



FUNDAMENTAL PEACE

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BY

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L U I S G A L L A R D O

September 21st, 2020

Fundamental peace is a peace that occurs in an individual as well as a society at large, as a unification of its three 'pillars' - Freedom, Consciousness, and Happiness. Like a three-legged table, a person cannot reach balance and positive functioning if even one 'leg' is missing. The centuries-old saying "as within so without" explains this perfectly - it's a universal truth of law that the outside world is a reflection of our inner world, and if we feel trapped, physically, mentally, or spiritually, we are unhappy, and therefore we are not at peace. Consequently, if more and more people experience this disbalance, the world suffers, too.

We all strive to live a more peaceful life, one way or the other. And why wouldn't we? Peace is the highest happiness, and by being in balance and harmony with ourselves, we can welcome it in our life. Balance is a term that signifies total harmony in everything we do. Moreover, it emphasizes a state of both physical and psychological well-being. As you can notice, everything is interconnected.

While having a peaceful life might mean something different to each of us, its outcome should be the same - a body, mind, and soul that are fully in sync. But, how do we get to that point where we are utterly peaceful and balanced?

Inner Balance

A peaceful, happy life greatly depends on our inner balance - that inner connectedness with ourselves and the way we live. It all starts with the question of whether we are satisfied with our position in this world. Do we accept it? Are we doing what we feel is right for us? Do we have healthy relationships and engaging hobbies? Do we have time in our busy daily schedule for self-care routines?

Inner balance - ultimately fundamental peace - doesn't happen overnight. It is a work in progress. [Consciousness](#), mindfulness, and [freedom](#) are crucial. In the world where we have responsibilities and obligations that usually don't allow us just to pack up and chase what we are passionate about, we have to actively put in the work to achieve work-and-play balance.

Our goal should be to find a way to do the things that we have to do, without getting caught up in them. We have to balance the obligations with things we genuinely enjoy. Therefore, inner balance is an act of compromise between our hearts and minds. Once we balance our wants and the needs, we can find the true balance for ourselves.

Life is a Balancing Act

So, what does it mean to lead a well-balanced, peaceful life? Why does it seem like an elusive concept? Because it's not something you can achieve once and for all; it is something you continuously do. As Albert Einstein said, "Life is like riding a bicycle - to keep your balance, you must keep moving." No matter how much we plan, things can get out of hand. Unexpected events can and will show up uninvited. Balance requires us to be flexible and adapt to the situation and moment rather than being fixed on our expectations.

Inner balance is less about how we use our time and more about enjoying what we are doing in the here and now. If you feel out of balance, that's only because your mind is not where your body is. When you enjoy what you are doing at the moment of doing it, you stop feeling guilty for what you are not doing. The balance lies within us; it's our ability to stay centered in the midst of whatever is happening.

Be in Harmony With Yourself

Harmony is profoundly connected to the balance of our mind, body, and soul. It's the ultimate amalgamation of happiness, fulfillment, completeness, acceptance, satisfaction, awareness, and peace. In order to be in harmony with yourself, you have to establish inner balance. For this to happen, you have to feel well and be happy.

Unfortunately, so many people think that to be well and happy, their wishes need to

be fulfilled. But, that's the trick - you must first be happy, and only then can you work on reaching your goals and fulfilling your wishes. Another thing is that people don't know their true desires, and they don't pursue bigger goals because they don't think they can realize them. All of this leads to imbalance and disharmony.

We don't have to have all our goals achieved to be in harmony with ourselves. It is essential that we know what we want and that we pursue it, using all of our freedom and consciousness to our best abilities.

Culture of Peace

When we carry peace within us, we can remain calm, conscious, and happy at all times, regardless of external circumstances, or what life offers us at any given moment. The idea of fundamental peace, behind which is an underlying essence of [Happytalism](#), marries the forces of inner and outer peace. Anything in the world can be transformed when we transform ourselves.

The father of peace studies, Johan Galtung, would often make a distinction between 'negative' and 'positive' peace, where the first type would not be a negation of peace, but rather an absence of violence, where peace is not permanently established. On the other hand, positive peace is filled with permanent positive actions, such as the restoration of relationships, the creation of just social systems that serve the needs of whole communities and populations, and the constructive resolution of conflicts. To expand on this, peace can be thought of as a sum of three parts: peace within, peace between, and peace among.

When we have inner peace, we can work on expanding that energy to our relationships, or 'peace between.' From there, as the biggest goal, we can work on structural and environmental peace, which is 'peace among.' It starts with one, but it ends with everyone. For as long this simple truth isn't understood, people, on the whole, will chase peace by focusing on the outer world and its external conditions, never to acquire it, since it cannot be caught, but only discovered and cultivated from within. Only then, [peace can be experienced globally](#). This is the heart of fundamental peace.

Developing fundamental peace is cultivating the qualities of mind that support it:

1. **Integrity** - when we live and act according to our heart, with no room for guilt or blame.
2. **Spirituality** - when we cultivate the development of our inner-self through self-reflection, connection with higher consciousness, meditation, etc.
3. **Inner Peace** - when we practice mindfulness, we can develop a well-balanced, calm, and focused mind.
4. **Well-Being** - when we enjoy taking care of ourselves.
5. **Wisdom** - realizing the true nature and fluidity of life and seeing it as balance.
6. **Freedom** - a state of mind where we conquer our fears and take full responsibility for our actions.

