

Peace of Mind



BRIAN THOMAS

PEACE
OF
MIND

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Other Books by Brian Thomas

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Can Do Exercise Program

Getting Past Me and Being Closer to Thee

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Peace of Mind

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Published by W.C.P.

ISBN 978-1-737-02228-7-3

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Published in the United States
Collierville, TN

If we have not peace within ourselves, it is in vain to seek it from outward sources.

— Francois de La Rochefoucauld

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The apartment building was run down and shabby in a bad part of town. It was inhabited by winos and people down on their luck. One apartment had a piece of colored art paper with the writing covered with glitter. The art piece said, "All of my life my heart has sought a thing I cannot name."

Whoever wrote this could have been looking for peace of mind. A great number of people are searching for some kind of satisfaction in their life. They just are not satisfied with the way their life is going. There is no such thing as perfect peace of mind. It is also elusive. One day you have it, the next day you don't. This book is an attempt to show how to have peace of mind most of the time. Part of the secret is not wanting or expecting to have something all or most of the time.

There are ways of finding some peace of mind some or most of the time, and hopefully this will help at least one person to achieve that. If this book is able to do that, it will have served its purpose.

I don't know what
your destiny will be,
but one thing I know:
the only ones among you
who will be truly happy
are those who will have
sought and found
how to serve.

By Albert Schweitzer

I WANT TO BE FREE OF ME

By Brian Thomas

I want to be free of me
And be who I should be and could be
I want to be free to love everyone
To be free to have the kind of love
That only comes through God and from Heaven above
It is never too late
To have love in your heart instead of hate
Let me be free of me to look for and see
The best in everyone that God meant them to be
It all begins and ends with love
Let me be free of me to have unconditional love
From the one true source of love
God in the Heaven above
And if you love unconditionally all the time
You will have found true peace of mind

This poem was taken from the theme of the book *Getting Past Me and Being Closer to Thee*.

Chapter 1

PRAYER

What is prayer? Prayer is nothing more than a desire to speak to God directly. God wants us to pray and to speak with him and to him. There are several different types of prayer. Probably those who pray to God for his help or to obtain something is by far the most popular form of prayer. The next form is to pray for someone else. These prayers are said with the intention that God will have mercy on someone else other than ourselves and give them relief or to end their dilemma or suffering.

Probably the prayer of simply thanking God for what he has given us or what he has done for us is the prayer least said. Most people spend far too much time in asking rather than thanking God. The next time you pray, remember to give your thanks and tell God what you are grateful for in your life too.

A lot of people expect their prayers will be answered. We must accept and understand this is God's decision based upon his will and is according to his plan, which we will never know, much less understand. Your prayers may be answered or they may not be answered, or they may be answered in a different, unexpected way.

Some simple daily prayers will bring you closer to God in many ways:

Please, dear God, release your infinite healing love into my heart and soul, so that I may be free of anger, animosity, selfishness, resentment, grudges, critical or judgmental behavior, hatred and malice, and egotistical and selfish ways of life so that I may know and have true happiness, peace of mind, joy, love, and harmony in my heart, now and forever.

Please, dear God, release your infinite healing mercy and allow me to have true humility where I know that without you, I am nothing, and to know that I am not better than any of your children who are my brothers and sisters. We may be different, but we are no better. Please dear God, allow me to lead a humble life, knowing that without you I am nothing.

Please, dear God, release your infinite healing love into my heart and mind, so I may have a deep and enduring love for you and show you this true love by unconditionally loving all of your children who are my brothers and sisters, so we may become more spiritual and closer, connected in love to you dear God, who is the essence of love.

Please, dear God, release your infinite healing love into my heart and mind so that I may love you more than I love myself, and put away my egotistical wants, needs, and desires such as pride, vanity, etc.... and to realize the egotistical wants, needs, and desires will die the moment I take my last breath and in the meantime are meaningless, worthless, selfish, and not real. You are the reality in my life, so that I may love you above myself.

