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The Emmaus Journal – "Quietness"

By C.L. Mareydt

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Article Excerpt from
The Emmaus Journal
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The Emmaus Journal – "Quietness"

As a state of being, quietness is in direct contrast to the World we occupy and the American Lifestyle altogether. The perpetual noise index is at its highest peak within our structured cities that now seem to stretch into endless waves of suburbia. There literally seems to be the hum-buzz of noise in every scenario imaginable and it tenaciously seems to interfere with all efforts of finding any outside quietness.

The perception of quietness, as a relative state of being, must then lie within the mind and soul of each man, woman, and child. Perhaps to become a comfort zone to some, only to be a torture to others. The dividing line seemingly depends upon the consciousness of each human being. Quietness may be longed for by a few only to be shunned by many. Because quietness is often pushed away in blatant rejection within our social orders today from the young to the old; quietness as its own identity has become more illusive than ever.

In our modern everyday lifestyles we have opted to invite the absence of quietness instead. Even Nature's quiet harmonies are surreptitiously defaulted by our own projections of life. The natural state of Nature and its peaceful quietness has become secondary within our demanding society. For it seems that the newest of man's creative inventions have surmounted a noisy assault against what was once highly esteemed as our haven's of quietude. Unmistakably, there still remains a law of quietness, and that law is a self contained universal law unto itself. Therefore this law is only upheld by those who

might see it in the purity and light of its Creator.

Quietness, after all, is possible to find in the middle of a busy bustling crowd. Quietness can also be found in the mist of towering city buildings, as well as in the solitude of a nursery room with a crying baby; or on the knoll of a hill far away from all humanity. One can even find quietness in the sanctuaries of commonness, or in the many galleries of daily boredom. For truly, quietness is found in the heart of its possessor.

The awesome grandeur of quietness holds uncharted territories which defers to each individual who adventurously searches. Our Creator purposely graced quietness as a refuge to be found. It can be found outwardly and also inwardly, within the depths of our own being, if we will but seek. Our spirit will know the paths of quietness as our feet set upon its course. For the roads less traveled in quietness

are the very ones that enlighten the soul. Quietness never despises its seeker and forever invites the aware. Like a cooling breeze on a hot summery day, quietness lingers just long enough to be noticed. Once noticed quietness beckons to be honestly recognized in appreciation. For in the appreciation comes a joy in knowing that such quietness is exactly what the heart has yearned for and the spirit greets. For quietness does come to those who patiently seek. Not knowing its time of arrival, not expecting its departure, quietness will come.

Oh, surely I have caught thee
though no capture can it be
for quietness is not mine
nor can I send it to thee.

But remains the invisible gift
that seems to ebb and flow
for quietness you see my friend
tis revealed within the soul.

Quietness has therefore remained ageless and underestimated. Few words can describe it accurately, for quietness is full of ethereal ambiguities that are evasive to the reasoning mind. Quietness fleetingly appears before the natural eye, only to mysteriously dissolve in a flood of nouns and synonyms. The quality of quietness like a healing ointment bids to embrace the soul and soothe the anxious heart. Through quietness we are enabled to engage the universe and reflect upon the cosmos of time. Through such quietness we incorporate the infinite knowledge within the spirit with the mind's eye directed toward reality. In such quietness we reach toward our Creator in communion, with the heart set toward eternal proclamations.

Till in absence of myself
to bequeath a portion divine
there needs to be willingness of soul
swept into quietness sublime.

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Challenging Life For Inner Peace

By Codi Morieta

By the time I finish writing this article I am going to need peace my self. Writing is a journey that sometimes like life is frustrating. The career of writing like life put demands, stress, and sweat from hard work on persons, while giving little in return. If you believe that last remark, let me tell you another one.

Writers are gifted people and the rewards are there, but like everything else, they arrive at a slow pace. Inner peace is similar to writing; since you work...work...work...work...and the rewards of your efforts seem miles away.

Do you want inner peace? Sure, we all want inner peace, or at least nearly all of us do. How do you achieve inner peace? Do you have the ability to use your mind over matter to control your psyche? If not then you must live, learn, read, and practice in order to reach your peace of mind.

What are you doing to achieve your inner peace? Some people go to Church believing it is the answer to finding inner quietness of the mind. This is not true in many cases, because unfortunately (like many other sources in life) churches do not always have the truth.

What is the truth? Do you know? Do you scramble through each day searching by means of the subconscious mind to find answers to your question, yet fell to see the answers because you are afraid to meet your subconscious mind?

Until you find truth, you will not find inner peace. Regardless of what you've heard throughout your lifetime the truth is somewhere within you. Even if you do not have the entire truth, you have more than you think. We are all born with the gift of inner peace and the gift of truth. Ethnic is truth. Thus, it is people of all natures living in the world of havoc to join in union.

Peace in true definition is a quietness of the mind. If the mind requires quietness then it is up to you to shut up the argumentation that goes on between the emotions, subconscious, and conscious mind.

The subconscious mind has goodies waited inside, and it is up to you to hunt them down and find it. Once you make contact with your subconscious, you will be surprised what comes out. To do this, it takes skill, effort, patients, long-suffering, and the ability to find your way out of havoc and into inner peace.

Quietness of the mind means there is no area for suffering, pain, and was obtained will go to lengths to remain in tact from the chaos. During your time searching for inner peace, you will need to learn how to liberate the mind. Liberating the mind means, you are willing to give all your guilt, prejudices, shame, lies, negative thoughts, and other harmful thinking to God and let go for life.

Once you reach this agreement with self then you will feel peace within your being and once you gain this feeling continue to let go and fight for your inner peace.

Well, we are nearing the end now of this article. I hope that you have learned from this work, since peace is everything, and like you, I want inner peace for everyone. This brings us to another point. We

cannot control others; therefore, we must learn to control self. When you spend time controlling others you are burning up energy that could be utilized to find and save your inner peace.

Asking questions will bring forth light. Thus, finding inner peace means that you must learn to communicate with self. Once you learn the strategies of communication, or the creativity of communication you will have the tool you need to move along without stumbling along the way. Do you believe what I said in the last few words of the sentence? If you think, you are not going to stumble along the way to finding inner peace, stop and read this article again.

Without confidence, you would not be able to go on and implement what you have in mind. To find out how to build up courage, improve your relationships, boost your morale, and live the life you want With confidence just visit the website:

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