

# [The peace of mind philosophy essay](https://assignbuster.com/the-peace-of-mind-philosophy-essay/)

Peace of mind is one of those instants in life that are hard to describe, but easy to know. We all know the sensation. In those fleeting instants, there are no doubts, anxieties, or cares. For a flash, life is totally under modification. It is a sensation that we all wish in life, but it is few, far between, and brief. At least it seems that way.

“ Freedom from disquieting or oppressive thoughts or emotions.”

It all surprises with the basic desire to be satisfied. Everybody wants to be happy. Even if someone privileges they want to be unhappy, seeking that unhappy state really makes them happy.

Joy cannot occur without peace. In fact, echo on happy instants will also present peace. Happiness cannot openly coincide with chaos, making peace of mind dangerous. If it seems like they overlap, dig deeper and they will begin to distinguish.

Since pleasure cannot occur in a state that without peace, it is serious that a mindset of peace be recognized in our lives. Another reason why peace of mind is invaluable is our sole chance to change our boldness. When things are going unwell, we still have the aptitude to keep a positive approach. Of course, no positive approach can be shown without adopting peace of mind. Charles R. Swindoll’s quote concerning our approach still rings very true:

“ I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you…we are in charge of our attitudes.”

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From the instant we have our first day of school, to the time we advance from University, we are trained many basic abilities that build our traits. In order to have people consent you, using these qualities is a must. Generosity; being a huge characteristic, is one we should join into our simplest jobs. Not only can a small amount of generosity change a life, it can make you sense good and it can make you an improved person. Being generous is a vital value that we should use every day.

While fluctuating someone’s life with your richness of generosity is essential, how you sense while you do it is also very important. By knowing the influence you are having on someone’s life, sensation will become good about yourself and that is inevitable. Taking a few hours out of your day to help someone can be very pleasing. Whether that be serving a blind person cross the street, advancing someone a few bucks or helping an older person with their shopping.

Sometimes generosity needs pushing past a feeling of unwillingness because we all impulsively want to keep worthy things for ourselves. Even so, we can construct our lives in ways that make generosity more natural and fun. When we deliberately “ live below our means” and evade over commitment, we nurture a sense of abundance or extra that makes us neediness to share. When we give, we reap the liking of knowing we have made someone else’s life cheerier.

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Reasons that lead us to change and progress: freedom, power, knowledge, and immortality

Progress of an individual according to Shri Aurobindo depends on the free growth of the individuals which the state tends to suppress. State suppresses free growth of individuals as it ignores natural variation and governs human life by rigid uniform rules. However uniformity according to Sri Aurobindo suppresses individual development and without progress of the individual society also cannot progress. He says, “ Always it is individual who progress and completes the rest to progress”

Sri Aurobindo’s main philosophical work, The Life Divine, opens with a chapter entitled “ The Human Aspiration.” It addresses the urge for progress, the yearning for freedom, light, and perfection, which is so consistently contradicted by our immediate experience, but which still seems to be one of our most typical and most persistent human traits. Sri Aurobindo sees this urge for progress as an expression in the individual of a much vaster movement in nature, a movement that shows itself most clearly in the, at first sight rather improbable, evolution of life and mind out of matter.

The first condition of inner progress is to recognize whatever is or has been a wrong movement in any part of the nature,-wrong idea, wrong feeling, wrong speech, wrong action,-and by wrong is meant what departs from the truth, from the higher consciousness and higher self, from the way of the Divine. Once recognized it is admitted, not glossed over or defended,-and it is offered to the Divine for the Light and Grace to descend and substitute for it the right movement of the true Consciousness. (Sri Aurobindo, Letters on Yoga, Vol. 23, p. 661)

THE WHOLE burden of our human progress has been an attempt to escape from the bondage to the body and the vital impulses. According to the scientific theory, the human being began as the animal, developed through the savage and consummated in the modern civilised man. The Indian theory is different. God created the world by developing the many out of the One and the material out of the spiritual. From the beginning, the objects which compose the physical world were arranged by Him in their causes, developed under the law of their being in the subtle or psychical world and then manifested in the gross or material world. Once manifested in matter the world proceeds by laws which do not change, from age to age, by a regular succession, until it is all withdrawn back again into the source from which it came. The material goes back into the psychical and the psychical is involved in its cause or seed. It is again put out when the period of expansion recurs and runs its course on similar lines but with different details till the period of contraction is due. Hinduism regards the world as a recurrent series of phenomena of which the terms vary but the general formula abides the same. The theory is only acceptable if we recognize the truth of the conception formulated in the Vishnu Purana of the world as developments of ideas in the Universal Intelligence which lies at the root of all material phenomena and by its indwelling force shapes the growth of the tree and the evolution of the clod as well as the development of living creatures and the progress of mankind.