Please, dear God, release your infinite healing love into my heart and soul, so that I may love you above all earthly things, possessions, and pleasure such as eating, thrill-seeking, and any and all earthly pleasures, realizing that all earthly things, possessions, and pleasures are only temporary, meaningless, worthless, selfish, and unreal, and that you are the only reality in my life, dear God, so I may love you above all earthly things.

I love you, dear God, for what you have given me, done for me, and forgiven me for. I ask you for nothing for myself God, for you have given me the gift of eternal life.

These prayers said on a daily basis will constantly remind you of the need to be more spiritual than worldly. Being more spiritual will bring us closer to God. *The Imitation of Christ* by Thomas à Kempis is the second most read book in the world, exceeded only by the Bible. It also is translated in as many languages as the Bible. This is known as the best book for achieving a spiritual life.

It is best read as a daily devotional since each chapter is only one or two pages long. It can be used as a constant daily devotional since you will get something more meaningful each time you read it. Also, each time you say your daily prayers and read this book as your devotional, you'll realize it is the only one you will ever need, besides the Bible. It will always help bring you closer to God and help grant you peace of mind. The best and clearest edition is *The Imitation of Christ* by Thomas à Kempis translated by William C. Creasy and published by Christian Classics, which expresses the essence of the book and is written in very relatable language.

Chapter 2

ACCEPTANCE AND UNDERSTANDING

In order to receive the gift of eternal life with God, it is necessary to instantly accept whatever happens to us as the will of God. God needs us to have this kind of acceptance and the belief that everything, no matter how bad, happens for the best reasons in the end. It is no doubt that holding this belief is difficult to do, and for some it may seem impossible, but if you truly believe that God is a God of love, then you need to learn acceptance in order to become closer to God. In turn, this brings you closer to eternal existence with God.

The second part of this journey is to forget even trying to understand why something happens. Trying to understand the “why” of what has happened is an exercise in futility. Most people will say, “I can’t understand why this or that happened.” The reason they can’t understand is because they were not meant to. If God came down and explained it to us in great detail, no matter what the situation at hand is, we would still not understand. The way of God is not for us to understand. God is looking for us to believe in him and his way. The belief that God has not given us the ability to understand, but to have the simple faith of a small child will put us in closer contact with God.

A member of the family was in the process of dying of cancer. Every week the relatives would all come over to the house. They would always begin with questions like, “why did God have to take her now,” “she was so young,” “why did God cause her to suffer like this?” or “why can’t something be done to help her more?”

After several weeks of this, one family member said to the group, “If God came down and sat at this table and explained in great detail all the things you are wondering, you would still not understand *why*.”

In truth, we will never understand why something happens the way it does, but we must learn acceptance and trust in God in order to become closer to him and to become more spiritual.

Chapter 3

THE PRICE

Eternal life is a gift. The gift is that you spend eternity in the presence of God. Eternal damnation is when you spend eternity without God being present. People usually refer to this as hell, which it is. Eternity in the presence of God is a gift, but unlike most gifts, it has a price too.

The price is that you not only believe in God, but you also must love God and show this love in a number of different ways. One of the ways to demonstrate your love is to have unconditional love for all of his children who are your brothers and sisters. Another way of showing your love is having true humility and believing beyond the shadow of a doubt that you are absolutely nothing without God. True humility will occur within you when you come to believe that you are better than no other person, regardless of who or what they are or what they have done. You may be different, which you are, but no better. This belief that you are no better will put you into a frame of mind, which will allow you to have unconditional love for others.

True humility will also allow you to put your egotistical wants, needs, and desires aside, and love God more than you love yourself. True humility is a belief that what you may possess of the things in this world will not make you better

than those who lack these possessions. Humility will only come when you truly realize how insignificant you really are.

Another price of receiving the gift of eternal life is being able to put aside resentment and grudges, and to forgive others for what they have done to you, no matter how bad it may have been. God has shown his love for you when he forgives you for what you have done, no matter what it was, and if you want to spend eternity with him, then you also need to forgive his children, no matter they have done.

