

# *Tips for Finding Inner Peace*

And Supporting  
Spiritual  
Awakening  
and  
Realization

By Lee Bishop



This book is dedicated to  
David Bingham.



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by Lee Bishop  
and *inner peace and Self*

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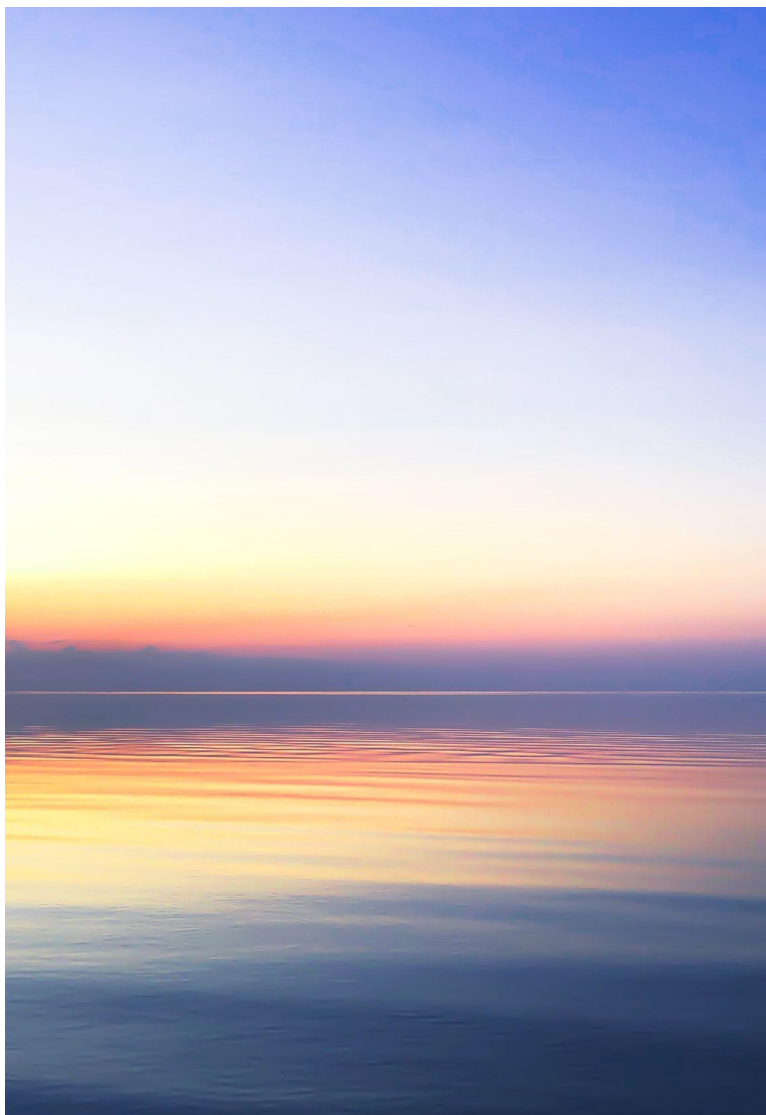
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### **Disclaimer**

The content in this book is not intended to substitute for professional medical advice, diagnosis, or treatment. If you feel that you are experiencing mental or physical symptoms of discomfort or illness which are not addressed, please consult a healthcare professional. Before beginning any new exercise program such as yoga, please consult your doctor.

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## *Introduction*

We all want more peace and happiness in our lives. But some of us don't know how to begin to get "there". And some of us know all about that stuff! But we get stuck in lesser places mentally and emotionally sometimes - or even often.

One of the things you may have heard before is that you are already peaceful and content in your essential nature. Knowing and experiencing this personally is sometimes called *awakening*, *enlightenment*, or *realization*.

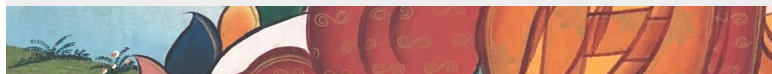
Because this is your true self, there is no "there" to reach, not really. But what you know can be clouded over a lot of the time with thoughts and beliefs, often negative ones.

