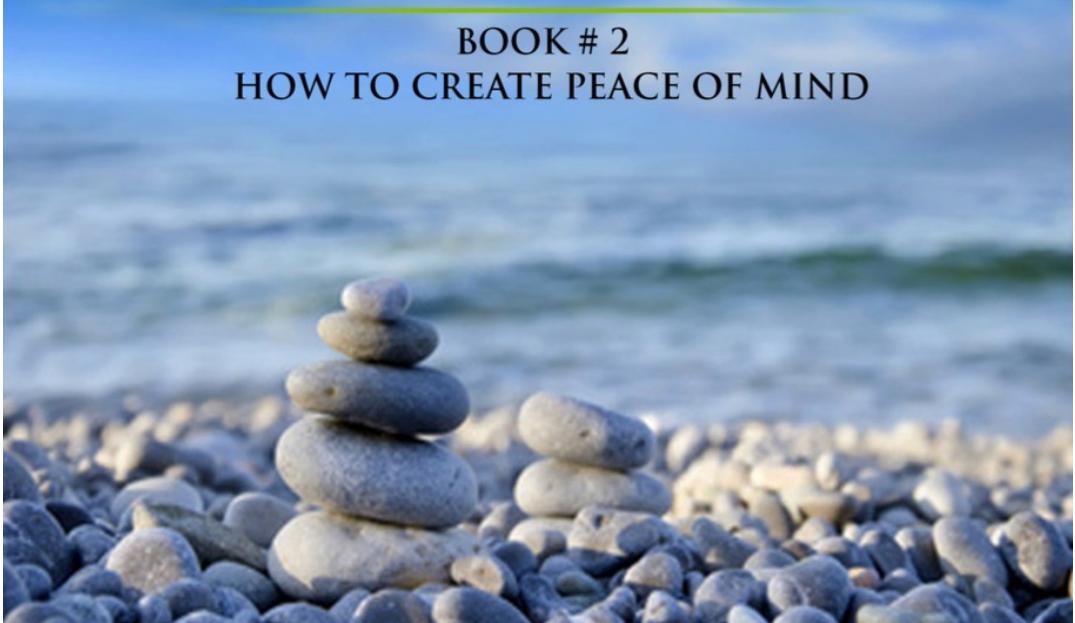


HOW TO ACHIEVE SUCCESS AND HAPPINESS

*The* **6**  
PRINCIPLES  
*for*  
CREATING A  
**SUCCESSFUL**  
**AND HAPPY LIFE**

BOOK # 2  
HOW TO CREATE PEACE OF MIND



Galit Goldfarb (GiGi)

## ***Skills to Create a Life Of Success, Happiness and Fulfilment***



Galit Goldfarb  
Life Empowerment Author,  
Nutritionist, Scientist,  
Educator, Entrepreneur

Have you ever wondered why some people seem fulfilled, relaxed and serene, while others seem destined to a life of stress, frustration, and constant struggle? **The difference lies only in their choices.**

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The 6 Principles for Creating a  
Successful AND Happy Life:  
Book # 2:  
How to Create Peace of Mind

By Galit Goldfarb

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# Dedication

I dedicate this book to my four daughters who have made me a better person and taught me how to reach my true potential. Raising them has taught me how to control my emotions, persist even when things get difficult and uncomfortable, how to be patient, and above all, they have taught me unconditional love. My daughters also shown me that obstacles are really opportunities for growth, and only my own attitude determines how situations I come across in my life are affected. I have learned the power of making successful choices in life and experiencing the consequences when my choices turned out to be mistakes. But most importantly, I've learned from my daughters that there is nothing we cannot achieve if we put our hearts and minds to the task.

I am who I am today thanks to them.

I also dedicate this book to all of you who are striving to make your life better. The happier we are individually, the closer we will be to creating a more peaceful and happier world for us all.

My website is dedicated to you! Check it out below:

**[www.obstacle2opportunity.com](http://www.obstacle2opportunity.com)**

## **Acknowledgements**

The list of people I want to thank for the development of this book is exceptionally long and includes practically every person I have come across from the day I was born. Due to my contact with each and every person, my view of life has changed, my beliefs have changed, and my attitude towards life has changed. So I thank every person I know and have met in my life thus far.

Yet the people most responsible for this book becoming a reality include my husband, Amir, who has given me the space to do what I love and believe in. I can always count on him to be there by my side whenever I need him. He is a pillar of support for me through all of my ventures and I adore and love him from the bottom of my heart.

My truly remarkable father, who is an extremely talented musician and is still writing, composing, and playing music with his own band at the young age of 78 as of the writing of this book. He has been an inspiration to me and has proven that we can achieve whatever we want, at any age.

My mother, a talented business woman who inspires me greatly, has achieved much in her life, and has been a role model who has brought great insight into my life.

To my children, to whom I have dedicated this book, you have made me who I am today, through the unconditional love between us, and the ups and downs of life. I am who I am thanks to you.

I also want to thank Idan Reich for his integrity in telling me what I need to improve, and to Marlene Oulton who's brilliant work on creatively editing and refining the original manuscript has helped this series of books come alive.

# CHAPTER 1

## Introduction to Conscious Creating

*“Men go to far greater lengths to avoid what they fear than to obtain what they desire.”*

– Dan Brown

We each have the desire to be happier. But to be a happy means many and different things to each of us, and it is our choices in life which will determine whether we will reach our desires or not.

Life is sometimes filled with obstacles, and I have yet to meet the person whose life goes smoothly *all* of the time. People who have not given up on achieving their desires in life will be confronted with difficult choices at times. The formula I am introducing to you is designed to help exactly at those times, showing you the path towards making successful choices in order to achieve all of your goals and desires in life.

We are each unique, but we all have the same basic needs and desires. We all want to be happy and satisfied. In fact, the basis of each and every one of our choices and

decisions is a basic belief that by making this choice or decision, we are creating a better, happier life for ourselves, either in the short or the long term.

Throughout the years we have collected beliefs about ourselves and about life that we believe and accept as true. These beliefs sometimes distort our connection with our true inner being which is there to help and guide us towards making successful choices that will truly create our happiness, and avoid choices that will not be beneficial for us.

In most countries, by law, from the age of 18 every person becomes responsible for their own life. When we reach that magical age, our thoughts, beliefs, behaviors and choices become 100% our own responsibility.

In my own personal life, from the time I became fully responsible for myself at the age of 18 until the age of 28, I had made all of the possible mistakes and bad choices that one could possibly make. Although by that time I held two university degrees in the field of medicine, my studies never provided me with the information or insight on how to succeed in life. It was certainly not that I wasn't capable or not smart enough to do so. In fact, school testings indicated that my IQ was significantly above average. However, I didn't know or have the proper foundation for living a successful life and didn't understand how to make effective choices that would lead to my happiness, fulfilment, and prosperity.

Truth be told, I spoiled or wasted most of the good opportunities that came my way.

Through my bad choices and mistakes, my life became hurdled with difficulties in every possible aspect. I was in a financial rut, my personal life was a disaster, and I was suffering from addictions, but this did not stop me from continuing to make further bad decisions. Only at the age of 29 after I had left my abusive marriage and was raising my two mentally disabled daughters on my own with no money to put food on the table, suffering from bulimia, and still having court battles with my ex-husband over the custody of our daughters, did I finally reach the understanding that I did not want my life to continue like this. I had to get my act together or else I would lose the custody of my children to my ex-husband. This was something that I was not willing to accept.

Employing my knowledge and academic research capabilities I began studying the subject of success, happiness, and fulfilment in great depths. I then began transforming the knowledge I gained into practical steps to change my behavioral patterns and my life in general by making more successful choices, which eventually brought me to where I am now, living the life I'd always desired with the man of my dreams enjoying happiness and personal fulfilment which are not dependent on anything outside of myself.

Thirteen years have passed as of writing this book since the day I discovered these steps and when I look back at my life I can safely say that what seemed to be obstacles at the time proved later to be opportunities for my growth, development, and personal fulfilment. These obstacles forced me to become a better, happier, and more successful human being.

I now understand that we need balance in all aspects of life in order to reach success, happiness, and fulfilment. All parts of our life need to work in harmony together in order for us to be headed on the right track towards fulfilling our true propose for which we came into this life. Balance in all of the important aspects of life include:

- Peace of mind
- Health and energy
- Solid, long-lasting relationships
- Long-term goals
- Fulfilling our personal unique purpose.

