

### **Meaning of Peace:**

1. Peace refers to absence of conflicts within the self and with other souls. Peace is experienced when the soul is able to concentrate on one elevated thought with total absence of other thoughts.
2. Peace means lesser number of thoughts, elevated thoughts that have good feelings for self as well as others, thoughts that are distinctly different from the materialistic world – where one though lives in the materialistic world is filled with spiritual elevated thoughts.
3. Peace is experienced when one does not involve in wasteful thoughts, wasteful interactions with other souls, when one keeps thinking about God and His words and one practices to be detached from the materialistic world. That is why a soul is said to rest in peace when it leaves the body.
4. Peace can be experienced in this materialistic world also if one keeps practicing detachment from materialistic world, keeps a control on the quality of thoughts and is able to have positive thoughts and divine thoughts in the mind always.
5. Peace means when one does not cause sorrow to oneself as well as others. Similarly peace is experienced when one does not receive sorrow from others. Peace is experienced when one is able to make big things and situations small and able to come out of the situations in less or no time by practicing detachment. Peace is experienced when one is able to put a full stop for the past and worries of the future and one is able to concentrate on the present and live the present with elevated thoughts.
6. Peace means when one is able to maintain attention and concentration of thoughts at all times and are able to think only necessary thoughts and elevated thoughts for the benefit of the soul and other souls.

### **Application of Peace:**

1. If a soul experiences peace, the soul does not enter into conflicts with any other soul. The soul will always think for the benefit of self as well as other souls. The soul will not cause sorrow to any other soul and is able to maintain a good relationship with all souls.
2. A soul that accumulates minutes of peace is able to be problem solvers and not problem creators. The soul is able to have good feelings for themselves as well as others.
3. The soul is able to do more work in less time. The soul is able to find better ways of doing things at less time.
4. The soul is able to heal many internal conflicts and weaknesses through peace and self realisation.
5. Where there is peace, the soul is able to experience all other qualities of soul like love, happiness, bliss, purity, knowledge and powers.

**Peace with family and society:**

1. The soul is able to have good relations with all other members of the family. The soul is able to work effectively for the benefit of the family. The soul is able to have less conflicts in the family. The soul is able to solve all conflicts immediately and is able to make big situations / things small. The soul will always want to come back to the peaceful state and so is able to solve all situations in the family immediately.
2. The soul will be problem solvers and are able to find amicable solutions to all external problems immediately and work effectively to the achievement of goals.
3. The soul is able to have amicable relations with the society and is able to do his best for the benefit of society.
4. The soul is able to see positive qualities in all other members of the family and society at large and is able to maintain peaceful and positive relations with others.

**Peace at Office:**

1. The soul is able to have amicable relations at work. The soul is able to see positive qualities and specialities in every other soul and so is able to appreciate that and have good relations at work.
2. The soul will think of resolving all conflicts immediately and will never come in conflict themselves. The soul will never react to other souls anger, agitation etc. but will wait for the situation to calm down and then improve relations.
3. The soul will be able to achieve more with less efforts as the soul is able to concentrate all efforts to achievement of objectives and no time is wasted in wasteful thoughts.
4. The soul does not accept waste from others as well as does not give waste to others. The soul will have positive elevated interactions with others and will avoid depressing and negative interactions.

**Role of Rajayoga meditation:**

1. True peace is experienced when one thinks oneself a soul and remembers the Supreme Soul. On remembrance, the soul is filled with true peace, happiness, love, bliss, purity, knowledge and powers. The soul is able to slowly remove all the junk and become clean and pure through remembrance. The soul who practises Rajayoga meditation for even a few minutes is able to experience true peace throughout the day.
2. If one thinks oneself a soul and remembers the Supreme Soul, the soul is able to take all the positive qualities from God and able to spread positive divine vibrations all around. The soul is able to experience true divine qualities only when it connects to the Supreme Soul. The soul is

able to be in positive qualities throughout the day when it performs all actions in God's remembrance.

3. The soul is able to treat every day as a fresh day when at the end of the day, the soul is able to surrender everything to God and sleep peacefully. The soul then starts the new day with positive thoughts of success and happiness. A soul that carries forward previous day's thoughts to the next day is not able to remain in true peace and enjoy the current day.
4. Every day nourishment of Godly knowledge instils divine thoughts into the soul and if the soul experiences and churns the knowledge throughout the day, the soul experiences true peace and happiness.
5. A soul who keeps thinking divine positive thoughts throughout the day is able to live life in accordance with divine values and so does not receive or cause sorrow to others. The soul is able to maintain peace throughout the day and so able to enjoy every moment of life.
6. The soul will avoid conflicts with others in all spheres of life and if required tolerate negative behaviour from other souls in order to maintain peace. The soul will give all happenings during the day to God and will start afresh the next day with full positive divine qualities and powers. The soul will not let others' behaviour affect their value systems.