So here are just a few things I've learned over the years about finding a sense of inner peace and supporting, or "moving towards," potentially experiencing your true self. If these are things that you would like to have in your life, either at a deeper level or more often (or both), you can give these things a try. And if you've tried them before, maybe a short refresher wouldn't hurt.

~ Lee



## *Meditation*



**Let's jump right in with the default for a lot of people, meditation.** Although meditation is a bit overrated in some ways, it is still a wonderful thing. It helps you in two ways: right here and now, and to move towards spiritual awakening and realization.

The thing to watch out for with meditation is believing that it will solve all your problems or cause you to reach permanent enlightenment by itself. That is unlikely to happen. But that certainly does not mean that you should not do it.



**Is it hard to meditate correctly? Yes and no.**

First of all, there isn't really a correct or incorrect way to "meditate". You can just sit quietly and watch your thoughts go by. Or you can choose a more specific practice from the seemingly endless options available.



**On the other hand, it can be difficult in a few ways.** If you put strict limits on any specific goals, that could be a problem. If you insist on sitting in lotus position, that could be an issue for you. But most noticeable as a challenge is letting those thoughts just go by! But it is well worth learning to do this.

This is the real point of meditation. This is what will lead you to more peace, joy, and relaxation. And the only way you can learn this is to practice like practicing a musical instrument or any other skill. This does not have to mean it is unpleasant or very hard to do, however. It can be helpful to be positive about it and work on it gradually.