God shows his love for you in many ways, and he needs for you to show love for his children in many ways, too. One way you can show love is with acts of simple kindness to those you know and love, but also to those you whom you do not know personally. God has given you so many gifts that you probably are not even aware of some of them. God gives you these gifts to share with his children. Truly loving God is not only saying it but also showing it.

If you love a person, you love them for who and what they are, not what they can do for you or give to you. If you really love God, it will be for those same reasons, and not because of what he can do for you or give to you.

You will spend more time telling God you love him and thanking him for what he has given you and done for you instead of asking him for something for yourself. These are just some of the prices you must pay to gain eternal life with God. There are other prices, which you must find out for yourself, like mercy, and then there is the test.

Your true test is to try to control your human nature, which always keeps getting in the way of your desire to be spiritual. Our human, selfish desires are the basis of all sins.

Chapter 4

THE TEST

We were put on this earth to pass a test to see if we qualify for an eternal existence in the presence of God. We are given the ability to choose what we think and how we act. We are only given a certain amount of time to pass this test, so we must make the best use of the time we have available.

Making the best use of such time often comes down to our choice of thinking positive or negative thoughts. While it usually seems our thoughts start with an impulse, in truth we have a choice as to which direction our thoughts then take—positive or negative. Our impulses are determined by our needs, wants, and desires.

We are born with certain instincts. The main one is the instinct to survive. We all interpret survival in different ways. Some believe the best way to survive is through love. Others think they must be important and have power, instead. Most people think it means having just enough to get by and enjoy what they can each day. These are all decisions based on personal choices.

We can choose to be selfish or we can decide to put ourselves aside and think of others. We can choose to be worldly or spiritual. When we choose to be worldly, we base our lives on ourselves, which centers around egotistical

wants, needs, and desires. This typically includes bodily pleasures of one kind or another, like over-indulging in sex or food, or the possession of worldly goods. This is the life we have chosen to lead. There is no room for God in this particular world of ego, pleasure, and material things—to think otherwise simply means we are kidding ourselves. We can be 100 percent worldly, but we have the choice of being more spiritual and putting aside the unnecessary things of this world.

However, it is critical to note that we can never be 100 percent spiritual because of our human nature and needs, but we can learn to modify our needs and choices in order to follow a more spiritual path. There are those who decide they want to lead a spiritual life and they take the vow of poverty, chastity, and obedience. The vow of poverty is a choice of only possessing things which are absolutely necessary such as clothes, linens, and other needed items of practicality. The vow of chastity is the decision not to pursue sexual interactions in any form. This is nearly impossible because sex is our second strongest impulse, exceeded only by the will to survive—many people see our need to create children as a way for their family name and stories to survive.

The vow of obedience is the choice of being humble and the attempt to have true humility as much as possible for a human being to possess. It means to be totally subservient to almost everyone. The decision to put the things of the world aside as much as you can, and to modify your behavior in regard to things like eating to live, rather than living to eat, resisting the desire to have more possessions than we truly need, and the intention of setting aside your egotistical

needs, wants, and desires by dying to yourself and your ego, is the true test of putting God first and yourself second.

Part of the test is the decision to have a loving nature or a selfish nature. We have a God of love—infinite love, which includes forgiveness for whatever we have done ever will do. Part of our test is to choose to love others, show love, and forgive others for what they have done to us as God loves us and would forgive us. This is a big part of the test and probably one of the most difficult as it sometimes feels impossible for us to forgive others who have wronged us or caused hurt, whether it was physical, mental, emotional, or a combination.

We must approach this test with a clear understanding of everything we think, say, or do, and how it is all a test of who we are and what we are about. If we choose to be selfish and worldly, we will never have peace of mind. This is because peace of mind comes from a feeling that you feel good about yourself, who you are and what you have done to make other people feel good about themselves in return.

Chapter 5

LOVE IS WHAT IT'S ALL ABOUT

Perhaps one thing that can help us all on our spiritual journey is love. There are two kinds of love—plain love and unconditional love.

Plain love describes where you may love your best friend or a relative, your spouse, or even a beloved pet. There are conditions in regard to this type of love. It is based on the condition that the love is returned, that the person (or pet) shows you their affection in kind. They must never do anything to cause you hurt or harm, and they often need to live up to your expectations. Such expectations generally mean they act like they love you. You love them on certain conditions and under certain circumstances.