Balance will only happen if we make the right choices in all aspects of life. Making the correct ones always stems from being honest and truthful with ourselves.

In this book I will introduce you to my formula for achieving Peace Of Mind, which has helped me transform my life by making better, more successful choices in my life. By considering each of the principles before making

any decision, you will be happy with the consequences in your life and this will lead to your lasting success and personal fulfilment.

Life is like stretching a rubber band: if you take a pen and make a mark on the rubber band before you stretch it, you will notice that as you extend the band that the mark you made will move backwards. This is the same in life. If we are not moving forwards and developing our performance in life, then we are actually moving backwards due to the expandability of our universe. Therefore the process of personal growth and continuous learning is an ongoing study that should continue throughout our lifetime. This perception of life allows us to also enjoy the WAY towards manifesting our goals and desires, rather than only expecting to enjoy the manifestation of the desires themselves. The WAY towards achieving our goals is why we came here. This is the creation process with all its glory, and this is thoroughly based on the choices we are making every single moment of every single day.

For over 400 years scientists thought that once we reached adulthood our brains were fixed entities that could not grow or further develop, and that the intelligence we were born with and learned throughout our early childhood years is how we would remain for the rest of our lives. Therefore there was no need to mentally train our brain and improve it, as we know how

important this function is with regards to our physical body.

But today, science understands the plasticity of our brains, and that through our experiences we can form new brain cells (neurogenesis), as well as build new connections between brain cells (neurons) which allows us to acquire new skills, behaviors, and to improve ourselves at any age. In fact, we are physically capable of modifying our brain to become better at doing anything that we focus our attention upon. So if you are often behaving in an unproductive mode, this will become your default behavior. By training yourself to make better, more conscious choices in life, and by focusing your attention on the end product of how you want to be, you are actually changing your brain default activity mode to one that will support you in life.

*“Do not spoil what you have by desiring what you have not; remember that what you now have, was once among the things you only hoped for.”*

– Epicurus

A feeling of dissatisfaction with your current situation is actually a very good sign. It means that it is time to improve your current lifestyle or change it for something better for yourself because you have evolved and developed. Therefore feeling dissatisfied is actually a

positive sign. It means that it is time to align ourselves with a new and expanded version of ourselves in order to fully realize our higher potential. It means that there are a whole host of new opportunities awaiting us. We just have to align our behaviors and choices with our new and expanded version in order to enjoy these new opportunities that await us.

People who restrain these feelings of dissatisfaction once they have them so that they will not need to leave their comfort zone are not really living life. J.K. Rowling, British novelist best known as the author of the Harry Potter series which became the bestselling book series in history <sup>(1)</sup> expressed it precisely when she said:

*“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.”*

In this book I will introduce to you the formula for making successful choices in life. This very practical formula will help you make successful choices for yourself in any and all of your ventures.

The strategy I use is simple, practical, and will help you choose the right things at the right time to create exactly what you want in life. It's like driving a car: when you want to get somewhere, you first have to learn to drive, get a permit, then you have to choose your

destination and learn the way to get to your destination. If you do not know how to drive the car or if you do not know where to go or the way to get there, the likelihood of you reaching your desired destination is slim.

We are part of the creative process and if you want to consciously create and reach your desires, you will have to take an active role by making successful choices that will get you there. This book will teach you how to do this easily, with less stress, less mistakes and less frustrations.

## **The 6 Principles**

Our lives are the sum of the choices we make. By using this formula you will be able to see whether your choices are pointing you in the right direction to a happy, purposeful life filled with well-being or not.

Are you ready to make your dreams come true? Let's begin.

The **6 Principles** to consider before making any choice are as follows:

- I. Value
- II. Love
- III. Belief
- IV. Action
- V. Focus
- VI. Future

All of these principles must be present in any positive, life promoting choice. They must cumulatively exist if you are to be happy and fulfilled with the path you are taking. Understanding the deep meaning of each principle will help you to understand yourself better.

In this book we shall delve into each principle with a special look at how each of the **6 principles** can help you make successful choices for creating peace of mind. When you use this method to making successful choices for Peace Of Mind, you will increase your level of Peace Of Mind dramatically.

Each of the principles in this strategy consists of a set of questions that by answering them will help you make successful choices for creating Peace Of Mind in life. Your responses will help you determine whether your choice is the right one for you, and whether it will enhance your life or not.

Now let's go into depth for each of the 6 Principles in the strategy for creating Peace Of Mind.

## CHAPTER 2

### The 6 Principles for Creating Peace of Mind – Introduction

*“It is better to conquer yourself than to win a thousand battles. Then the victory cannot be taken from you, not by angels nor by demons, heaven or hell.”*

- Buddha

In these following Chapters on peace of mind, we will delve into the effects our choices have on our mental well-being.

Peace of mind is one of the essentials to living a happy, fulfilled, and serene life. What exactly is a peaceful mind?

A peaceful mind is a sense of calmness felt from within: a state that is with you when you go to sleep at night and when you wake up in the morning. It is freedom from the control of negative emotions especially anger, fear and guilt feelings on our lives.

When you follow the **6 Principles** to making successful choices in this field, you will be one step closer to creating long lasting happiness and fulfilment in your life.

## CHAPTER 3

### **The 6 Principles for Creating Peace of Mind – Principle 1: Value**

*“You will not be punished for your anger, you will be punished by your anger.”*

- Buddha

**The first set of questions to ask yourself are:**  
***“Will choosing this thought/attitude give me Value? Will others gain value from this choice/behavior/attitude of mine?”***

We are of great value to ourselves and to those closest to us when we feel we have control over our feelings and beliefs and thereby our attitude towards things. This is always our choice. The more we have control over our attitude, which is composed of our feelings and beliefs, the more we will comply with our own personal truth and behave in accordance with

whatever will provide us the most value in the short and long term.

Any thoughts and emotions that that give us a feeling of control over our life will add value and provide us with peace of mind.

Peace of mind and inner calmness are only possible when we have a positive attitude towards life and towards ourselves and our choices. If we expect the best for ourselves and believe that in due time all is in our favor and things will certainly turn out to be the best for us in the long term then we will be happier and more at peace with life. When we create our life by choosing consciously the right choices that we believe we can live with, then we will feel more in control of our feelings which will lead to more happiness in our life.

Negative emotions are warning signals telling us that something is wrong. The negative feeling may be a real fear helping us to survive in a dangerous situation, but more often than not our fears come when one of our values, expectations, or beliefs are being threatened.

I do not recommend ignoring negative emotions, but rather suggest exploring them so that you can find and solve any underlying problems. This is the only way to grow and become a more evolved, happier, and successful individual.

Through exploration of our emotions we may discover that some limiting beliefs we are holding are at

the core of our problems. For instance, having a positive attitude about difficulties that are in our life allows us to become more emotionally stable individuals, a necessity critical for the achievement of peace of mind. Difficulties and failure may be lessons we must learn in order to see that we are perhaps not going in the right direction, and to guide us to choose a much better direction for us in the future. Negative emotions are signs that we need to change our attitude or our beliefs so as to bring us more into alignment with our true inner self which is trying to tell us what is right for us. Attitude is very much the basis to happiness. By choosing to perceive difficulties and failures as opportunities to practice mental control and personal growth, we are assuring ourselves that we are on the right path towards becoming happier, more fulfilled human beings.

Choosing thoughts and attitudes that are positive, happy, and life promoting, are first and foremost, our decision. Choosing to make our own personal long term goal of being happy and fulfilled without violating another person's rights, is the first step to achieving peace of mind.

## **How can we change our attitude towards difficult situations?**

By NOT making our happiness dependent on anything that is out of our own personal control!

Let me give you an example. A friend of mine is very unhappy with her life at the moment. She is 42 years old, unmarried, with no children. She has a very successful career, earns plenty of money, and travels a lot. However, her belief is that in order to be happy she needs to be married with children. With this belief, the control over her own happiness level becomes external because we cannot *always* control if we are married or if we have children. She has decided that just because she isn't married and doesn't have children she cannot be happy. However, it is through her unhappiness over this particular subject that moves its achievement further and further away from her. When she meets a potential man, she keeps looking for reasons why he can't be the "right" one. She becomes very demanding and pressures any potential man right on the first date. This is something that is spotted immediately by the potential man and then he never calls her back.

By changing your beliefs to accept the fact that *any* person can be happy *in any situation* if they choose the proper thoughts and attitude that leads to their

happiness, then you too, can ensure that you remain happy no matter what your external life conditions are.