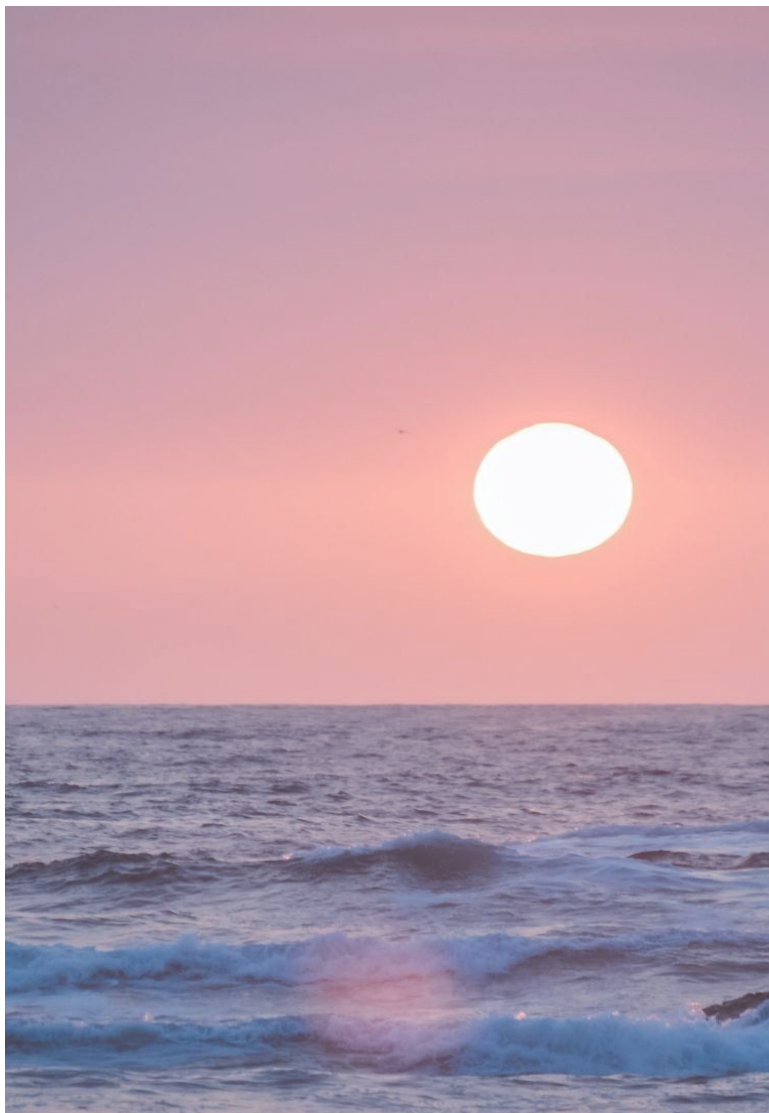
## *Mindful Breathing*

**I recommend what is called *mindful breathing meditation*.** Just put your attention on your breathing. That's all you have to do. When your attention wanders away from your breathing, gently allow it to come back again. To make this easier, you can sit or lie down in a comfortable position and close your eyes. You can do this for one minute or two hours. The point is to start. If you can do this regularly, you will see positive changes.

**How does meditation bring you more peace and support your goal of awakening or realization?**

By teaching you about your thoughts and thinking. How those things are fleeting, impermanent, sometimes negative, sometimes even random. And when you experience inner quiet moments, how thoughts and what you perceive as the mind are not your true self or the source of joy in your life. And that they are getting in the way a lot of the time.



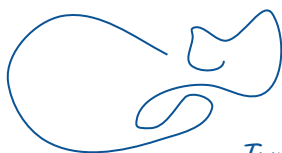


*Relaxation*



**This brings us next to relaxation.** In general, relaxation is probably the best thing you could ever do for yourself mentally, emotionally, physically, materially, and spiritually. You could say that relaxation *is* inner peace and happiness. So you could also say that everything I talk about in this book is about how to just relax.

Almost anything that helps you to relax is good for you because of that result. Sticking to ways that give you a positive feeling as well are obviously best. Watching a light-hearted TV show, eating a healthy meal, spending easy time with a friend, taking a walk in nature, petting your dog. The idea is to feel a sense of calm and quiet, even if you are doing some task.



*Try a cat nap*

**I recommend you relax as often as possible.**

Yep, even when you are busy at work or have a big day ahead of you. You can be relaxed in all you do. And when you take your downtime, you can relax more deeply. The key to deeper relaxation is trusting, letting go. Really allow yourself to rest fully. Practicing meditation can help you to do this.

## *Belly Breathing*

One excellent way to relax is *belly breathing*.

This is a technique that you can learn and use anytime you feel stress or just want to relax more deeply. It can be combined with mindful breathing meditation also.

Simply practice by first breathing fully and deeply a few times and then focusing on moving your lower abdomen in and out as you breathe. This becomes very natural eventually. You can learn to do this while sitting or lying down. Some people find it helpful to put their hands on their belly while learning to focus in this technique.



You can also find resources and videos available online for how to learn belly breathing. Yoga instructors can be a good source for this.



**Is relaxation really helpful  
for spiritual awakening  
and realization?**

Absolutely, yes! Because  
surrendering to what is,  
being positive and calm,  
letting go of thoughts and  
thinking *is* awakening in a  
sense and will lead you to  
your true self, especially  
over time.



*Yoga*

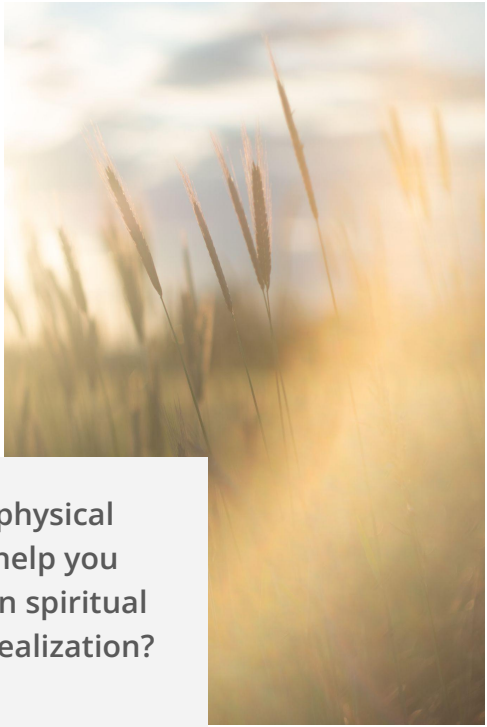
**And that brings us to yoga.** Yes, the physical practice of yoga is great for helping you find inner peace and relaxation as well as better health on a number of levels.

