



MY STRATEGY- FOSTER INNER PEACE BY NURTURING EMOTIONAL INTELLEGEENCE

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“As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions, while love and compassion and a sense of universal responsibility are the sources of peace and happiness.” —Dalai Lama quote

Abstract

Inner peace , comes from nurturing emotional intelligence through the practice of mindfulness and meditation. This paper includes how a person can cultivate emotional intelligence through which an individual reach a state of inner peace, the essential foundation of happiness, success and compassion. Emotional upheaval affects productivity, effectiveness and self-image in both personal and professional life. Focus of this article is tackling emotional upsets by enhancing emotional intelligence.



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Introduction

The inner peace of an alert and calm mind is the source of real happiness and good health. Our human intelligence tells us which of our emotions are positive and helpful and which are damaging and to be restrained or avoided. EI is the ability to sense, understand and effectively apply the power and acumen of emotions as a source of inner peace.

According to Daniel Goleman , “Emotional Intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and others.” *Emotional Intelligence it's about being smarter with feelings. More aware . More intentional. More purposeful .* The emotional intelligence of right sort can be your shield against some of the most common and exponentially rocketing Depression,

Anxiety problems, Addictions, and panic attacks. So by enhancing emotional intelligence one can find the effective path of inner peace.

How does one increase emotional intelligence?

- **Avoid interruptions. Stay focused and be observant.** – Don't preoccupy yourself too much. If you want to recognize other people's feelings, make sure to ask them about what they're feeling, while at the same time, paying attention to both their verbal and non-verbal cues. Let them talk. Don't interrupt. Just keep your eyes and ears open.
- **Don't judge feelings too quickly.** – Another great way on how to increase emotional intelligence, is to hold your judgments for later. Give yourself some time to think about it. Savor the emotions and find out why they came to be. The same principle applies when you're paying attention to other people. Don't force them into conclusions.
- **Meditate and tap into your unconscious feelings.** –Relax and breathe deeply. Clear your mind and allow your thoughts to roam freely. See where they go. Your mind will surely wander off towards a particular emotion or situation that's giving you that sensation (whether anger or happiness, etc.).
- **Understand How Important Emotional Intelligence Is.**-You will be able to live a happier life if you have a high level of emotional intelligence. You will have an easier time communicating with others and understanding them, you'll be able to act calmly and rationally when difficult situations arise
- **Learn Your Stress Triggers.**-Life is full of stressful situations, so when you learn what triggers stress for you and how to handle it, you'll be able to increase emotional intelligence in yourself. Dealing with your stress appropriately instead of letting it control you will have you living a much easier, happier life.
- **Show Empathy and Be Outgoing.**-When you can understand others and take an interest in what is going on in their lives, you are taking away your focus on yourself. It will increase your communication abilities with others, giving you the opportunity to enjoy deeper and more satisfying relationships.
- **Practice Your Communication Skills.**-When your level of emotional intelligence goes up, you'll find that your communication skills will do so, as well. It is important to not only pay attention to your verbal communication but to your body language, too.

- **Be Optimistic.**-When you are optimistic, you tend to leave a happier life overall. It is easier to see the good in people and situations more easily when you are optimistic, plus it can give you a more open mind.

When we practice these steps to increase emotional intelligence, we will find that we will lead a much happier, more fulfilled life with last and meaningful relationships. which are the base of inner peace.

Here are ten practical actions to integrate into your life to **FOSTER INNER PEACE** through practice of **Emotional Intelligence**.

1. Have nothing unresolved.

As opposed to just having things finished, completely clear up the larger unresolved issues personally and professionally that sap your energy and create other problems in your life. You will feel a weight come off your shoulders.

2. Surrender and accept what is.

Rather than resisting and fighting, just stop struggling. Resistance blocks energy and creativity. Unhook yourself from the situation or person and view it from a detached perspective.

3. Take full responsibility for how you react to others.

You choose your behavior. Decide who you want to be in all circumstances. Mentally prepare yourself and plan for a calm, unflappable response even during trying times.

4. Become aware of and sensitive to feelings rather than ignoring them.

This means your own feelings as well as others. Don't shove away feelings because they are uncomfortable. They are sending you a message. Take time to poke around those feelings to discover what is behind them.

5. Tell the entire truth.

Resist editing, lying, or translating. Be real. Lay it on the table in a gentle and authentic way to yourself and others. Staying true to your integrity brings peace of mind.

6. Know your higher self.

Take the time to understand who you really are. What are your values, your goals, your joys and passions, your integrity? Those are what define you and make you authentic.

7. Unhinge from adrenaline.

Adrenaline is the drug of choice in a stressed out society. It gives us a jolt of superhuman energy when faced with a threat. An adrenaline lifestyle can do soul-damaging things: overworking, being greedy, insistence on getting ahead or winning even at the expense of relationships. Kick the adrenaline dependency.

8. Know what rattles your cage.

Keep asking yourself, “Why do I feel this way?” until you know the real answer. Then deal with the answer directly.

9. Step over nothing, even the small stuff.

Don't ignore even the smallest tolerations or imbalance in your life. You may not be able to change everything, but awareness and the ability to manage tolerations in a healthy way can bring you peace.

10. Prioritize peace ahead of performance.

Do you want to look back at your life and celebrate the rushing around, the completed “to do” lists, and the stuff, or do you want to reflect on days of calm, connectedness, great relationships, wonderful experiences, and peace of mind?

The most profound impact of inner peace is the peace it spreads to the world outside of us. Inner peace is contagious. As you find inner peace for yourself, you become a model for others and spread the seeds of peace everywhere you go.

Peace of mind, which is inner peace, offers countless benefits:

- Better concentration ability.
- Efficiency in handling your daily affairs of life.
- A sense of inner strength and power.
- More patience, tolerance and tact.
- Freedom from stress, anxieties and worries.
- A sense of inner happiness and bliss.
- Falling asleep easily and sleeping soundly.

Bottom Line

So as we become more “alert” to our inner life with all its activity and regaining our fundamental intelligence, then gradually we can experience more of the natural happiness that arises out of ‘the inner peace’ .our understanding of emotional intelligence will vastly improve our internal relations and deepen our sense of personal fulfillment . I hope you will accept the importance of emotional intelligence, and make it a high priority to increase yours inner peace. So along with training corporations about emotional intelligence, an additional step one is to teach emotional intelligence in schools worldwide.

‘Inner peace is a lifelong choice.’

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