Viktor Frankl, an Austrian neurologist and psychiatrist as well as survivor of four different concentration camps in Germany during the Holocaust, is an excellent example of how we can remain happy in any condition through a healthy attitude. Frankl chose to keep his morale up during the time he spent in the concentration camps during the Second World War by finding spiritual meaning in what was happening around him, and thus he found a reason to continue living even while witnessing the horrors he was exposed to daily. Later he published his best-selling book *Man's Search for Meaning* (published under a different title in 1959: *Nevertheless, Say "Yes" to Life: A Psychologist Experiences the Concentration Camp*), whereby he chronicles his experiences as a concentration camp inmate. Through his writings, Frankl became a source of inspiration for people all over the world.<sup>(64)</sup>

Your chosen thoughts and attitude are always a matter of **your** choice.

Both pessimistic and optimistic viewpoints of any given situation may have the similar probabilities of manifesting in our lives, but by choosing an optimistic viewpoint you are providing yourself with a better basis for mental health. You will be more predisposed to

happiness than to depression which can help you cope with any situation that happens in your life.

Just by being an optimist, at the end of your life you can say that you were happier, because you were expecting the best for yourself. A pessimist is generally more depressed throughout life just because of their negative attitude, even though some of their pessimistic predictions never manifest.

Overall our lives are constantly evolving to make life better for us overall. Just take a short look back at life during the nineteenth century. We had none of the technologies we have today that make our lives easier and better. There was no television, no telephones, not even electricity! And going a little further back there were no home toilets! The world IS always in the process of getting better. By choosing a pessimistic default viewpoint you will certainly be far from accurate.

We can always choose how we perceive things. Just by choosing more positive thoughts over negative ones we are adding value to our lives.

We now know that we can consciously create our world and not just react to it. We are creators of our world – not victims to it.

Personal change and development are vital factors that determine whether we are in flow of becoming a better version of ourselves, or if we are blocking our

potential and thereby holding ourselves back from becoming the best we can be.

Certain behaviors stand in the way of our attainment of success, happiness, and fulfilment, and since we can choose our behaviors by choosing our thoughts and beliefs, we should select beneficial ones that will allow us to attain peace of mind in our life.

The major behavior's that prevent us from attaining peace of mind, fulfilment, happiness, and success include:

1. Holding limiting beliefs
2. Anger
3. Guilt feelings
4. False fear/worry

We have the power within us to choose different behaviors by first and foremost choosing different thoughts.

Now lets take a closer look at the 4 major behaviors stated above that stand in the way of our attainment of success, happiness, and fulfilment:

## **1. Holding Limiting Beliefs**

- We have views of ourselves for every field and aspect of our life.

- We can never function in any field in a better way than we believe we can function.
- The limiting beliefs we hold are creating what we perceive we can or can't do.
- We can change limiting beliefs by changing how we feel about ourselves by raising our self-esteem.
- We can modify the way we feel about ourselves and increase our self-esteem by autosuggestion.

Auto-suggestion is covered in depth in the first book in this series: ***The 6 Principles for Creating a Successful AND Happy Life: Book # 1: The Basics Everyone Needs to Know.***

The Autosuggestion process relies on the idea that the thoughts which most commonly occupy our mind will become our reality through acceptance of them by our subconscious mind.

- Our subconscious mind allows their realization by opening its huge information resource, collected from our life experiences, and from what we see, hear, and feel and by matching our expectations to what we believe to be true through our previous resources.
- Autosuggestion leads to the formation of new habits of thought by changing the programming we have in our subconscious mind.
- We get our limiting beliefs from suggestions taken on from our parents and caretakers during our childhood

years when we are not able to question these suggestions to determine if they are true or false.

- Limiting beliefs may form a fear of failure in a child as well as a fear of success. Planting different beliefs in the fertile mind of the child programs the child to different behavior patterns.
- Children raised with limiting beliefs that they are not good enough will become people pleasers and do not fulfil their purpose of being happy, worthy, and valuable human beings to the world.
- The only way to change your beliefs is to replace them with beneficial beliefs of what you do wish to have.
- If we use autosuggestion in a productive way, our subconscious mind will help us change our reality by noticing beneficial opportunities when they arise and provide us with the courage to act upon them.

An example of this is what Zak Ebrahim went through as a child before changing his choices to become a peace activist and publisher of the book *The Terrorist's Son: A Story of Choice*.<sup>(65)</sup> Zac Ebrahim was born Abdulaziz El Sayyid Nosair, but changed his name in an effort to separate himself from his father's legacy.

In his TED talk in 2014, he spoke about his childhood with his father El-Sayed Nosair who planned terrorist attacks on a dozen New York City landmarks, including tunnels, synagogues, and the 1993 bombing of the World Trade Centre in New York. On November 5,

1990, when Ebrahim was 7 years old, his father shot and killed Rabbi Meir Kahane, the then leader of the Jewish Defence League.

Ebrahim said, “My father took me, at 7 years old, with a group of others to a local shooting range for target practice. When it was my turn to shoot, the last bullet that I shot hit the small orange light that sat on top of the target, and to everyone’s surprise, especially mine, the entire thing burst into flames... My uncle turned to the other men and in Arabic said, ‘Like father, like son.’ The whole group began to laugh. It wasn’t until a few years later that I fully understood what they thought was so funny,” he says. “They thought they saw in me the same destruction my father was capable of. Those men would eventually be convicted of placing a van filled with 1,500 pounds of explosives into the sub-level parking lot of the World Trade Centre’s north tower, these were the men I looked up to. These were the men I called ‘ammu,’ meaning ‘uncle.’ I had been raised to judge people based on race or religion,” he says. His father was jailed in 1990, but kept working to plan terrorist attacks from jail. Ebrahim’s mother decided to get her children away from the influence of their father so changed her name and moved away from where they were known for their history.

Being out in the world without his father taught Ebrahim to challenge the beliefs with which he was

raised. A summer job at an amusement park opened his eyes to life outside of radicalism. He began to meet people and make friends with those from different racial and ethnical backgrounds than his, people of different religions, races, cultures, and sexual orientations. In this new life he was exposed to all from which he had been sheltered. This helped him to begin making different choices.

We can all make better choices for ourselves. Ebrahim chose to use his experiences to fight back against terrorism. He said, “I do it for the victims of terrorism and their loved ones, for the terrible pain and loss that terrorism has forced upon their lives.” Compassion, understanding, empathy, and tolerance are the things for which Zak Ebrahim wants to be known for. Not his father’s deeds, not his family’s deeds, but a decision to change. “The son does not have to follow the ways of the father,” he says as he ends his talk. “I am not my father.”<sup>(66)</sup>

### Remember:

- There is only room for one conscious thought in our mind at a time.
- We can choose whether that thought will be a positive or a negative one.

- Our chosen thoughts add to the pool of information in our subconscious mind, from which all of our behaviors and actions come from.
- We are where we are today because of the choices we have made in the past which come from our thoughts and beliefs deeply rooted within our subconscious mind.
- We will always act, behave, and become the sum of our beliefs.
- Clearing limiting beliefs requires replacing them with unlimited beliefs.
- We do this by changing the way we view ourselves and how we view the situations around us.
- We do this through the exercise of finding our ideal self and then holding that image in our mind, night and day. (See Book # 1 of this series for additional information on finding your “ideal you” self image.) This will allow room for the new you to emerge, slowly but surely. The more we expose our subconscious mind to a new set of thoughts, our mind, through neuroplasticity, will form new behaviors that are based on new choices.

## **2. Anger**

We are only born with two fears: the fear of loud noise and the fear of falling. All of the other fears and negative emotions we possess have all been learned by us

through suggestions and by the way we perceive experiences, which also can come from family or caretaker influences at a young age. Negative emotions such as anger have a very adverse influence on our life as a whole. In order to replace negative emotions with positive ones we need to change the following two behaviors:

- a. **We must stop identifying with a situation as being negative.** We can always choose to view any situation in a positive light. The situation is never the cause of our negative emotion; it is our perception about the situation that causes our negative emotion. Thoughts are always the cause for every effect in our life. Our thoughts are always our choice. By taking responsibility for our thoughts and behaviors we stop identifying with the negative situation. For example, two people stuck in traffic may react in totally different ways. One may be happy that they have the time to listen to a podcast they have been waiting to hear, while the other becomes annoyed and angry. It is never the situation that is responsible for our behavior; it is only our chosen perception of the situation that determines how we will react. It is our responsibility to choose the right thoughts that will get us to where we want to be in life, namely successful, happy, and fulfilled.