I won't spend a lot of time talking about yoga here because there are so many different ways to approach it and lots of good information out there that you can find. But know that it does not have to be complicated, difficult, or take a lot of time, and everyone can do some type of yoga. And you can do yoga at home on your own, you do not need to spend any money or attend public classes.

An important thing to remember about practicing yoga for inner peace is to take it really easy, especially at first. The last thing you are looking for is straining yourself mentally or physically. That will not bring you joy or a sense of letting go, which is what you want as you are reading this book.







**Can practicing physical yoga postures help you reach or deepen spiritual awakening or realization?**

Because changing your relationship with thought is the most important thing for those goals, physical exercises alone cannot do that for you. But yoga does help you to relax. And you can also focus on your poses while ignoring other thoughts as a form of meditation. So in those ways it can be helpful.



*Staying In the Moment*

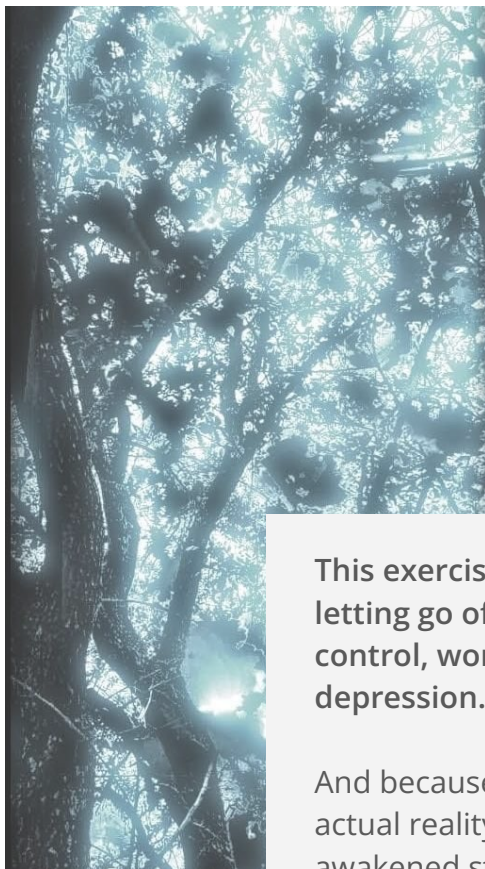
**You've probably heard that one of the keys to happiness, peace, and realization is staying in the moment.** You also have probably heard that now is all we really have. The present is actual reality whereas the past and the future can never be with you, ever. This makes logical sense.

I recommend trying this for yourself, focusing on being where you are, when you are, and not thinking of anything else. Meditation is a great time to do this exercise. In fact, this is a meditation in itself, the act of just being fully present. Even if you have thoughts come in while practicing this, they are also part of the moment. You can just watch them pass on.



**But exactly how can you do this?** It may seem really difficult or strange at first. One way to get started is to choose an object in your surroundings to focus on. Or simply allow your

awareness to drift from one thing to another without effort. Just follow along. The point is to notice things clearly and recognize in doing so that they (and you) are only existing in each moment.



**This exercise is a lesson in letting go of things like control, worry, and depression.**

And because it is a taste of actual reality and an awakened state, it is helpful to you in that way also.



*Being Awareness*

**And that takes us to simply being who you really are - awareness.** Conscious awareness of all around you, all thoughts, feelings, and experiences of any kind. That is who and what you really are! Nothing more or less.



