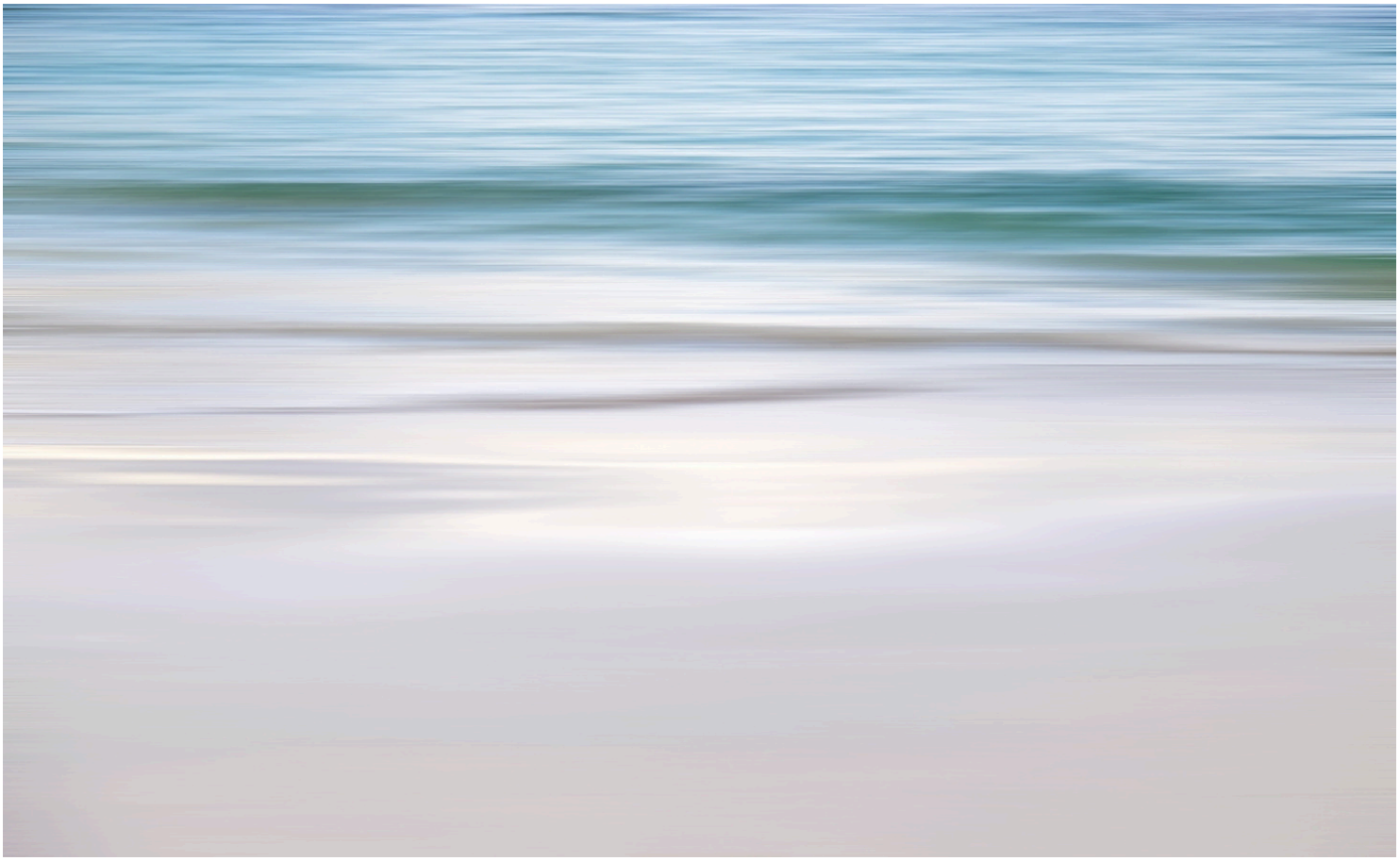
"10 Steps to Inner Peace: Unlocking Calm, Confidence, and Clarity in a Chaotic World"



Dr Kevin Lentin

Intergrative Chiropractor | Functional Wellness Specialist

DR KEVIN LENTIN

Introduction

The Power of Aligning Your Inner Self with a ‘Dis-com-bob-ulated’ Outer World

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We’re all feeling it—this underlying sense of disarray, of not being in control. In fact, I’d go so far as to say that many of us have been feeling it for quite some time. That persistent, gnawing discontent, the unsettledness that brings with it pervasive anxiety and worry.

