



## Peace of Mind

What all of us shall understand is that when we learn to liberate ourselves to accept that the only thing we control is the ability to convert our experiences into either negative or positive energy- then we can begin to grasp that there is no such thing as happiness. Happiness is a mirage that we have been programmed to believe is what the mind of a human person seeks. The mind is formed to understand reason- of cause *or* design.

If you look at a tree outside what we see are the parts of what once was a seed planted with goodwill. The reason no tree is formed exactly like another tree are environmental factors that are not a component of its DNA.

We are born into a world, here in America, in which the systems have programmed us not to learn how to view the leaves, buds, branches, and stem, as originating from a seed, but instead to judge the tree by how it looks as a whole- without considering *how* it is formed. The human person is formed through our experiences and decisions, and that is what separates me from you.

When we learn to use the mind to understand not *why* things are connected, but *how* they are connected then through that practice we may achieve Peace of Mind. Peace is what the mind seeks which only may be achieved through understanding reason.