

## Living in the place called Serenity

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In order to know Serenity, one must first understand that Serenity is a state of being, a place if you will. Obviously it is not a physical location; however, it is a realm. In this realm abide other positive principles such as joy, health, prosperity, success, life and peace. It is a spiritual realm which exists on a plane above our common daily routines and patterns. Nonetheless, it is as real as the chair you are sitting in.

How do we know that Serenity is a place? Mainly because we arrive there from time to time. This usually happens at times when we are thrust into spiritual consciousness by circumstances or events. The major illness or death of a loved one can cause one to begin thinking about the higher purpose of life, or a greater appreciation of things taken for granted. One's family is the most important driving force for most individuals; however, often days go by before one actually takes the time to consciously think about his family members. Serenity is the ultimate positive energy. It is what is truly valuable, most precious. In the realm of Serenity abide other Positive Principles and virtues. Love, acceptance, Truth all abide in the same realm with Serenity. Integrity is also in this realm. In fact, Integrity cannot be found in the negative realm because negativity includes brokenness by definition. The first thing one notices about Serenity is its value. One must value and desire Serenity in order to possess it. However, it cannot be attained by force or by manipulation. This is because Serenity is found with other positive qualities such as peace, patience, truth, forgiveness and diligence. Force, manipulation, greed, malice, insecurity and selfish gratification do not live in the same realm as Serenity; therefore, cannot be used in attaining it. Serenity is like a butterfly. The harder one chases it in order to catch it, the more elusive it becomes. However, if one sits still and waits it is more likely to land on one's shoulder. Often times, energy expended in trying to remain sober from chemical substances is used by addiction against the recovering addict. Serenity cannot be attained by figuring out a formula or answering some perplexing question. Serenity must be attained through acceptance of truth and surrender to positive principles and virtues. Just as the Martial Arts emphasize meditation and self control, these are also necessary in the practice of Serenity. Serenity acts in opposition to our base, primal human nature. Wisdom, patience, consideration and diligence all accompany Serenity. Our animalistic nature is just the opposite of these qualities. This nature will lead us into poverty, failure and destruction. Serenity is simplistic in nature. In order to obtain it, we must value a simple, healthy lifestyle and not allow ourselves to be given over to our covetous, materialistic primal nature.