

IPU Lesson: Module 1-2

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[00:00:00] On a quest to find inner peace it only makes sense to get crystal clear on what inner peace is. What is this thing called inner peace. Now I know this may seem so pedestrian a question as not even being worth asking, but the thing that we call inner peace, really is, well, it's not a thing at all. It's more of an absence than it is a presence.

I mean, think about it when your anger goes away, you're left with inner peace. When your anxiety lifts you're left with inner peace. When your sadness passes you're left with inner peace. [00:01:00] And so it goes with depression and worry and grief and a whole host of other troubling feelings. So inner peace really isn't something that we need to chase after.

It's something that we need to uncover. And by the way, there's another word for inner peace that we could also use. And it's called happiness. Happiness like inner peace is the absence of internal disturbances. Now, the reason that this is so important is that many people, most people, struggle and strive and scheme an effort to get to a place where they can be happy. To get to a place of inner peace.

And the fact is that struggling and striving and efforting is the exact opposite of the experience of [00:02:00] inner peace. And so we unwittingly chase after this state of peace that we want in a way that actually obstructs it's experience.

I liken it to standing in a swimming pool and imagine the water is about yay high. And your job is to stop the waves in the pool. And so you see a wave coming by and you slap it down to stop the wave and another wave, slap, slap, slap, slap. Now of course you're stopping that wave, but as we can see from this example, you're also creating 16 other waves every time you slap the water.

And so despite your best intentions and your best effort to stop the waves, you're actually creating more waves. You're actually postponing what you want. Because in that [00:03:00] situation, all you need to do is to stop making disturbances, stop making waves, and the waves will begin to subside on their own.

And that analogy is not so far off from the way that we also create inner peace or happiness, because the fact of the matter is, is that most of us are so busy making disturbances in our effort to find inner peace that we'll never get there. And really we can break these mistakes, if you will, down into three main chunks, three main mistakes that if we can get them under control, inner peace will reveal itself on its own.

So those three mistakes are going to be what we're talking about in the next few videos.