In contrast, unconditional love is when you accept a person completely, no matter who they are or what they do. You love them wholly. If someone loves you unconditionally, they accept you as you are, not for what they wish you were, but just simply as you are. They will continue to love you, and they will forgive you if needed. God's love for us is unconditional, and that extends to everyone who has ever been created. Unconditional love is the strongest type found on the face of the earth; it can overcome anything but will not be defeated by anything either.

Most humans have the capacity to love to some degree. A few have it within them to love unconditionally. An example of this is as follows:

There was a man who had lived on the street for most of his life. He consorted with the worst of the worst, and eventually he became one of them—the worst of the worst. He cared about nothing or no one, including himself. He used people, took from them, and gave nothing in return. He used women by the dozen and left them with nothing but the feeling they had been used. Then he went to a night-club and met another woman. He did his usual thing; he charmed her, made her laugh, made her feel good, and of course got her phone number. He called her, took her to dinner, and once in the car, he started his pattern of seduction. He was good. He was smooth—he had these actions down to a science.

He was well on his way to take full advantage of the situation when she looked up at him and said, “I love you.”

Her friends had tried to tell her who he was and what he did, but she already knew what he was. However, she saw something in him that nobody else had ever seen before. She saw something good within him. When she said, “I love you,” it stopped him dead in his tracks. Something touched his heart that had not been there since he was a small child. This one moment changed his life for the most part, but not all.

There were many moments where he was still hard, cold, ruthless even, and he did not care. And then there were times he did care, but she loved him unconditionally no matter how he acted. This is why unconditional love is the strongest force on earth because it has the power to change people. You have to believe that no matter how bad a person

is, that there is some good within them. God did not make mistakes in the way he designed us—we must trust that when we do love, we must love unconditionally, or it is just plain old garden variety love.

We can begin to have true peace of mind when we come to the realization that God forgives us for everything we do and still loves us without hesitation. When we choose to love others unconditionally, we will become more spiritual, closer to God, and have true peace of mind. A man who had lived to be 110 years old was asked what his secret was. He replied, “Love everyone.” In Conclusion, when you can have it in your heart to truly and unconditionally love everyone, then and only then will you have real and true peace of mind.

Chapter 6

THE FOUR WORLDS WE LIVE IN

Just as there are two types of love, there are also four worlds that we live in. One is known as the world of the “would, could, and should.” This is the world where we say, “If only this person or that person, a son, wife, friend, business associate, would only be kinder, stronger, more understanding, more loving, then things between us would be better. Or we say, if we could only get a better job, do better in school, make more money, live in a better neighborhood, make new friends, then life would be better. Or we say, “the boss should give me a raise, my wife or husband should be more understanding, my friends should call me more often and help me when I need them, or the system and world should be more fair, or people in need should be helped more than they are.”

If you are thinking any of the above, then you are living in the world of would, could, and should. The world of “if” rather than taking action. The only real world is the world of “is.” This is the way life truly shows itself, the good, the bad, and the ugly. When we choose to live in this world, we can begin to accept things that we cannot ever possibly hope to change unless we do everything in our power to change them, and then there is still no guarantee.

We are not going to change people unless some part of them truly wants to change. We are not going to change circumstances which are beyond our control, and we are not going to change the world. We can only change things which we have a small degree of control over. It is difficult to live in the world of “is” because it’s total reality and not what we think it would, could, or should be. Being able to accept ourselves and others as we are and our conditions in life will give us the strength we need to live in the real world of what “is.”

Do not ever ask why things are the way they are. You will never understand, as mentioned before in a previous chapter—even if God came down to explain a situation to you himself, some part of you would never be able to fully understand the why of something. Therefore, the best we can do is to accept the way the world is, the way situations are. You will become a more spiritual person along the way and become closer to God and receiving the gift of eternal life by accepting God’s will without question. God loves and forgives you unconditionally; therefore you must accept his will unconditionally.