Whether we take the modern scientific or the ancient Hindu standpoint the progress of humanity is a fact. The wheel of Brahma rotates forever but it does not turn in the same place; its rotations carry it forward.

Human moderation is usually a wiseacre and a botcher; it sews a patch of new velvet on old fustian or of new fustian on old velvet and admires its deplorable handiwork. And its cautious advance means an accumulation of shams, fictions and dead conventions till the burden of falsehood becomes too great for life to bear and a violent revolution is necessary to deliver the soul of humanity out of the immobilizing cerements of the past. Such is the type of our progress; it is the advance of an ignorant and purblind but always light-attracted spirit, a being half-animal, half-god, stumbling forward through the bewildering jungle of its own errors.

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If the only prayer you say in your life is ‘ thank you,’ that would suffice. – Meister Eckhart

Gratitude means appreciation, together with your blessing, noticing simple joys, and acknowledging everything that you get. It means knowledge to live your life as if everything were a vision, and being attentive on a constant basis of how much you’ve been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present. In addition, behavioral and psychological research has shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

Gratitude heightens quality of life

A large body of recent work has suggested that people who are more grateful have higher levels of subjective well-being. Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and social relationships. Grateful people also have higher levels of control of their environments, personal growth, purpose in life, and self-acceptance. Grateful people have more positive ways of coping with the difficulties they experience in life, being more likely to seek support from other people, reinterpret and grow from the experience, and spend more time planning how to deal with the problem. Grateful people also have less negative coping strategies, being less likely to try to avoid the problem, deny there is a problem, blame themselves, or cope through substance use. Grateful people sleep better, and this seems to be because they think less negative and more positive thoughts just before going to sleep.

Gratitude has been said to have one of the strongest links with mental health of any character trait. Numerous studies suggest that grateful people are more likely to have higher levels of happiness and lower levels of stress and depression. In one study concerning gratitude, participants were randomly assigned to one of six therapeutic intervention conditions designed to improve the participant’s overall quality of life (Seligman et. all. 2005). Out of these conditions, it was found that the biggest short-term effects came from a “ gratitude visit” where participants wrote and delivered a letter of gratitude to someone in their life. This condition showed a rise in happiness scores by 10 percent and a significant fall in depression scores, results which lasted up to one month after the visit.

While many emotions and personality traits are important to well-being, there is evidence that gratitude may be uniquely important. First, a longitudinal study showed that people who were more grateful coped better with a life transition. Specifically, people who were more grateful before the transition were less stressed, less depressed, and more satisfied with their relationships three months later. Second, two recent studies have suggested that gratitude may have a unique relationship with well-being, and can explain aspects of well-being that other personality traits cannot. Both studies showed that gratitude was able to explain more well-being than the Big Five and 30 of the most commonly studied personality traits

Comparison with indebtedness

Gratitude is not the same as indebtedness. While both emotions occur following help, indebtedness occurs when a person perceives that they are under an obligation to make some repayment of compensation for the aid. The emotions lead to different actions; indebtedness can motivate the recipient of the aid to avoid the person who has helped them, whereas gratitude can motivate the recipient to seek out their benefactor and to improve their relationship with them.

QUOTES

## “ True forgiveness is when you can say, “ Thank you for that experience.”

â€• Oprah Winfrey Heart of Gratitude…

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – John F. Kennedy

Act with kindness, but do not expect gratitude. – Confucius

“ Walk as if you are kissing the Earth with your feet.”

â€• Thich Nhat Hanh, Peace Is Every Step: The Path of Mindfulness in Everyday Life

“ We must find time to stop and thank the people who make a difference in our lives.”

â€• John F. Kennedy

“ Gratitude is a form of worship in its own right, as it implies the acceptance of a power greater than yourself.”

â€• Stephen Richards

“ Be attached to nothing. Be grateful for everything.”

â€• David Che, Total Law of Attraction: Unleash Your Secret Creative Power To Get What You Want!

“ Gratitude of heart can often be seen in a generous spirit.”

â€• Our Daily Bread devotions