

ARTICLES ON PEACE OF MIND

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Almost every day we pass through situations that cause stress, anxieties, worries or unhappiness. We often face problems, conflicts, demands or emergencies at work, at home or in relationships. Sometimes they lead to emotional and physical strain or problems. It is in these situations that a state of inner peace is a great blessing.

A state of inner peace makes life easier, happier and more satisfying, and gives you the ability to deal effectively with every situation. You cannot always change your external conditions, but when you can bring peace to your mind, you will act and react differently, and this will transform your inner and external world.

What can you do to promote peace?

One way to promote peace of mind is Faith healing and it is founded on the belief that certain people or places that has the ability to cure and heal—that someone or something can eliminate disease or heal injuries through a close connection to a higher power. Faith healing can involve prayer, a visit to a religious shrine, or simply a strong belief in a supreme being.

Why should you promote peace?

Peace begins in the mind. Anyone who wants to live peacefully has to start working on calming down the mind, thoughts and worries. So in other words we should promote peace in order to live peacefully.

How will you succeed?

The best way to succeed is, you need start to work on calming down the mind, thoughts and worries.