

How to Create Peace and Contentment in Your Mind

Do you find yourself grappling with thoughts that bring you down? If so, subtle programming may exist within you and be negatively affecting your mind and body. It is true that positive thoughts are a byproduct of a connection with higher self. Yet, when our mind is interrupted during the course of the day with negative thoughts and feelings, we may still be in a victim mentality state of mind. Victim mentality keeps us small, frustrated, and helpless. Victim mentality blames another and worse yet, yourself, for negative circumstances. Life can be better than this. It does not mean perfection, but it does mean peace of mind and contentment.

What is the Ideal State of Being?

Could it be peace of mind? This is a byproduct of belief and the universal energy that creates and restores harmony and balance. We all are energetic beings. We experience life as a human and that experience is what makes us an individual, unique. Another way of stating this is: The who we are is energy and what we experience is our individuation. Grasp this concept and realize this: we are humans having a unique experience.

The cells in our bodies resonate with higher frequencies. They also respond quickly and can restore quickly. The subconscious mind runs silently in the background and its programming influences our thoughts. Our thoughts can lead us on a rampage by this programming. What can we do about this? We must rewrite the software. Many times thoughts keep us stuck and powerless. Such as: I am not enough, the feeling of lack, the feeling of separateness from others, the feeling that I need more and can't get it, the feeling that I don't deserve it, the feeling that others have power over me, unforgiveness, and

the most significant negative emotion, fear.

True Remembrance Occurs just Below the Conscious State in the Subconscious.

As Bruce Lipton, PhD, cellular biologist explains: We must update our software. We were programmed the first 7 years of our life with everything we were exposed to in our environment. Conscious thought really doesn't begin until after 7. So our environments play a key factor. But that doesn't mean we can't change. Just as cells in a Petri dish can change when their environment is changed, so can we.

Three tools that will change our subconscious.

1. Rote or repetition
2. Hypnosis
3. Subliminals or Super learning

Our subconscious affects our entire world. It affects our spiritual, mental and physical being.

An Excellent Way to Reprogram the Subconscious

Meditation is a powerful tool because it infuses pure consciousness into our being and affects change to rewrite the negative beliefs in our subconsciousness. There is not one right way to meditate. It is best to experiment and use what works best for you. Your intuition may lead first and experimentation is not necessary. I began meditating in a very stressful period of my life. Binaural meditation worked well for me. [Kelly Howell/Brain Sync](#) offers free meditations of this nature and tutorials.

Mantras have also helped me program my subconscious. Here are some mantras I have used over the years. Once they are set or programmed, then they are not necessary. You can move on to other mantras that will aid you.

- *Sat, Chit, Ananda. The word "Sat" means being. "Chit" means consciousness. "Ananda" means bliss or rapture.*
- *I am the master of my destiny.*
- *I choose to awaken more. I choose to encourage others in conscious living. Please put in my path teachers, books, ideas, methods to learn and reinforce and the confidence to share.*
- *I am totally independent of the good or bad opinions of others.*

The very cool thing is that what we practice becomes easy over time.

The natural state of being is meditative and mantras are wishes that are organic by nature. My mind leads the way with positive affirmations. I don't have to wear a string around my finger to remember. So the result is improved health, peace of mind. The result is not perfection, but contentment. It's not settling, it is being. It is a blissful state.

Bruce Lipton writes extensively on how we can change our biology by reprogramming our mind in [Biology beyond Belief](#).

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