It’s not just me, I’m sure. The world definitely seems to be speeding up, doesn’t it? I bet you often catch yourself saying, “I don’t know where the time goes. It just flies by.”

It feels as though we're stuck on a runaway hamster wheel. In fact, I recently came across a funny photo of a hamster lying on its back, legs up in the air, *completely* off the wheel—and it struck a chord. That hamster could easily be you or me, overwhelmed and unable to keep up with the relentless pace of life.

You may even feel like you're at that point—or rapidly heading there—of complete and utter burnout.

Now, more than ever, is the time to act. It's time to reclaim control and put a halt to the ever-increasing chaos so many of us are experiencing.

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This sensation of overwhelm arises from a profound disconnect between our inner world—our thoughts, emotions, and sense of self—and the chaos of the outer world.

The higher-than-ever levels of perceived stress, the relentless bombardment from media, the unceasing demands of work and family, and the ever-present uncertainty create a perfect storm of overwhelm.

When left unchecked, this internal noise grows deafening, pushing us toward mental chaos And let's be honest—it's not just unhealthy; it's outright harmful.

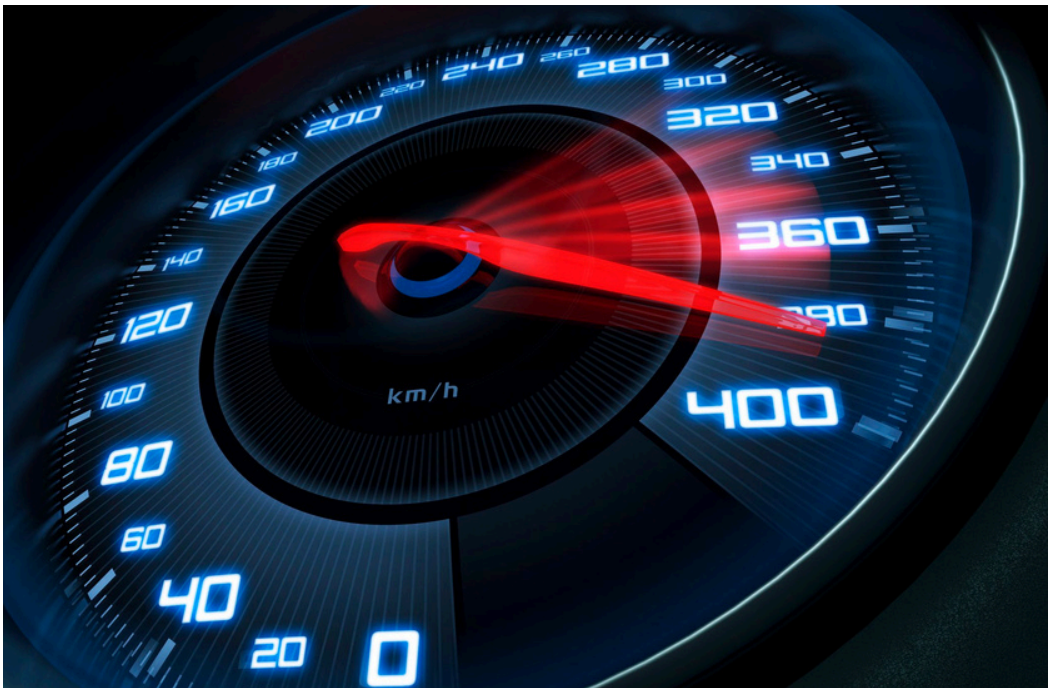
Chronic stress can lead to debilitating depression, crippling anxiety, loss of motivation, and dysregulation of critical internal systems. Over time, this spiraling imbalance leaves us feeling distressed, depleted, and demotivated, setting the stage for serious physical and emotional ill health.

