promotion of all kinds of short cut products, unfulfilling services and especially scams.

All you have to do is look around you. It's easy to see and or hear the false promises of *peace of mind* from external sources that cannot possibly deliver it to you at the core level. These promotions cater to the easily deceived, the intellectually lazy or spiritually void or those who justify the short cut methods because they are too busy or conflicted to spend the time necessary. In the end, it comes down to this: ignorant bliss is not sustainable. Eventually reality or a new version of it will collide with the delusional, the under prepared and those too busy or too lazy to pursue core excellence and earn true *peace of mind*. Everyone gets to choose whatever path they prefer and each of us receives the appropriate outcomes related to our choices. It's hard for me to think of any time in history when the easy path of mediocrity proved more effective than the seemingly more difficult path towards excellence or core *peace of mind*. Human beings typically get what they pay for figuratively, literally, financially and spiritually. Some of the price paid may be financial; however, most of the price is the time, intellect, courage and tenacity we invest. These investments are but some of the ingredients in the common recipe for core *peace of mind*. The specific amounts of each ingredient are as unique as our own fingerprints. To sum up, I will reveal this last insight: thinking the hard thoughts and implementing difficult details requires more courage and tenacity than most people are willing to commit themselves to. This is why core *peace of mind* in life, economics, relationships and especially in one's own self is so rare. Achieving such a state of being simultaneously in each of these areas of one's existence is extremely rare, but it can be done by those determined and wise enough to diligently apply the recipe.



Bruce R. Wright is the inventor of Macro Strategic Planning™

also known as the *Universal Success Formula*. He is an internationally respected mentor, entrepreneur, author and teacher. Through his book, *The Wright Exit Strategy; Wealth: How to Create it, Keep it and Use it*, his speeches and private mentoring, Bruce has empowered thousands of people to take control of and optimize their lives and businesses. Bruce is best known for "getting in the trenches" with his clients, implementing key strategies and action steps that produce tangible results. Helping people achieve greater success, fulfillment and peace of mind are some of Bruce's greatest passions. If you wish to learn more about how to achieve your ideal life, perfect calendar and greater personal freedom, please visit his website:

[www.balancedsuccessinternational.com](http://www.balancedsuccessinternational.com)

There you will find free articles, and a workbook entitled *Macro Strategic Planning™ Your Life and Business* you can download as well as details about upcoming speaking events or workshops you can attend. His next book, *An Elephant's Guide to Majestic Living* is scheduled for release in late 2009. Early releases of chapters are available.

Copyright 2009 The Wright Company