- b. **We must stop justifying the fact that we *should* feel negative in such a situation.** To do this we must stop blaming others for what happens in our lives and stop excusing our behaviors by justifying that this is the right way to behave.

Once we stop identifying and justifying situations and our behavior in these situations, we can irradiate anger from our life.

### **3. Guilt Feelings**

We will self-sabotage any opportunities we have for success if we hold on to feelings of guilt. Guilt feelings prove to us that we did something wrong, or that we did not do something that we were supposed to do. Guilt feelings reduce our self-esteem and show to us again and again that we are not worthy of success and that we are not capable of achieving it.

Getting rid of guilt feelings happens only when we learn to master our thoughts. To master your thoughts more easily to remove guilt feelings implement the following four suggestions:

- Never speak badly about yourself.
- Do not let others talk badly about you.
- Never blame others for your situation and learn to take responsibility for your situations in life.

- Forgive others and yourself for any mistakes you may have made in your life. By learning what is not right for you and what you don't want, you understand more clearly what you do want. Therefore you can be grateful for people whom have wronged you for they have shown you the path to your happiness through opposite behaviour.

#### **4. False Fear/Worry**

The negative feeling of worry has a destructive effect on your life. It wastes your precious time and ruins your health by inducing the stress effect.

The best way to overcome worry is to have a plan in place if the worst case scenario that you are worried about does manifest in your life.

Once you have a plan in place to cope with the negative situation should it arise, then you free yourself from unnecessary false worry.

Plan for the worst, but expect the best.

Once your plan of how to cope with the worst case scenario is in place, you can change your focus to what you do want to have in your life and work towards achieving it. Worry focuses on the future and does not allow you to enjoy the present moment which is the only real thing in your life.

The Woman's Health Initiative Study in 2004 directed by Wasserheil-Smoller, examined 94,000 multi-

ethnic women aged 50-79 for several years. They found that women with negative, worrisome feelings had a 50% higher risk of death in comparison to women without worry, depression, and other highly negative feelings, even after controlling for education, income, and traditional heart disease factors. <sup>(67)</sup>

Negative emotions are the real obstacles in our quest for happiness and will never allow us to reach peace of mind. By choosing our feelings, we are, in fact, choosing the life we will have because feelings are like magnets. If you feel good, this will raise your vibration and you will summon more things that will make you feel good. On the contrary, if you are feeling negative feelings such as anger, fear, or guilt, your vibration is not high and you summon things into your life that will not lead to your happiness.

Valuable, positive thoughts and feelings are the basis to a life of happiness. You will always be as happy as you choose to be. Nothing outside of you can or will ever make you happy. It is only your attitude towards things, which is completely controllable by you, that will determine your level of happiness. Choosing valuable feelings which provide value to you and to those around you is the first key towards reaching peace of mind. Once you allow mostly valuable thoughts to enter your mind, and you expect the best outcome for yourself in both the

short and long term, then you have passed the first step towards creating peace of mind.

Once we are free from negative feelings then we live in harmony – the calm and flowing life we were meant to live.

Remind yourself that negative thoughts and feelings are not really negative, but rather clarifying of what we truly want for ourselves. Once this change in attitude is accepted, then you are well on your way to reaching inner calmness and peace of mind.

If you hold the thought of the good desire in your mind and believe that you have the ability to create it in your life, and you expect the best for yourself, then you are in the flow of allowing it to happen.

The reason that achieving peace of mind is such an important step towards achieving happiness, fulfilment, and success, is because it is the basis of creation. We are creating through the vibrations we are emitting and our feelings are precise indicators of what it is that we are summoning into our lives. Choosing valuable, happy, positive feelings, and expectations for yourself, and changing your focus from any negative feelings you may be holding to more positive ones, is the basic step towards achieving peace of mind.

Napoleon Hill put it wonderfully when he wrote:

“Out of resistance comes strength. The strongest oak tree of the forest is not one that

is protected from the storm and hidden from the sun, but is the one that stands out in the open, where it is compelled to struggle for its existence against the winds and rains and the scorching sun.”

Struggle and resistance develop strength, and those of you who, like me, have made some mistakes in life, but have learned the lessons that came with these mistakes, clearly understand that by choosing beneficial, valuable thoughts for ourselves we are ensuring ourselves to be on the path to creating peace of mind which is of the utmost importance for a happy, successful, and fulfilling life.

## **Time**

One more thing in life that can never be replaced is time. Time cannot be borrowed, shared, or kept for later use, so therefore it is the most valuable asset we have in our life. And sadly enough, we tend not to give it enough credit. Being obsessed about our past or our future withdraws us from where we are right now. This deprives us from enjoying the present moment in our life. Enjoying and being in the now as opposed to being caught up in “what if’s” will provide you with much peace of mind and will certainly give value to yourself and those with who you are in the present contact.

## CHAPTER 4

### **The 6 Principles for Creating Peace of Mind – Principle 2: Love**

*"One word frees us of all the weight and pain of  
life: That word is love."*

– Sophocles

**The second set of questions to ask yourself are:  
“Does this choice originate from true love for  
myself and others or from fear? Do I really love  
this?”**

Any choice that comes from pure, honest love and understanding is a choice that will bring you into vibrational harmony with whatever it is that you desire. On the other hand, if a choice comes from fear, anger, guilt, or any other negative emotion, the result of the behavior or choice will lead to much chaos in your life in both the short and long term. Nothing good can grow from a seed of fear, anger, or guilt. The good things can only come from the seed of love planted carefully and

thoughtfully in the soil of your fertile mind. This should be your guiding light when choosing your behavior. In the previous principle you have determined which behaviors provide you with value and which do not. The negative feelings which do not provide you with value, and the behaviors and choices which arise from these negative feelings, do not serve you in the way you desire and will only provide you with frustration and limited expectations. This will later lead to more frustration and very limited outcomes – something you want to avoid at all costs. Choose to act through love to yourself and to others and you will see that the correct behaviors and choices will be much easier to sift out and follow.

Follow your heart and do what is right for your soul; your feelings will guide you towards what is really good for you and what should be avoided.

I will give a very inspiring example from the life of the late Randy Pausch. He was a computer science professor at Carnegie Mellon University who, once diagnosed with terminal cancer and being given 3-6 months to live, decided to give what is known as *The Last Lecture* to his students about how to lead their life and about achieving childhood dreams. This lecture later made him a celebrity all over the world.<sup>(68)</sup> When he was asked why on earth he was doing this when he had just a few months longer to live, going all over the United States and giving *The Last Lecture* to as many people as

possible, he answered this way: “I am by profession a lecturer, and this is my way of artistically expressing myself and what I love doing”. This made him feel good until the very last day of his life. He explained that he actually wrote *The Last Lecture* for his children so as to pass on his values about how they should lead their life the right way, but his one-of-a-kind lecture made anyone who heard or read it stop and think. It became an internet sensation viewed by millions, and the Disney-owned publisher Hyperion paid \$6.7 million for the rights to publish his book co-authored with *Wall Street Journal* reporter Jeffrey Zaslow.<sup>(698)</sup> The book became a New York Times best-seller on April 28, 2008,<sup>(70)</sup> been published in more than 35 languages, and has helped millions of people to this day.

Choosing what you love to do is one of the most important steps towards achieving peace of mind. You will not always have the support from family and friends, and not many can hope to engage in what they love without meeting obstacles of some kind along the way. However, by choosing to go with your heart you will definitely align yourself with the true path to your own personal happiness and fulfilment in life as well as a successful future.

On the other hand, if you are feeling love for something that you acknowledge will have no value for you in either the short or long term, maybe there are

things you need to reevaluate and adjust in your current situation to bring them up to par with what makes you happy, rather than changing to something altogether different. For example, if you are thinking of leaving a relationship, but still feel true love, (not just a feeling of comfort), then sometimes a small change in attitude on your part can reveal the gratefulness you do have for certain aspects of your current situation. This may be the best stepping stone for choosing to change only the specific things that you are less happy about in the relationship. In long term romantic partnerships there will be times that you will be less happy about your partners choices than at others. However, instead of removing yourself completely from the relationship because of something you do not love about it, you can choose to change your attitude or try to help you partner view their choices, which you feel are hurting you, in a different light.

Combining the first two principles of value and love for each choice is a prerequisite to ensuring that your choices will be successful and right for you.

