

Find Peace of Mind

Keywords

Hits

86

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Noisy world we live in. People talk loudly on cell phones. Ring tones can be heard in once serene restaurants. Most cars have radios on. Most homes have TVs on. I saw a man chatting on his Blackberry while eating his lunch yesterday. Not good for digestion.

Each of us – I suggest to you – must find “pockets of peace”.

Time for what I call **“The 3 Ss”**: **Silence, Solitude and Stillness**.

At least, find some time (say 15 minutes a day) to be quiet. Think. Reflect. Be. That best practice will make you so much better at work, at home, with self.

Some Practical Strategies:

- When you are in your car/in a taxi, keep the radio off. Use that time to renew. To observe. To introspect.
- Take 15 minutes before you sleep to immerse yourself in peace. Just chill. Get comfortable with no noise. Get comfortable with yourself.
- Make your home a sanctuary. It’s a wild world (jungle?) out there. Create a deeply peaceful home environment. Reduce clutter. Cut back on the noise. Get one of those mobile water fountains.
- Take a daily vow of silence. This one isn’t just for monks. It’s for smart execs, entrepreneurs, business people.

Big idea here: talking consumes a ton of energy. I can’t believe how much some people talk. All day long.

On their mobiles. At the water cooler. On the train home. Exhausting just watching them. Be silent for 15 minutes a day (at the very least).

You’ll have more energy. More peace. More joy. Better performance. So chase – no, hunt peace down. Fight the noise.

Get away from the maddening crowds – at least for a bit. You’ll be glad you did.

Wishing you EID-MUBARAK — TEAM GREEN DOT

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