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## UNWIND

### Create your own peace

We all want to live peacefully. You can have this joy by committing yourself to creating a peaceful and loving world

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To create what we want, the first and foremost requirement is to be clear about what it is that we really want. If we do not know what we want, the question of creating it does not arise. If we look at what we really want, what every human being wants is to live joyfully, he wants to live peacefully and when it comes to relationships, he wants it to be loving and affectionate. Or in other words, all that any human being is seeking is pleasantness within himself and pleasantness around him.

This pleasantness, if it happens in our body, we call it health and pleasure. If it happens in our mind, we call it peace and joy. If it happens in our emotion, we call it love and compassion. If it happens in our energy, we call it blissfulness and ecstasy.

If this is what we want to create, a pleasant human being within and outside and a peaceful and loving world, it is time we address it directly and commit ourselves to creating it.

For this all we need to do is be peaceful, joyful and loving within ourselves. So every day, we should start with this simple clarity of thought in our minds, that today wherever we go, we will create a peaceful, loving and joyful world. If we fall down 100 times in the day, it is 100 lessons learnt. For a committed man, there is no such thing as failure. If we commit ourselves like this to creating what we really care for, our mind gets organized. Once our mind gets organized, our emotions will get organized. The way we think is the way we feel. Once our thought and emotion is organized, our energies will get organized in the same direction. Once our thought, emotion and energies are organized, our very body will get organized. Once all these four are organized in one direction, our ability to create and manifest what we want is phenomenal. We are the creator in many ways.



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