

Why Inner Peace Creates the Outer Reality You Want

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Spiritual traditions speak of the importance of the inner life, and experience validates their wisdom. We all know people who are successful but unhappy. Despite their achievements, serenity and peace elude them. Without serenity, life is an empty, and even a painful experience. Despite our culture's focus on outer achievement, the only way you can guarantee your happiness through life is to practice inner tranquility: to use life's obstacles as challenges to cultivate inner peace, and never to forsake that sense of peace, even in the short term, for the sake of another goal.

The Art of Effortless Living is a manual that teaches you how to practice peace in your life. But that book also has another very important message: **through the pursuit of peace you not only gain inner tranquility; you also miraculously gain everything external that is of value to you.** Your life becomes abundant. If your heart longs for friendship, you experience friendship in abundance. If your spirit needs professional success, you gain professional success. Why is it that paradoxically, just when we might think that pursuing peace requires us to abandon our outer goals, in fact the opposite is true? Why is it that the pursuit of inner peace brings outer success? I think the profound and simple answer is this: when we align ourselves with peace, we actually contact our deeper nature. The experience of peace is the experience **of being at one with our inner purpose.** When we are at one with our inner purpose, that inner purpose unfolds simply and easily in our outer life. We encounter no resistance, because we create no resistance.

The implications are profound. Cultivate the inner feelings you wish to have in your life. They will eventually manifest what you deeply desire on an outer level. I have learned this miraculous lesson many times. At a certain point in my life, for example, I decided to cultivate stronger feelings of being surrounded by and emanating love. Not only did this make my life more rewarding moment by moment. In addition, over the months that followed my decision, more and more people began showering an abundance of love on me, in ways that filled me with joy and tears of gratitude. Never had my life been so rich.

It turns out to be so easy to find what you want. Just **be** what you **want**, and it will come right to your door. Join me in my workshops, listen to my free downloads, explore my products (all listed on www.ingridbacci.com) and read my books, if you want to learn more about this process. And may your life be effortless!

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