

The Four Cs – Keys to Peace of Mind and Resilience

These four qualities provide a guide to peace of mind. They have been born out of Petrea's work and are always present in people who flourish.

Peace is not a passive wishy-washy state of acceptance. Peace is a dynamic state in which we feel fully alive and able to embrace each new moment, with a clear mind and an open heart, regardless of its challenges.

Common sense tells us that anyone who feels out of control with their life; they don't care for their physical, mental or spiritual wellbeing; they're ambivalent about living, all their challenges feel overwhelming and they feel disconnected and unloved – won't be at peace.

We'd all prefer to feel that when the unexpected or the unthinkable happens in our life that we'll:

- Have resources within and outside of ourselves to call on in response to our challenges
- Care enough about ourselves to seek healing and peace
- Are in clear communication with ourselves and others
- Feel positive about, rather than overwhelmed by, our challenges and can make meaning of them
- Feel loved and supported by the people in our life or have a sense of place or belonging to community, nature, cosmos.



1. Regain Control

The first is that we regain a sense of control over our response to life's challenges. We consciously choose our response rather than habitually react. We are active participators/co-creators, rather than helpless victims. This recognises that whilst we can't always change what happens to us, we can always change our response to what happens to us. We need to become creative, not reactive.

2. Commitment to Living

Secondly, we feel committed to living. We're willing to get emotionally up-to-date with our lives. This may involve a re-focusing of priorities, issues of forgiveness of both ourselves and others or resolving relationship or communication difficulties. To live wholeheartedly in the present, we must resolve the issues of the past. In this way, we glean the wisdom from the past but don't live with the woundedness/anguish of it.

3. Sense of Challenge

The third quality is that we feel positively challenged by our lives. What is it that gets our 'juices' flowing and our eyes sparkling? How will we make meaning of our suffering? Our limiting beliefs need to be challenged or we will not grow. We feel we're living the lives we came here to live.

4. Sense of Connection

The final quality is that we feel a sense of connection – to ourselves and to our loved-ones. We have a sense of belonging or place, that we 'fit in'. We need a sense of connection to what we consider the sacred, eternal or the divine.