The other two worlds we live in: The first world is the world we live in; it is composed of the organic and inorganic. The living trees, plants, humans, and then the inorganic stones, sand, etc.... Our human nature is part of the world. We need the things of the world to live on in order to survive. Our basic instinct is to survive, so our human nature is about the “me.” The world we live in provides us with things of material possessions and pleasures. Our nature provides us

with an ego where we can become more important than anything or anybody.

The other part of this world is the spiritual world, which is part of us and part of God. This is by far the most important of these two worlds because of how much it encompasses the other worlds too.

Chapter 7

WHAT ARE WE HERE FOR

Each person who was created by God, and God created each and every one of us, is here for a purpose. If you know what your purpose is and what you were created to do, you are one of the lucky ones. Some go through their life and die never knowing why they were put on this earth. Some find their purpose early in life and some find it later in life, but tragically most people do not know what their purpose is.

They go through this world thinking only of themselves and their egotistical needs, wants, and desires. They are also concerned with the things, possessions, and pleasures of the world. About everyone is seeking happiness of some kind. They believe they will find it in what the world has to offer. They won't.

People are primarily motivated by doing what makes them feel good. This is the bottom line of all human behavior. You will do what makes you feel good or happy, first and foremost. It may make you feel good to eat fine food, to have sex of all kinds, or to make and have lots of money.

It may make you feel good to feel confident in yourself by being a Godly person, going to church, and associating with like-minded people. It might make you feel good to be fair and honest with others and be known as a good

person. These are all great and noble reasons to feel good, but something is going to be missing.

There is a saying that states, “All my life my heart has sought a thing I cannot name.” The great humanitarian Albert Schweitzer who was a doctor, spent his entire life caring for those who no one else would care for. He did this with nothing personal to gain. He put himself aside and took care of others. The cover page of this says it all, “I don’t know what your destiny will be, but one thing I know: only ones among you who will be truly happy are those who will have sought and found how to serve.”

We are here to serve others beside ourselves. When we can put aside ourselves and do this, we will have found our purpose and have true peace of mind.

Chapter 8

WHO OR WHAT IS GOD?

God is a force. A force that has always existed and always will. God created and controls the universe, always has and always will. There is a combination of infinite energy, infinite intelligence, and infinite love, which is the strongest of the three forces and balances them together in perfect harmony in a perfect triangle.

God the father or head, God the son, and God the Holy Spirit. This is a mystery beyond human comprehension and those who try wind up with more questions than answers. Most people ascribe a human characteristic or pronoun to God, which is “He.” God is not a person so there is no human form to God or human characteristics. If that were true and God did have such characteristics, God would not be perfect. Human beings are very imperfect. Since God unconditionally loves, we have a certain degree of access to God because God responds to unconditional love. If we want to become close to God, we need to be more spiritual and less worldly. We need to rid ourselves of our egotistical wants, needs, and desires and the things, passions, and pleasures of this world, which prevent us from becoming more spiritual.

God does not make junk. Everyone was created by God, and we all have some good in us. Our job, if we wish to be closer

to God, is to look for that good in everybody. God created us all equal, different but equal, so we are no better than anyone created—different, but not better. Everyone created is a child of God, so that makes us all brothers and sisters.

This is not a difficult concept to understand, but impossible for most people to accept. If you refuse to accept this, then it will be impossible for a person to have unconditional love in their heart, which is the only thing that brings you closer to God. The closer you get to God, the closer you will have to finally embracing true peace of mind.

Chapter 9

OUR ATTITUDE

Peace of mind depends upon our attitude. If we have a negative attitude toward ourselves or others, we will never have peace of mind. Although it is probably impossible to have a positive attitude about ourselves and others all of the time, we can try to be positive as much as possible. We can always choose to be positive or negative in our daily lives, thus we do have some degree of control over our attitude.