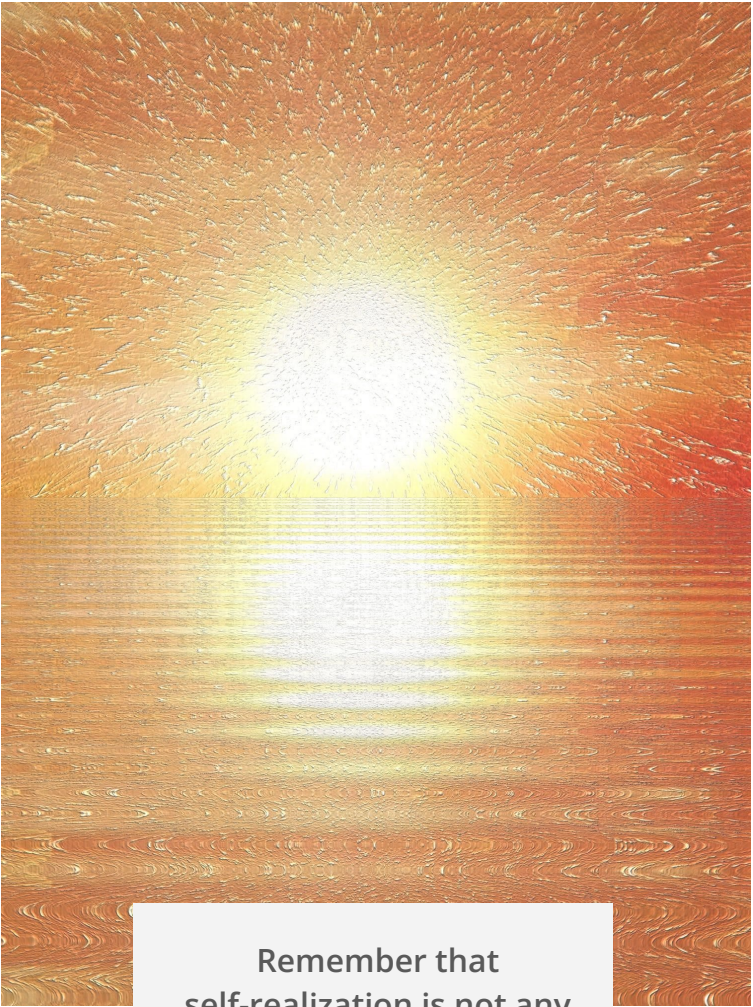
*"Well, if that is the truth and what it means to be fully realized spiritually, why try to do anything?"*

*And if I don't feel like that is me now, how can I possibly just be it?"*

**These are important and good questions, for sure.** But can you realize this truth? Can you see it or feel it? Even for a moment? Sit quietly and close your eyes. Yes, you can! It is your true identity and is always with you.

Relax into this, and try to continue to really believe that it is true as often as you can. You don't need to strain with effort, just be aware. Aren't you always aware already? Yes. This is the one thing about you that is always there and never changes. It is that simple.





Remember that  
self-realization is not any  
specific sensory  
experience to seek out or  
cling to. Rather it is  
*knowing* that you are the  
observer, the  
experiencer of all.

## *Conclusion*

By using some of the tips in this little book, you can not only experience more inner peace, but also learn more about your true self on a very deep level.

Letting thoughts go by, relaxing, staying in the moment, and practicing being awareness - these are all ways to be more awake in your daily life.

A photograph of a person standing on a grassy hill, looking out over a vast mountain range at sunset. The sky is filled with colorful clouds in shades of orange, pink, and blue. The mountains are layered, creating a sense of depth. The person is small in the foreground, emphasizing the scale of the landscape.

*Thanks and Love*



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### *About the Author*

Lee Bishop has been studying, practicing, and sharing information about spirituality for decades. She has come to an understanding of reality and the limitation and problems of thoughts. She lives in the United States, and you can visit her website at [innerpeaceandself.com](http://innerpeaceandself.com).

#### **Author's Note**

The information in this book is not new. It comes from many sources over thousands of years and is shared by many people today in different ways to help others.