Gratitude for what you do have and having a thankful attitude, even when things seem not to be going exactly as you wish or planned, are essential to creating happiness. Holding on to the belief that all will be in your best interest at the end of the day and believing that something good comes out of every situation, you are

placing yourself in a positive vibration that will allow positive things to enter your life.

In the next Chapter we will focus on being thankful and an attitude of gratitude. You will learn how to focus on the things you can be grateful for in order to allow a flow of more of the same to be grateful for into your life. You may also proceed directly to the third principle of the **6 Principle** Strategy for creating peace of mind, Belief, in Chapter 6.

# CHAPTER 5

## **Principle 2: Love (continued)** **The Lesson of Being Thankful**

*“He is a wise man who does not grieve for the things he has not, but rejoices for those he has.”*

- Epictetus

Remember the second set of questions to ask yourself for this principle: *“Does this choice originate from true love for myself and others or from fear? Do I really love this?”* In order to apply this second principle and answer these questions, you must follow your heart. Learning the lesson of being thankful for what you have at any given moment in time even though it may not seem much to you, will ensure you are connecting to your feelings and this will ensure you are on the right path towards achieving everlasting happiness.

At times our lives are plagued with difficult situations, unhappiness, and pain. You may be asking yourself “How, in these times of suffering, is it possible to remain thankful for what I have?” I was asking the same exact question a few years ago.

This was a major question that took me some time to answer. I was at the lowest point of my life. I could not see anything to be thankful for, absolutely nothing. I remember my father trying to tell me all of the things I could be thankful for, but I was just not seeing them. The reason for this was that I was not accepting responsibility for my life at that moment. I did not understand that I had created my life to be exactly the way it was through my thoughts and choices.

I felt a victim of circumstances and thought to myself “Why have all of these terrible things happened to me?” I was thinking over and over, “What on earth did I do so wrong to deserve such a difficult life?” I went on searching for answers to these questions and years later I finally understood how to be thankful for what I did have in my life even when my life was a mess.

One thing I need to make clear here is that you do not have to be thankful for the difficulties, for the pain, or for your suffering in life. Certainly not! We are not supposed to live our lives in suffering, or to pay for a previous life debt and be thankful for it. No! We are here to be creators and we *do* create all that we have through our thoughts, beliefs, and perceptions we hold of life because these lead to our choices and actions which form the effects that surround us.

However, there is always something that we can be thankful for at all times: **our creative ability**. By

understanding that we ourselves have created all of the things that we currently have in our life through our own thoughts, choices, and actions, we also have the ability to *change* everything that we are not pleased with as well. We can, and should, be grateful for our power to create whatever we focus our mind upon.

Through our chosen thoughts, whether conscious or not, we create our reality.

If you start to look at what you have around you, you may recall the original seed that you planted in your mind to create this current reality of yours. Try and remember the thoughts that you chose at the time that allowed the things you currently have in your life to become your reality. Even if you cannot recollect the original thoughts that brought the life you are currently living to you, this is not as important as understanding that through your creative power you can change and amend anything in your life that you are not happy with through persistent effort to control your mind.

We can always be thankful, even in the most difficult of times. Our thoughts will always become our reality if focused upon and planted into the fertile soil of our mind with passion. By taking responsibility over your current life situation, you are acknowledging your power and ability to create anything and everything that you please. If you choose to create your life in a conscious way and control and/or replace the negative thoughts that

enter your mind, then you are on the right track to creating the life of your desires.

On the other hand, even if you create your life unconsciously, you are still responsible for your creations, even if they are not exactly as you desired. Thoughts become your reality through the vibration that you are always emitting out to the world through your feelings which lead to your behaviors and your choices. Energy attracts like energy. If you are not pleased with your current situation, after you take full responsibility for creating it, you can choose a different direction of thoughts which will emit a different vibration. Like a magnet, you will attract like situations to the new vibration that you are sending out into the world.

Find within you the courage to say: "Thank you for these natural laws that allow me to think and create who I am, how I behave, and allow my surrounding reality to become an exact match to the thoughts and feelings I am emitting. These laws have made my thoughts become my reality. I see my creations right here before me, right now."

When you take responsibility for your current situation, you are in the best place to begin and change your situation into something better for yourself.

Even if you are not pleased with what is presently before you, your acknowledgement of the fact that you have

created it puts you back in the control seat of your life and places your hands back on the steering wheel.

Our thoughts change by where we choose to place our focus. By honing in on what we dislike about situations, or accepting thought patterns from our parents, caretakers, teachers, spouses, television or other media sources which are based on negative belief systems about certain aspects of life, we will form a negative default thought system. We may have picked up others insecurities and welcomed them as our own. We did this by choice, whether consciously or unconsciously. Whichever way we have created our reality is not important as these thoughts and beliefs need not be yours anymore. You have the power to release and change any negative outlooks, belief systems, and your emotions. Recreate your life to be the way YOU want it to be. Do this by changing your beliefs about everything that does not suit your values.

You can create a life of joy for yourself. This is our only purpose here on earth: creating joy that comes from pure love and not from fear of any sort.

To achieve this, the first step is being thankful. Be truly thankful that your thoughts and beliefs become your reality, always – 100% of the time! We are creators and have the ability, through our thoughts, emotions and choices to choose where we are headed in life.

If you are doing this for some time and still haven't seen the results you wish for happen, it may mean that you still do not believe in yourself enough as the true creator of your life. All that happens in your life is there for a reason, and the reason is the bigger picture that will get you exactly to where you desire to be in the long run. However, we cannot always see or understand this from where we are today.

You may still have negative beliefs in some aspects of your life where you are unfulfilled. You should discover these negative beliefs, write them down the moment they enter your mind, and consciously choose to replace them with positive thoughts of what you DO want for yourself instead.

**Remember:** You can choose what to believe and what thoughts you want to entertain in your mind and give power and focus. You have the power to create anything and everything you truly believe 100% of the time.

## CHAPTER 6

### **The 6 Principles for Creating Peace of Mind – Principle 3: Belief**

*“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”*

- Buddha

**The third set of questions to ask yourself are:  
“Do I really believe this choice is right for me? Do I believe I can follow through/achieve/make this choice work for me?”**

As I have stated before, every choice begins with our belief in it. Therefore having a strong belief is so important for the achievement of anything of purpose in life. The path to lasting peace of mind will unfold before you once you believe in your power to create your life. This gives a sound feeling of control. Peace of mind is a calmness that is only ever possible when we believe we have full control over our lives. Believing you have full control over your life is only possible when you take full responsibility for your current situation.

Once we reach the age 18, our chosen thoughts, beliefs, behaviors, and actions become 100% our responsibility. By taking responsibility we are acknowledging that it is only our own thoughts, behaviors, and choices that have gotten us to where we are today. Taking responsibility is different than taking the blame for something. Blame looks at the past and projects it onto the future; responsibility looks at the present and chooses what to do about the future. By taking responsibility for all that you have in your life, you will automatically feel that you have more control over your life.

Muhammed Ali said it perfectly after losing a match:

“I never thought of losing, but now that it's happened, the only thing is to do it right (the next time). That's my obligation to all the people who believe in me. We all have to take defeats in life.”

If we have created it, we can change it, or at least we can change our attitude about it which will change its effect on our life. Once we fully understand that we are responsible for all and any aspect of our well-being and our life by the choices we make, then we can take back control over our life by choosing to plant the right thoughts in the garden of our mind (those that make us happy and feel good). Once we understand this principle,

we can choose to use it consciously or unconsciously. When we understand this fully then:

- We can leave our fears behind because we understand that by placing our focus on what we fear, we may indeed create that the thing that we are fearing the most.
- We will start to move away from anger because there is no real need for it when we take full responsibility for our choices. There will be no more need for identification with the situation or justification of the angry behavior.
- We stop having guilt feelings because we start to make choices from what makes *us* feel good, rather than what feels right and good for others. And if we do make a mistake, we can decide to make different choices next time. After all, there are 86,400 seconds in a day. Think of how many good choices you can make in one single day!

This inner calmness is true peace of mind. We WILL begin to reach it once we regain control over our lives and once we choose to believe in our power to control it.

# CHAPTER 7

## **The 6 Principles for Creating Peace of Mind – Principle 4: Action**

*“There are only two mistakes one can make along the road to truth; not going all the way, and not starting.”*

- Buddha

**The fourth set of questions to ask yourself are:  
“What actions can I choose to forward my peace of mind? What actions can I choose to advance my state of calmness and peace of mind?”**

To reach internal calmness and peace of mind, the action principle is very much action oriented, however it is more internal action rather than physical movement action since it takes place within the mind.