People need to come to grips over who and what they really are. We need to know ourselves, what we want, and what makes us feel good. Until we know ourselves, we cannot control our choices of what we do, and more importantly, why we carry out certain decisions or actions. Our human nature is about the “me.” When we can begin to understand life is not really all about the “me,” we can arrive at this conclusion: Maybe it’s me that prevents myself from having peace of mind. Maybe it’s what I believe and not what is, which is the reality of life. Maybe what we believe rather than what really is could be holding us back from finding the peace within that will allow us to have true peace of mind.

Peace of mind is a state of mind. This state of mind comes from not wanting or expecting anything of anyone. When we become free of earthly expectations, our mind will be free. This freedom is called peace of mind.

Chapter 10

A KIND TONE OF VOICE

There are two old sayings. One of them is, “The pen is mightier than the sword.” The second is, “There is nothing stronger than the spoken word.”

Violence of any manner, shape or form, can have the lasting impact as the spoken word. The effects of violence will eventually subside, but once a thought is put into a person’s mind, it is there permanently and will create impulses as long as the person lives. The spoken word can have impulses like the ripples in water when a stone is skimmed over the top. People will remember what you said above all else. You can touch peoples’ hearts, get people excited about an idea, give them knowledge or insight about almost anything, or you can anger them, humiliate them, cause them to be sad, cause them to have fear or to have courage, faith, and believe all with the power of the spoken word.

The most important part of the spoken word is the tone of voice that it is spoken in. It can be spoken in anger, sincerity, disdain, deep belief, condensation, boredom, superiority, or with love, affection, and kindness.

A kind tone of voice will be one that is best received and makes the biggest and most lasting impression. A kind tone of voice indicates that it is backed up by love. A person

will actually feel a kind tone of voice. It will touch them like nothing else, and it will give the speaker a peace of mind knowing this is spoken with love in their heart. A kind tone of voice can reach and influence those who hear the spoken word read in such a positive tone.

Nothing has the power of the spoken word and using a kind tone of voice for the spoken word has the greatest power of all. Speaking in a kind tone of voice will give you peace of mind.

Chapter 11

FAITH AND VISUALIZATION

When you pray, you must believe and have absolute faith that your prayers will be answered in some way. They may not be answered in the way you want or expect, but they will be answered in some way.

When you pray, it also increases the chance of your prayers being answered if you visualize and see in your mind's eye the prayer being answered. If you pray for someone to be free of an illness, then you must see the person free of the illness and well and healthy in your mind. If you pray for something in your life, you must see the thing you prayed for actually happening. If you pray for a job, you must see yourself working in a job that you love. Your prayer becomes twice as strong when you have absolute faith and see it happening.

Chapter 12

WHO NEEDS PEACE OF MIND?

The answer is everyone on the planet. It is possible to have peace of mind, but you will not gain it from anything on this earth. True peace of mind resides in your spirit and in your spirit alone. When you make a decision to become more spiritual and less worldly, you will be closer to having true peace of mind. This is a gift we can give to ourselves.

Peace of mind starts with trying to have peace with God. When we begin to put God first and ourselves last, then we can be free of our egotistical needs, wants, and desires along with all the things, possessions, and pleasures of the world. We will never be free of these, but we can modify them and realize our relationship with God is more important.

When we can put our head down on the pillow and feel good about ourselves and what we have done that day to make others feel good about themselves, and know that our heart is free from doing anything that would cause others any pain or suffering, then we can go to sleep with peace of mind. When we can truly thank God for what he has done for us and given to us that day. When we can thank God for loving us and forgiving us. When we can say from the bottom of our hearts and mean it with our whole being, “I love you dear God,” then we can go to sleep with man’s most wanted desire: peace of mind.

Chapter 13

UNCONDITIONAL LOVE AND PEACE OF MIND

The true price of peace of mind is to have unconditional love in our hearts. We first must reach the conclusion and feeling that we are better than no one. God's human creations are his children. Since we consider God our father, that makes everyone on this earth our brothers and sisters. We may be different, which we are, but we are no better than anyone else. Until you can reach the state of mind where you do not feel better than anyone, it will not be possible to have love in your heart for everyone. When you give yourself the freedom to have true, unconditional love in your heart of hearts for everyone, then you will have given your mind freedom. You will have given yourself life's greatest gift: Peace of mind.

