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Peace Of Mind At The Workplace

By Remez Sasson

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Work brings together people of different characters and behavior, and this often causes friction, resentment and stress. Sometimes the boss is too demanding, colleagues may be unpleasant, there might be too much work or the working conditions may not be comfortable. The job may be boring, there might be competition or envy between the workers or the customers may be uncongenial or unfriendly. No wonder there is tension and stress.

These are some of the reasons why most people eagerly wait for their vacation. Their vacation provides them a way to get out of their daily life and find some peace. The good news is that you do not have to wait for your vacation. You can learn to gain inner peace and enjoy every moment, right where you are. You can stop fretting and getting tense. You can experience peace of mind and happiness wherever you are. When your mind is peaceful, the whole environment become peaceful.

Now you probably wonder what you can do to make this come true. I am not going to talk here about meditation, though this is one of the best peace of mind tools. Below you will find some simple and easy to perform tips and suggestions to experience inner peace at your workplace.

You may not succeed at the first attempts, but if you keep on performing these suggestions earnestly, you will gradually begin to experience peace of mind. This peace will not only be inside you. It will spill over and influence your whole environment.

1) If the people you meet talk in a loud voice, are impolite and tense, you will probably react and behave accordingly, hereby raising the level of tension. On the other hand, if you stay calm, talk, act and react peacefully, people unconsciously emulate your behavior. You become a leading power, no matter what is your position at work.

2) Each day before you enter your workplace, repeat several times the following affirmation:

"My mind is peaceful throughout the whole day. I radiate peace around me. I talk peacefully, politely and with a smile. I choose to act peacefully".

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Say the affirmation with attention, faith and emotion.

3) Greet the people you meet at work.

4) Whenever you feel tension or anger building in you, take three deep slow breathes before any talking or action.

5) Become conscious of the words you think, say or write. Use only positive words.

6) Be polite.

7) Whenever you find yourself raising your voice, immediately lower it.

8) Talk in a medium pitch voice, not too loud or too low, and don't let the loudness or pitch of other people's voices influence yours.

9) Several times during your workday find a quiet place. It may be at your desk, or if it is not quiet enough there, it can be at the bathroom, an empty room or some other quiet spot. For several moments visualize a beautiful location that you love or some event that made you happy. Feel that you are there and enjoy the feelings that arise.

10) While working, concentrate on what you are doing. Put there your full attention. This will keep your mind off disturbing thoughts.

11) Don't waste your time and energy analyzing and thinking about people's motives and behavior, but rather try to improve your actions.

12) Before speaking with someone whom you dislike or fear, or someone who makes you feel tense or angry, take a few deep breathes and visualize the two of you conversing peacefully and harmoniously.

Remez Sasson writes and teaches about spiritual growth, meditation, positive thinking, creative visualization and mind power, and issues a biweekly ezine, "Consciousness and Success". He is the author of two books, "Will power and Self-Discipline" and "Visualize and Achieve". Website: <http://www.SuccessConsciousness.com> Subscribe to his ezine : http://www.SuccessConsciousness.com/index_000026.htm Contact: info@successconsciousness.com

How to achieve peace of mind?

By ajaypats

How to achieve peace of mind? by ajaypats

Peace is a condition of mind brought about by a serenity of soul. Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice. like to believe that people in

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the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it. If man does find the solution for world peace it will be the most revolutionary reversal of his record we have ever known. You can't separate peace from freedom because no one can be at peace unless he has his freedom. First keep the peace within yourself, then you can also bring peace to others.

Stay calm There is enormous strength in serenity. Stay calm, and you stay in control.

When noise and clutter and confusion overwhelm the situation, the way forward is with calm and determined strength. Stay calm, and you make the best decisions.

Just because there is a need for urgency does not mean there's a need for panic. Stay calm, and you can be the most effective.

Anxiety can drain away your energy and give you nothing useful in return. Rushing around in a frenzy brings on carelessness and wasted effort.

You can let yourself be drawn into anxiety and haste, but why would you ever want to? Instead, stay calm, and able to make a positive difference.

Always know that you can choose your own response, whatever the situation. Choose to stay calm, for it is almost always your best first choice

Ajay Pats is professional manager working as sales manager. He runs inspirational ezine "Rediscover true colors of life" available at <http://www.topica.com/lists/venturemall> and community for home based business entrepreneurs available at <http://groups.msn.com/venturecon>.



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