Begin by noticing how your beliefs and choices brought you to where you are today. Have they been based upon negative feelings more than on positive feelings? Check your belief system. In what beliefs did

you choose to place your confidence in that have directed you from a position of control over your life to one of powerlessness? How have your beliefs lead you from being in a position of holding the reins to your life to a position of feeling a victim to life situations? Where did these beliefs come from? When did you accept these beliefs as real? When did you accept these thoughts as part of your truth?

Once you identify where these beliefs came from, you can start to change them by choosing to plant self-empowering beliefs in your mind instead of thoughts of incompetency. The thoughts that we allow into our minds are thoughts that we have *chosen* to allow into our minds. It is always our choice. Every time a negative belief enters your mind, use autosuggestion as a method I have demonstrated in some detail in the action principle within Book #1 of this series. Tell yourself something in the form of:

"Stop! I recognize this negativity on my behalf, and I  
*choose not to choose* it anymore."

Then replace the negative thought with something that is easy for you to visualize that you DO want instead.

Remember, whatever you can imagine in our mind you can become. However, if you find this action step to be too difficult, especially if you are caught up in negativity, then simply think of a vision of something that makes you feel happy (your children, your creative work,

your favorite painting, place in nature, etc.), or do something physically that makes you feel happy and adds value to you (exercise, listen to music, read, etc.). This is called mind control and by taking control over your thoughts you are, in effect, taking control over your life.

You are the one who chooses how you react to everything and anything. You are always the one to choose your attitude about any situation. You can always choose an attitude that will better suit the life you desire to live, the life which will make you happier, relaxed, and more fulfilled.

I personally know that this is more easily said than done, but after some practice, you will get the hang of it and soon enough you will become an expert at controlling your thoughts. You will be able to shift your emotions from negative ones to positive ones much more easily. Practice does make perfect: the more you use a neural network in your brain, the more it becomes your second nature. By regularly thinking positive thoughts as opposed to negative ones, you are shifting your brains firing pathways to ones that have more value to you.

The perfect example for this is Hellen Keller. She lived a remarkable life considering she was deaf, blind, and mute from the age of 18 months following an unknown disease she contracted at that time. Her parents did not lose hope and searched for answers and inspiration everywhere. They invited a teacher, Anne

Sullivan, to teach her sign language and accompany her to school to help her learn. It was Hellen Keller's determination, hard work, and imagination which allowed her to triumph over adversity. By overcoming difficult conditions with a great deal of persistence and the right mindset, she grew into one of the 20th century's world-renowned and respected humanitarians. <sup>(71, 72)</sup>

In the next Chapter you will learn about the causes behind negative feelings and how to remove them permanently from your life. If you want to progress in the **6 Principles** for creating Peace of Mind, then just skip the next Chapter and go directly to Chapter 9 for the next principle, Focus.

## CHAPTER 8

### **Principle 4: Action (continued) How to Stop Negative Feelings**

*“The greatest griefs are those we cause ourselves.”*

- Sophocles

Remember the fourth set of questions to ask yourself for this principle: “What actions can I choose to forward my peace of mind? What actions can I choose to advance my state of calmness and peace of mind?” The most important action to take to advance peace of mind is to remove negative feelings. Negative feelings are a major disruptive factor in our lives and they lead to all of the chaos and suffering we see everywhere. The reason for this is because a negative thinking pattern is a *normal* pattern of thinking. Yes, this is true! From animals to humans, negative thought patterns are what used to keep us alive. They are part of our ancient survival mechanism,

and they still have a very important role in keeping us away from dangerous situations in today's world as well.

The negative thinking cycle helps to prevent us from getting into trouble and warns us before we take non-calculated risks. They are a preventative measure that stops us from doing things that may harm us in the future.

When we think negatively, we think of the worst case scenario and the worst possible consequence. These negative thinking cycles are meant to provide us with warning signs of dangerous situations ahead of time before we decide to enter them. Animals plan and watch their prey before they decide whether to go for the kill or to wait for another opportunity.

Those of us who tend to drive more carefully and never cross an intersection on a yellow light are possibly thinking of worst case scenarios while driving. This is where negative thought cycles can save our lives.

Negative thinking cycles are a natural survival instinct meant to protect us from real physical dangers. Times have changed, and life circumstances have changed as well. We are light years away from the cave dwellers we once were and we need to learn to curb our negative feelings and rely on them only when they represent real danger.

Negative thinking cycles were a "must" in the prehistoric era, and those of us who had the most

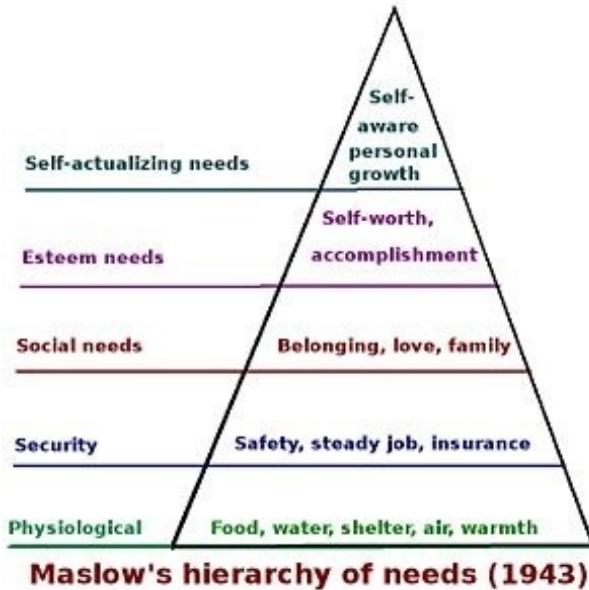
negative thinking cycles were thought to be the best hunters and to have the best survival skills in past lives. They were the most sensitive of all of us, and therefore were those whom were most likely to remain alive. This is the reason why so many of us have strong negative thought patterns today. It's Darwin's evolution theory at its best. The reason why those with the most negative thought patterns were most likely to survive the longest was because they were in a constant state of looking out for the predators, dangerous situations or problems. Nowadays these negative thinking cycles are so prevalent they achieve the exact opposite effect in our lives, and we need to curb our negative feelings in order to achieve the life we desire.

In most parts of the world, the physiological level of Abraham Manslow's *Hierarchy of Needs* triangle is met.

Most of us have our basic physiological needs of food, shelter, and heat met in our daily lives. The negative thinking cycles are here to provide us with this basic level of needs. However, above this basic physiological level, these negative thought patterns only interfere from us becoming more accomplished human beings. In order to

become evolved human beings we must learn to curb and control these negative thought patterns.

Most of us do not experience an immediate urge to



“fight or flight” in order to meet our basic physiological needs, but most of us are still functioning from behavioral patterns made to ensure that this level was met back in the caveman days. This is why we choose to think negative thoughts at almost every opportunity that comes our way. We must understand what it is that we are doing in order to release ourselves from this detrimental cycle.

If you think about it, you too, can see for yourself that negative thinking cycles have the exact opposite effect on the second stage of the Hierarchy of Needs triangle seen above. In the second stage, negative thought patterns may still have some usefulness. We lock our cars, houses, have regular health check-ups, and look after our children to prevent them from getting hurt. In this stage it is still important to have some negative thought patterns and to examine the worst case scenario so as to prevent it from happening. However, in the stages above the security level of human needs, negative thinking cycles will ruin anything good we have going on in our lives. We will only attract negativity into our relationships, health, and wealth opportunities by focusing on worst case scenarios.

But why do we continue to have these negative thinking cycles in the latter stages where they no longer serve us? The answer is the same as for why we continue to have the physiological stress response even when the cause of our stress is most likely no longer physical but mental. We physically incorrectly perceive things and this is where we need to regain our control. This perception of seeing things and situations above the first two basic levels as the same type of need is a mistake we make even on a physiological basis. The stress response, which pumps stress hormones into our bloodstream that reach our muscles so that we can get up

and run away from harm or protect our family and belongings from physical danger, are not needed in these levels of needs. This primitive stress response does not help us at all if the stock market plunges and we have stocks there, and it does not help us if we suddenly get news from our doctor that we are suffering from some kind of illness. Negative thought patterns are just as useless as is the stress response at higher levels of human needs and development.