But here's the good news: all is not lost!

There are powerful, simple, and actionable steps you can take to reclaim your sense of inner peace and harmony. These steps are guaranteed to counteract the flood of stress chemicals coursing through your body and restore balance to your mind, body, and soul.

As Mahatma Gandhi so wisely said:

"There is more to life than simply increasing its speed."



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This timeless insight offers a glimpse of what lies ahead—a guide to slowing down, tuning in, and aligning your inner self with the outer world.

Together, we'll explore how to embrace calmness, foster resilience, and achieve the state of profound well-being you've been searching for.

There are 4 stages that need to be initiated to start your Inner Peace journey:

1. Become inspired

The more chaos you are exposed to the more difficult it becomes to extricate yourself from the chaos and the more difficult it becomes to 'become inspired'.

Now though, is the time to draw that 'line in the sand'. It's not as daunting at it may seem.

Here is your 'step-by-step' guide. Take that mental and conscious step to 'become inspired'.

2. Believe in yourself

Belief in onesself, in one's ability, and one's potential creates an iternal state of calmness. This allows one to exert control over one's destiny.

Belief in oneself is a powerful catalyst for creating Inner Peace because it instills a sense of confidence and resilience, even in the face of challenges.

This self-belief reduces anxiety, self-doubt, and fear of failure, which are common barriers to achieving Inner Peace.

3. Create clarity

Creating clarity in one's approach to achieving Inner Peace is essential because clarity serves as the foundation for intentional and purposeful action.

Clarity allows one to identify and eliminate barriers, such as limiting beliefs and negative habits, and to develop a structured, proactive plan for cultivating peace within.

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3. Take Action

Thinking about how to achieve the state of Inner Peace is a great starting point, however, just thinking about it, won't get you anywhere.

You have heard the saying, 'knowledge is power', and you may even believe that to be true and correct. But it isn't. It's what you DO with the knowledge that is really powerful.

This ebook will provide the initial motivation and roadmap that you will need to begin creating your Inner Peace foundation.

Be diligent, and committed. You will find the results exhilerating and worthwhile.

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Rate Your Inner Peace Score

Answer Yes or No to each of the following questions. Tally your responses at the end to assess whether you are in, or close to, a state of inner peace.

1. Do you wake up each morning with a sense of control and clarity about your day? Y / N

2. Do you feel a consistent sense of emotional calm and stability throughout most of your day? Y N

3. Are you able to maintain mental focus and avoid becoming overwhelmed by external distractions? Y /N

4. Do you experience physical relaxation, free from chronic tension or stress-related symptoms? Y /N

5. Are your relationships with yourself and others marked by harmony and mutual understanding? Y / N

6. Do you find yourself feeling content and grateful, even when faced with challenges? Y /N

7. Are you able to minimise the influence of external stressors, such as media or societal pressures, on your emotional state? Y /N

8. Do you feel that your life's pace allows you to appreciate and engage with the present moment? Y /N

9. Are you confident in your ability to manage uncertainty without succumbing to worry or fear? Y / N

10. Do you feel a sense of alignment between your inner values and the actions you take in your outer world? Y /N

Scoring

- **8–10 Yes Answers: You are likely in a state of inner peace or very close to achieving it. Your emotional, mental, and physical states are well-aligned, and you have developed resilience to external chaos.**
- **5–7 Yes Answers: You are on the path to inner peace but may have areas to work on. Identifying and addressing these could help you achieve greater tranquility and balance.**
- **0–4 Yes Answers: You may feel far from inner peace at the moment. It's time to prioritise practices that help calm your mind, nurture your body, and bring harmony to your inner and outer worlds.**

Where is Inner Peace?

Inner Peace isn't a 'place' you arrive at. It also isn't a 'destination'. It's a 'state of being'. It's a 'state' in which you are mentally, spiritually, physically and emotionally 'at ease', and where your entire being is *INDEPENDENT* of the external world.

