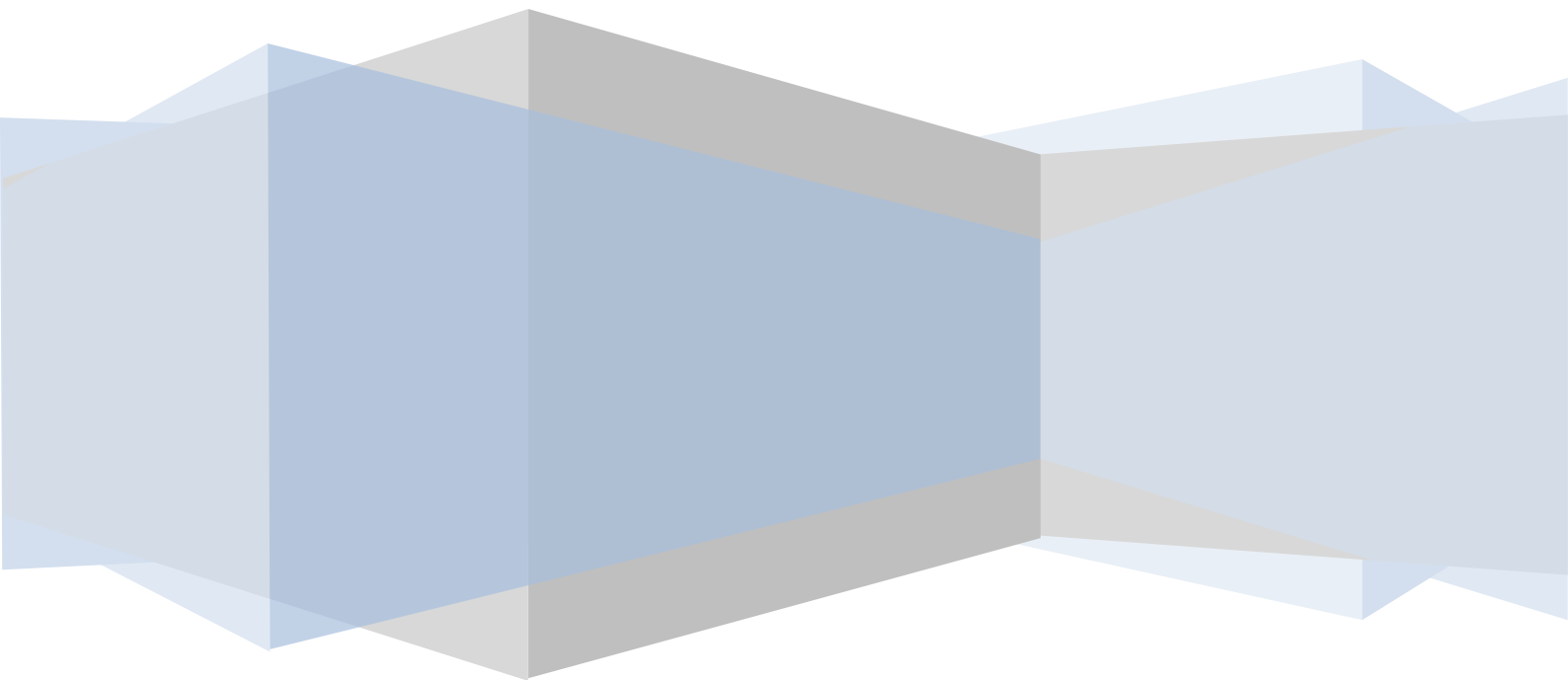


The Inner Coach

# Inner Peace

Keith Collins



# Inner Peace

is the attainment of serenity, congruence & harmony.

**Serenity** requires the attainment of both sensitivity & detachment.

With sensitivity & detachment, I am serene with other people.

I am sensitive to their emotional state of being and I am detached from their emotional needs & dramas.

I see their path without attachment to it.

**Being Serene** is being at peace with the world.

It is the attainment of Inner Peace & tranquility.

Serenity is the effect of having no resistance in one's life.

It allows me to flow effortlessly with life.

It is a freedom that is free of fears.

It is a freedom that is free of pain.

It is a freedom that is free of problems.

Serenity has a neutral polarity.

Being serene, I have overcome the duality of good & bad, right & wrong, positive & negative, confrontation & conflict.

Serenity has no polar opposite.

I am either serene or I am not.

Serenity is often bestowed on sovereignty or a ruling class where their subjects believe that it is in their common interest for their rulers to be at peace with their subjects, be without conflict or confrontation and make positive, right & good rules, laws & decrees for the benefit of their people.

A Serene Highness is a personal attainment not a bestowed title.

**Congruence** requires the attainment of being both exclusive & connected.

With my exclusive connection with my true Self, I am congruent with the authority of my true path.

I am connected to the exclusive path of my destiny.

Being exclusive, I am neither inclusive nor excluding.

**Being Congruent** is the state of being in alignment with one's chosen path.

When following my chosen path, my power is congruent with my authority.

My clarity is also congruent with my direction.

My thoughts are congruent with my emotions.

My vision is congruent with my purpose.

My true values are congruent with what is occurring in my life.

My providence is congruent with my allowance.

My experience is congruent with my intention.

Being congruent with other people is not a state of being but a determined action.

I cannot attain Congruency by aligning with the path of another.

I am being congruent when my Soul is aligned with its Self and my Self is aligned with my Soul.

**Harmony** requires the attainment of rational consciousness & emotional awareness.

Being emotionally rational, I am consciously aware of both my physical & spiritual reality.

My intelligence is neither unemotional nor irrational as my right & left brain operate in harmony with my solar plexus and my heart.

**Being in Harmony** is the state of being at peace with one's Self.

There is inner harmony without any inner conflict.

My energetic states of being are not in opposition or conflict.

My emotions are harmonious when their gender is balanced.

There is no impure emotion in opposition to itself.

My yin & yang are balanced and in harmony.

I am in tune with my Real Self.

There is no aspect of my Self that is in opposition or conflict.

I have overcome the duality of my male & female emotional states of being.

My sins & virtues are the same thing.

My energy vibration is not divided by the gender of its wavelength.

I am living my true identity because I am at peace with my personality & my character.

With a harmonious gender and a serene polarity I have a congruent intensity and I attain Inner Peace.

Keith Collins

The Inner Coach

April 2014

[theinnercoach@me.com](mailto:theinnercoach@me.com)

<http://www.theinnercoach.eu>