To stop the negative thinking cycle, we must first become aware of it when it is happening and change our perception of things and our attitude towards those situations. When we are aware of this happening in real time, we can replace these negative thoughts of what we fear will happen into more comforting thoughts of what we do want to happen instead. Think of the ideal end product or result for you. After you know your ideal end result, place only thoughts that will help you accomplish it and will push you forward towards achieving your desires.

I know that it is not easy to completely change a negative thought into a positive one, but even a slight shift in perception is also good. Slowly, bit by bit, positive thought by positive thought will slowly replace most of your negative thoughts with better feeling thoughts that will create a better future for you. The mind requires time to create new connections between neurons, but these

new pathways will soon become second nature and make positive thoughts your default way of thinking.

## CHAPTER 9

### **The 6 Principles for Creating Peace of Mind – Principle 5: Focus**

*“If you chase two rabbits, both will escape.”*

- Arthur Rubinstein

**Notice: In this step there are no questions to ask.  
There is only one thing to focus on, and that is  
yourself.**

Now is the time to focus. By now you have learned to choose valuable thoughts that are based on love, you are choosing to believe in your ability to create, you are taking responsibility for your chosen thoughts because you understand that you have chosen them, and thereby you have created your present reality. Now is the time to choose to focus on YOU. It is time to increase your self-esteem and to keep yourself busy by keeping yourself

happy doing things that are beneficial for you in the short and long term.

Self-confidence and having a high self-esteem are determinants of your success, happiness, and fulfillment in any aspect of life including peace of mind, relationships, financial success, and health. Self-esteem is a major factor indicating the level of calmness and peace of mind you feel. Self-confidence comes from how much you love yourself, how much you respect yourself, and how worthy you believe you are. A person with a low self-esteem is a person who does not love themselves enough.

The amount of self-love you have will determine how you behave in all fields of your life. How much do you love yourself as an employer, employee, parent, partner? How much do you love the way you look? How much do you love the way you interact with others, and how much do you love your ability to learn? How much you love yourself in each aspect of life will determine your behavior in that field, and this will determine the outcome for you in this area.

Your focus should now be on increasing your self-love, and you can do this by using autosuggestion. (See Book #1 in this series for more details on autosuggestion.)

To briefly recap on autosuggestion, it is YOU who is suggesting to your subconscious mind whatever it is that YOU want to have in your life, rather than allowing for heterosuggestion (suggestions given by others) to take

a dominant place in your mind allowing suggestions from exterior sources to dominate your thoughts.

By telling yourself as many times a day as you can "I love myself" you will start to accept this as real and you will begin to feel more worthy of good things for yourself in life.

Make it a habit to stand in front of a mirror and smile while you are saying to yourself: "I love myself." Say it with enthusiasm because whatever you think about passionately and consistently, and whatever you believe to be true, will eventually become part of your reality. When you start to love yourself more and more, your chosen behaviors will be consistent with this new found self-love, and all aspects of life will dramatically improve for you. When you discover your self-worth, you will become more efficient in all of your endeavors. Upon frequent repetition and faith, our subconscious mind will slowly accept these suggestions as real, and it will use all of the resources it has available from generations of knowledge to allow it to become your reality. Once you start loving yourself more, you will succeed better in your relationships, your goals, your job, and in any other aspect of life. In order to become the ideal person that you want to become you have to start loving and respecting yourself more, and see yourself as worthy of having good things in life. The best way to go about

increasing your self-love is through repetitive autosuggestion as often as you can.

There are many false beliefs that state you should not focus on loving yourself too much because then you may become too arrogant. This is not true. There is a major difference between self-love, arrogance and obscenity. People who truly love themselves and who have a high self-worth will show this only through positive interactions with others. People with high self-esteem levels will not hurt others in their interactions like those who are arrogant and vulgar tend to do. They will also not hurt or harm themselves like those who are too shy and unsure of themselves often do.

People who truly love and accept themselves believe they are worthy individuals and see others in the same light. They accept others in the same way that they accept themselves. If everyone would truly love themselves and appreciate their personal worth, this would truly be the best way to create harmony in the world. If this were the case, almost all human interactions would be positive ones with a worthy cause behind them and people would definitely be happier.

Another fact about self-love is that in the same proportion that you love yourself, you will be able to love another. You cannot love another person more than you love yourself, and you cannot give more love to someone else than you have within yourself to give. Furthermore,

you cannot accept more love from another person than the amount you love yourself. This is true because before you accept and love yourself, you cannot accept it from another. Self-love is all about acceptance. We cannot have good relationships with others if we do not truly accept and value ourselves. The more you choose to love yourself, the less stress you will have in your life, and this in itself will make you a calmer individual and bring you peace of mind. The amount of love you choose to give yourself is also consistent with a positive attitude, and the opposite is also true. The less you choose to love yourself, the more of a negative attitude you will tend to have, and the more negative expectations you will have in your life. The more you choose to love yourself, the more of a positive attitude you will have, and the more positive expectations you will have for yourself.

Your focus should be on truly loving and caring for yourself, increasing your self-worth, and acknowledging your uniqueness. We are each so special and have a specific, inimitable purpose in our life. That purpose is to be happy and to spread that happiness just by being ourselves. That is it.

There is a famous quote by an unknown author that says, "If you don't believe in yourself, then who will?" The especially powerful speech in the last "Rocky" film directed by Sylvester Stallone is very inspirational. The

speech featured Rocky Balboa's communication with his son:

“Let me tell you something you already know. The world ain’t all sunshine and rainbows. It’s a very mean and nasty place, and I don’t care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit you as hard as life will. But it ain’t about how hard you get hit. It’s about how hard you can get hit and keep moving forward...how much you can take and keep moving forward. That’s how winning is done! Now if you know what you’re worth then go out and get what you’re worth. But you’ve gotta be willing to take the hits, and not point fingers saying you ain’t where you wanna be because of him, or her, or anybody! Cowards do that and that ain’t you! You’re better than that!”<sup>(73)</sup>

When you choose to place your focus on you, you will never give up on your dreams.

## CHAPTER 10

### **The 6 Principles for Creating Peace of Mind – Principle 6: Future**

*“Plan for the future because that’s where you are going  
to spend the rest of your life.”*

- Mark Twain

#### **Planning for the future.**

**The fifth set of questions to ask yourself are:  
“How can this choice have a positive effect on my  
future? How can I make this choice have a  
positive effect on my future?”**

Now is time to plan a better future for yourself. The first, most important choice is to keep yourself in the company of people who have a positive influence on you and want what’s best for you. Try to reduce your exposure to negative, criticizing people who don't believe in their own worth let alone yours. The people you choose to

surround yourself with will determine 50% of your success rate in any aspect of life, including achieving peace of mind. This is a substantial figure that should not be taken lightly. People you choose to surround yourself with and be in their company should have similar core values to your own, and should influence you in a positive, accepting, and loving manner to allow you to grow and develop. You should see your light through them.

Although it is not possible to remove all of the negative people that surround us in life, we can still choose to remove their negative influence on us, by choosing the way we perceive what they say and do to us, and change our attitude towards them and their behaviors.

Negative people actually do have an important and positive role in our lives. They help us see what we do not want to have or be in life. We cannot see that there is light if we do not experience the darkness. The same goes with negative people. You CAN change your attitude about them to an attitude of gratitude and actually thank them for helping you clarify your preferences that are different from whom and what they represent. It is really only through seeing this difference that we can determine our true desires and values.

I was having a very hard time changing my views about a neighbor whom I felt was making my life

miserable. They were a divorced couple with 6 children living in a very small apartment adjacent to our own home. The children and parents were constantly fighting day and night with each other, and since the parents didn't really care for their children's needs and were mostly non-existent in their children lives, the children behaved like stray cats. It was a horrible sight to see and it was very difficult living next to them. In addition, when the mother would come home wearing her very high-heeled shoes which she wore almost 24/7, she would stomp up and down the stairs on the ceramic floor which would sound like there were hammers banging on our walls. It was difficult to sleep and impossible to relax at home. I felt that my life was falling apart due to the constant noise. I was on the verge of a nervous breakdown when I finally decided to change my perception of the situation. I stopped justifying my unhappiness and wrote a letter to the neighbor for all of the things I “thanked” her for pointing out to me. Of course, I never gave her the letter, but just the act of writing it down allowed me to completely change my perspective on the whole situation. I went from being in a state of constant frustration to one of sincere gratitude. In my letter I thanked my neighbors for teaching me how not to behave with my children and others, how to respect my surroundings and keep them clean, and how to remove selfishness from my life. I also explained in my

letter how they taught me what selfish behavior looked like from an outside point of view, how they taught me how to respect my children, how to stand up for my vision and go with my truth, even when it is against other peoples negative opinions and thoughts. They taught me to choose my friends carefully. They clearly showed me how a person can mess up their own life through their own bad choices. These sentences are actually quotes that I wrote in the original letter.

