



PEACE OF MIND – THE FOUR C’S

Peace is not a passive wishy-washy state of acceptance. It is a dynamic state in which we feel fully alive and able to embrace each new moment, with a clear mind and an open heart.

The following four qualities provide a framework for us to think about peace of mind in a very practical way. As each quality begins with the letter ‘C’ they’re known as the Four C’s.

- The first is that we have a sense of **control** over our life. We consciously choose our response to life’s challenges rather than habitual re-actions. We’re active participators rather than helpless victims. This recognises that whilst we can’t always change what happens to us, we can change our response to what happens to us. This may involve changing things in our life including diet or learning techniques to help us manage fear and uncertainty more effectively or to learn to sleep better through techniques of relaxation and meditation.
- Secondly, we feel **committed** to living – we’re willing to get emotionally up-to-date with our lives. This may involve a re-focusing of priorities, issues of forgiveness of both others and our selves or resolving relationship or communication difficulties. To live wholeheartedly in the present we must resolve the issues of the past. In this way, we glean the wisdom from the past but don’t live with the woundedness of it. We may need to have long-overdue conversations with our loved-ones or say and do the things that are truly important to us.
- The third quality is that we feel **challenged** and excited by our lives. Is there meaning in our suffering? Remember that the pearl only comes about in the oyster because something irritated the heck out of the oyster. That which causes us greatest upset and anxiety is generally also the means by which we learn most about our selves and what’s important in our life. We can make our life meaningful by embracing our challenges and finding positive ways of easing our suffering.
- The final quality is that we feel a sense of **connection** – that we’re loved and supported by those we share our life with or that we have a sense of belonging or place or that we’re connected to our own spirit. We sometimes need to reach out for assistance or to let those that love us know exactly how we’re feeling.

Common sense tells us that anyone who feels completely out of control with their life, is ambivalent about living, all their challenges are overwhelming and they feel no one loves them, won’t fare nearly as well as one for whom the opposite is true.

Needless to say we’d all prefer to feel that when the unexpected or the unthinkable happens in our life that we’ll:

- have resources within and outside of ourselves to call on in response.
- care enough about ourselves to seek healing and peace.
- feel positively challenged and excited by the opportunities present.
- feel loved and supported by the people we shares our life with and that, what we’re experiencing, has meaning for us.