It's a 'state' in which you feel in total control of everything around you.

Now this does not infer that you are oblivious to the external world, that you can't appreciate joy and happiness or feel sadness or emptiness. It just means that YOU are the one in control. You decide when to increase the speed of your hamster wheel and when to slow it down.

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10 steps to Inner Peace

1. Realising that the only permanent thing in life is that everything is IMPERMANENT

Wishing the ‘good life' was something you could experience all the time is like swimming against the current. Change is a given, it’s the ‘norm’. Once you can grasp and accept that change is the ‘norm’, then when change does happen, it loses its power over you.

2. Releasing the hold the past has over you

Allowing your past to dictate your future is an exercise fraught with less than desirable outcomes. The ‘if only that hadn’t happened to me’ mindset, drives the ‘poor me’ mindset preventing you from being in control and thereby preventing you from being in that state of Inner Peace.

3. Banishing ‘fear of the future’

This does not mean you must not plan for the future, it’s doesn’t mean that you can’t set goals for the future, however it does mean that fearing something that hasn’t yet happened is, again, an exercise in futility.

4. Practice ‘living in the now’

The only real time that you have is the very present moment. What has happened is over and done with and applying worry, anxiety or concern to things that haven’t yet happened serves only to increase your stress response.

5. Avoid ‘catasrophisation’

Always keep things in perspective. A good question to ask yourself is, ‘what’s the worst that could happen’. This is especially true of the media ‘hype’, that often over dramatises things in the name of sensationalism.

6. Take a media holiday

Reduce your exposure to negativity from all sources. Definitely from the media, but it may also mean reducing exposure to people that are negative, ‘dream stealers’ and those that always seem to find the ‘half empty’ side of life more appealing.

7. Practice visualisations and affirmations

Bombarding your subconscious mind with words and images that align you with the principles of Inner Peace is a powerful way to gain control of your external world.

8. Conscious Breathing

Yes, we are all breathing, and that’s a very good thing! However, most of us aren’t consciously breathing.

Conscious breathing means sitting quietly, taking a deep breath in through your nose to the count of 4, holding the breath to the count of 2 and then releasing the breath through your mouth to the count of 4. Repeat this 5 times, at least twice a day.

9. Meditation

Meditation is an ancient technique used to ‘still the mind’. A gentle way of ‘educating’ the mind to see things just as they are and not attach emotions and feelings that can create the proverbial 'mountain out of a mole hill’.

10. Practice the ‘it’s just a thing' technique

When you apply the ‘it’s just a thing’ approach to everything, the thing, no matter what it is, loses its impact and the ‘hold’ the ‘thing’ exerts over you.

Practicing all of these techniques continually ‘drives’ the powerful messages into the subconscious part of the brain, and once the subconscious gets the message ‘loud and clear’, you’ve arrived!!

'Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till to-morrow what you can do to-day'

Philip Stanhope, 4th Earl of Chesterfield

Eckardt Tolle describes this process so beautifully:

“What a liberation to realise that the “voice in my head” is not who I am"

Who am I then? The one who sees that...

“The beginning of freedom is the realisation that you are not “the thinker”. The moment you start watching the thinker, a higher level of consciousness becomes activated. You then begin to realise that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence"

"You also realise that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind. You begin to awaken...The moment you realise you are not present, you become present. Whenever you are able to observe your mind, you are no longer trapped in it. Another factor has come in, something that is not of the mind: it is the witnessing of presence.”

Conclusion

Inner Peace, therefore is something that is available to everyone. It's not something reserved for the 'enlightened', the religious or the spiritual.

One's feeling of, and connection to Inner Peace can, and will, vary, and that is quite acceptable. The more one practices the 10 steps, the more 'real' the feeling will be and the more of a natural 'state' it will become.

It will seem uncomfortable at first to practice the steps because of all the time you have felt 'disconnected'. Don't let this put you off, this is normal, and just as exercise is uncomfortable in the beginning it becomes easier the more you do it.

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