At the end of the letter I signed it with the following message: “I love you for all you have taught me. Thank you!” I am sure you can imagine the shift in my perspective at that moment.

Once you change your attitude about anybody to an attitude of appreciation, then you will achieve the inner calmness you desire.

## **Planning Ahead:**

To achieve future calmness it is also important to plan ahead. When a stressful condition is foreseen, plan your actions ahead of time and also get yourself physically ready. Choose to get enough sleep, drink enough water, and eat properly to feed your body and mind so that you will be fit and ready to handle difficulties. This will provide you with much more leeway with regard to your own self-control.

Another important choice to make for controlling your life and planning a better future for yourself is limiting the amount of television and news you expose yourself to daily. Negativity sells because it fuels people's emotions, especially fear, which has a major effect on people. Research has shown that people who watch the news on a regular basis will have more of a negative attitude about more things in life and will have more worrisome thoughts than people who do not watch the news. These people will tend to catastrophize events more readily and tend to make "mountains out of molehills." <sup>(74)</sup> There is a strong influence from television on the lives of those who view it regularly. According to the A.C. Nielsen Company, the average American watches more than 4 hours of television a day. This equals to watching 2 months of nonstop television a year, meaning that an average 65 year old American has spent 9 years in front of a television set!

Research has shown that heavy television-viewing may lead to serious health consequences. The American medical community is promoting the National TV-Turnoff Week due to increasing worry and violence rates, television addiction, and creating a new generation of obese and sedentary children due to the passive nature of watching television. 11% of children aged 6-17 are overweight and report viewing over 22 hours of television a week. <sup>(75)</sup>

The average child will watch 8,000 murders on television by the age of 12, and by the age of 18, the average American will have watched 200,000 acts of violence, including 40,000 murders on television. <sup>(76)</sup> Dr. John Nelson of the American Medical Association (an endorser of National TV-Turnoff Week) said: “If 2,888 out of 3,000 studies show that TV violence is a casual factor in real-life mayhem, then it is a public health problem.” The American Psychiatric Association addressed this problem in its endorsement of National TV-Turnoff Week, stating, “We have had a long-standing concern with the impact of television on behavior, especially among children.” <sup>(77)</sup>

Remember, it is your responsibility to watch the thoughts that enter your mind in order for you to secure a positive future for yourself. Nobody else will do it for you and none else wants the best for you like you do. Therefore it stands to reason that no one else knows what is the best for you better than you do.

Emerson wrote in his essay *Compensation*: “The man who exercises complete self-control, cannot be permanently defeated, for the reason that obstacles and opposition have a way of melting away when confronted by the determined mind that is guided to a definite end with complete self-control.”

It is through controlling our thoughts and choices that we can create the life of our dreams.

## **To Sum Up:**

Now that we have covered the **6 Principles** of making successful choices in life for creating Peace of Mind, in the next books in this series we shall use them to examine your choices in other major life areas including:

- Health – both physical and mental
- Relationships – both romantic and those with friends and family
- Financial situation

You will learn to ask the right questions to decide whether your choices will position you on the right track towards achieving fulfilment, happiness, and success in your life.

# Closing Notes

Well, that's it, folks. I truly hope you now understand the **6 Principle Strategy** to making successful choices in life for achieving all of your desires. The strategy is simple, do-able, practical, and easy to remember.

The questions asked for each principle will help you in any and all aspects of your life that you may desire to accomplish or improve. Think of the **6 Principle** outline when you are confronting any new choice in life.

**The 6 Principles for Creating a Successful AND Happy Life series includes:**

1. The 6 Principles for Creating a Successful AND Happy Life: Book # 1: The Basics Everyone Needs to Know
2. The 6 Principles for Creating a Successful AND Happy Life: Book # 2: How to Create Peace of Mind
3. The 6 Principles for Creating a Successful AND Happy Life: Book # 3: How to Create Optimum Health
4. The 6 Principles for Creating a Successful AND Happy Life: Book # 4: How to Create Great Relationships

## 5. The 6 Principles for Creating a Successful AND Happy Life: Book # 5: How to Create Wealth

To summarize the **6 Principles**: Think about the value your choice will bring to your life and to those dear to you. Think about your personal love for the choice or desire. Believe and act upon your belief. Stick to your choice by focusing upon it, and always consider the impact this choice will have on you and your loved one's future.

By following each of the **6 Principles** to making successful choices in life for every decision you wish to make, your life will benefit massively.

Now it's time to show the world the real you: unique, unlimited, all loving and boundless.

I am wishing you a life of passion and greatness!

With Love,  
Galit Goldfarb

## **BONUS MATERIALS**

To supplement the knowledge in this book, I have created an online course titled: *“The Magic 8 Step Formula To Success & Happiness - A Simple, Easy-To-Follow 8 Step Formula To get You Smiling and Passionate About Life, Starting Today!”*. Go to the link below to get access to this life altering course:

**<https://goo.gl/9zoAQR>**

This course will introduce you to a special secret step-by-step formula that I personally used to get me from having literally nothing to achieving success in all aspects of my life because this course helps you to systematically change change your behaviours and belief systems allowing you to go from where you are today to where you truly desire to be just as it did with me.

As my gift to you for purchasing this book, I’m including a 50% off thank you coupon for you as I believe that you really desire to change your current situation. This course will help you do it. Here is your coupon code:

**<https://goo.gl/9zoAQR>**

There are only a limited number of discount coupons to this course so go to the link below to make sure you get your special offer now.

**<https://goo.gl/9zoAQR>**

I invite you to also follow me on:

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YouTube: <https://www.youtube.com/channel/UCMnRWAq2ilOvx9tIDlqAcFQ>

LinkedIn: <https://il.linkedin.com/pub/galit-goldfarb/11/463/b30>

In the following index I've included my recommended reading list categorized to help you on your path to specifically changing any aspect of your life in any of your ventures.

# INDEX

## Recommended Reading List

*“I cannot remember the books I’ve read any more than the meals I have eaten; even so, they have made me.”*

– **Ralph Waldo Emerson**

### **Peace of Mind**

*The Master Key System* – Charles F. Haanel

*The Secret* – Rhonda Byrne

*The Power of your Subconscious Mind* – Joseph Murphy

## **Health**

*The China Study* – Colin T. Campbell

*Healthy At 100* – John Robbins

*Whole: Rethinking The Science of Nutrition* – Colin T.  
Campbell

## **Relationships**

*Emotional Infidelity: How to Affair Proof Your  
Marriage and 10 Other Secrets To Great Relationships* –  
M. Gary Neuman

*What Shamu Taught Me About Life, Love and Marriage*  
– Amy Sutherland

*Too Good to Leave, Too Bad To Stay* – Mira  
Kirshenbaum

*I Want To Tell You About My Feelings* – Mamoru Itoh

## **Creating Wealth**

*Think and Grow Rich* – Napoleon Hill

*Secrets of the Millionaire Mind* – T. Harv Eker

*Rich Dad Poor Dad* – Robert T. Kiyosaki

*The Slight Edge* – Jeff Olson

You may examine and purchase all of the titles above and more at my online store at:

<http://goo.gl/wVL1X>

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- (73) Rocky Balboa's inspirational speech to his son: [www.youtube.com/watch?v=\\_Z5OookwOoY](http://www.youtube.com/watch?v=_Z5OookwOoY)
- (74) Frank Furedi Professor of Sociology at University of Kent, and author Politics of Fear, Where Have All the Intellectuals Gone?, Therapy Culture, Paranoid Parenting and Culture of Fear.

- (75) Recent results of Nielsen's Three Screen Report - a quarterly analysis from Nielsen's Anywhere Anytime Media Measurement initiative (A2/M2)
- (76) Mega essays.com, TV Violence and children:  
[www.megaessays.com/viewpaper/16769.html](http://www.megaessays.com/viewpaper/16769.html)
- (77) Star Tribune commentaries - Violence is America's national drug JOSEPH MORIARITY  
[www.startribune.com/opinion/commentaries/183865401.html](http://www.startribune.com/opinion/commentaries/183865401.html)