This love in your heart can only come from one source, God. God is love.

Chapter 14

THE THINGS THAT HAPPEN WHEN YOU HAVE UNCONDITIONAL LOVE IN YOUR HEART FOR EVERYONE

Unconditional love exudes a strong feeling. People can sense this by the way you act toward them, the way you talk to them, and by your general feelings toward them. You can make people feel good. They can feel better than they did before you came into their presence. People loosen up after being uptight or burdened with worries. Their minds are relieved if only for a short while.

They feel better about themselves. When you can put people in a better or good mood, you have done a great good. Isn't that what life is about, doing good for others for the sake of God? You have the power to perhaps change other peoples' lives for the better. You can free them from the chain of their worries if only for a short while.

The goal is to reach the belief that your egotistical wants, needs, and desires will die the minute you die, and in the meantime are worthless, meaningless, selfish, and unreal, and that God is the only reality in life; you do not see this reality, but you can feel it. And when you reach the

belief that worldly things, possessions, and pleasures are only temporary, meaningless, selfish, and unreal, and that the only need is God, which you cannot see, but you can feel his love, will love then come into your heart.

All of this comes from the unconditional love that God has for all of us.

Chapter 15

THE FINAL TAKEAWAY

These are the four final steps to complete peace of mind.

Step One Know Yourself

You are a human being and you are not perfect. In fact, you are nowhere near it. You are different than anyone else on this planet. There may be people who are like you, but you are still unique in your own right. To have peace of mind, you must be happy with you. If you are to be happy with you, then you must know why you do the things you do.

The basis of all human behavior is that we do what makes us feel good. This is the bottom line. So first of all, you must know what makes you feel good and then, even more importantly, you must know why it makes you feel good. The answer lies in the *why*. When we do something that makes us feel good, we need to ask ourselves, “Why did this make me feel this way? What need or want did this satisfy?”

You will get an answer and you will know within yourself if this is the correct or valid answer. You must keep on asking until you finally come up with the real reason. You

will know the truthful answer when it does come. After you have found out what makes you truly feel good, then and only then can you be happy with yourself. You then must know and accept you, and you must know who and what you are in order to be truly happy with you.

Step Two

Cleanse Your Heart and Soul

Once you know who and what you are, why you do the things you do, and why it makes you feel good to do them, then you are in a position, with the help of God, to cleanse your heart and soul of anger, animosity, selfishness, resentment and grudges, critical and judgmental behavior, hatred and malice, and egotistical and selfish thinking. You must find true forgiveness in your heart for everyone who has ever wounded you, and you must rely upon God to forgive you of any wrong you may have committed to anyone or any wrong you have done. When all of the above has been completed, you will have a clear conscience.

Step Three

Choose Humility

True humility comes from God, and you must implore God to give you true humility so that you can believe without a doubt that without God, you are nothing. It is a fact you are no better than any of God's children, which includes everyone he creates and who are your true brothers and sisters. You will be different from them, and you may not like

them or what they do, but you must come to a state of mind that you are no better than any one of God's children. This is not easy to do unless and until you receive true humility from God. Once you have accepted this, then you will be ready to complete step four in order to achieve the peace of mind you are seeking to obtain.

Step Four **Love Everyone**

With the help of God's love, you can find unconditional love in your heart for everyone. You must feel and say to yourself of another person, "I love you." No matter who they are or what they have done, love must come through. When you are truly capable of doing this, you will find that you have become a more spiritual person and a more loving person, which will bring you closer to God who is the essence of love. Bringing you closer to God is what peace of mind is all about. True peace of mind can be yours if you are willing to follow these four steps.

ABOUT THE AUTHOR

Brian Thomas is the author of a spiritual classic entitled *Getting Past Me and Being Closer to Thee*. He has also written *I Sight: Seeing Ourselves and Others as We Really Are, How to Understand Yourself and Others*, which breaks down the seven different systems of our personality. When you can understand yourself, you can understand others and vice versa. Brian presently resides in Georgia and is working on his third book, *The Gift of Eternal Life*.