Life is like a ride, with ups and downs, many twists and turns, triumphant races, and unplanned shortstops. Having hope in the betterment of yourself and the world, expanding your inner universe, being behind the wheel of your consciousness, and feeling happy are the keys to fundamental peace. So let me ask you, are you satisfied with the ride of your life? If not, it's time to shift gears towards a more harmonious path. The path of freedom.

Freedom as a Dimension to Fundamental Peace

Freedom to be

Freedom is something that every living creature on this beautiful planet holds dear. The concept of freedom covers numerous 'fields,' but what first comes to mind is certainly physical freedom - the ability to move and function in accordance with your own desires and without any restraints. Next, what you might think of when you hear the word 'freedom' is probably an equally important human right, and that is freedom of thought and speech.

Can a person truly be free if he or she cannot express their thoughts, ideas, and opinions? Of course not. Freedom of thought and speech are the main pillars of

nearly every other form of freedom. But, what about the most important, fundamental type of complete liberty, inner freedom? The state of mind and presence not conditioned by outer circumstances or pressures? How can we think of ourselves as free if we don't even have free will?

Inner Freedom

Inner freedom is as precious and valuable as any other type of liberty and should be cherished just as much, if not more. Inner freedom is the enlightenment we must strive to achieve, becoming that which we have always been. It is also the ability to be guided by wisdom, instead of being bound by desires.

Consciousness and inner freedom which is born out of it are closely related to happiness. If we cannot let go of negative thoughts, and if we cannot focus on the good things in our lives, we can never experience happiness. How many times have you felt imprisoned by your thoughts? How many times have worries and fears led you to feel desperate and anxious? Spending your precious energy on repetitive negative patterns of thinking is equally pointless and devastating for your life. On the other hand, utilizing your energy and will in continuous personal improvement and evolution should be your life's ultimate focus and goal. That is the path that leads to awakened consciousness, freedom, and happiness.

Trust as a Key Driver

When we make mistakes, and our plans fail, we tend to lose trust in ourselves and our abilities. Some people just want to give up on their goals, plans, and happiness. That part of us, which calls for giving up, is the mind, or our "lower self." We have to remember that our "higher self" is always forgiving, patient, and full of potential. So how can you tap into that well of being (pun intended, indeed!) and get back to trusting yourself again?

Self-trust is crucial, not only for our health and well-being, but also for every other aspect of our lives. We have to look within to get back to that place inside of us, which is always centered and at peace. The place from which all our creativity, resourcefulness, and energy comes. For centuries, ancient Greeks cherished the famous dictum which adorned the temple in Delphi, "Know Thyself," and for them,

it wasn't just about knowing your character or limitations. It was also about knowing your deep-seated feelings, intentions, and the strength of will that you can use to improve your life.

Understanding the System We Live in and Co-creating Our Own

Knowing yourself allows you to understand how you think and feel, and to recognize the obstacles to inner freedom and peace. If we set on the path of discovering our human nature and the potential that lies in us, we will find the kind of freedom we deserve to have.

Inner freedom is a state of heart and mind, not dependent on any circumstances or people. The notion of 'dependency' has a crucial role in understanding freedom. To be independent doesn't mean to be detached from people or actions, but rather not to be dependent on other people in our thinking, feelings, and actions. Any attachment to objects, status, career, or people means the loss of freedom due to the fact that attached conditions determine our behavior. Humans are in a never-ending battle with various internal forces, such as mental and emotional habits, prejudices, automatism, etc. To be truly free means to be entirely dependent on ourselves and to not be driven or controlled by any other force than our intelligence and free will.

The concept of freedom and free will incorporates healthy choices and wise authority, otherwise it's not freedom at all. Instead, you are imprisoned by unresolved emotional conflicts. Much of our daily behavior is based on how we can wiggle out of our inner conflicts' clutches. Because of this avoidance, defensiveness, or denial of our internal conflicts, we are compelled to instinctively (re)act negatively.

Closely related to self-dependence is the concept of co-creation. We co-create the life we actively experience. The majority of humans are not innocent victims of the cruel hands of fate, but rather consciously participate in the circumstances of their lives. The concept of co-creation allows us to see, for instance, the existence and nature of our passivity. Through this inner passivity, we indulge in negative emotions that robs us of motivation, initiative, and energy to pursue our development and personal evolution.

Recognizing these negative inner patterns and setting yourself free is a long but necessary journey that we all have to take in order to achieve fundamental peace. It's a journey of self-discovery and self-knowledge. Anything less brings suffering because it equals imprisonment and the false freedom of body, mind, and soul.

The quality of our consciousness is the foundation of our inner freedom and it leads to happiness. A rising level of consciousness fortifies our wisdom and intelligence, allowing us to see ourselves and our life objectively, while empowering us to create and experience pleasure even in most mundane things. With such fortified inner freedom, people can mature, and fundamental peace comes along for the ride.

Consciousness as a State to Fundamental Peace

Consciousness to expand

With the start of the 21st century, humanity slowly began plunging into an era of consciousness transformation. Despite the dominant emotions of fear, confusion, and uneasiness in the world (especially nowadays with the onset of the global pandemic), a major shift in the human consciousness has become more apparent, with a rising number of people willing to embrace a more holistic, fair, sustainable and peaceful future.

We all want to create and experience peace within ourselves that will flow into our relationships, families, communities, and, ultimately, the world. One of the main reasons why becoming conscious is so essential is because it is necessary to build a foundation of peace within the Self. Evolving our consciousness is one of the most valuable steps in solving the puzzle of our lives that can lead us out of disconnection and back into our hearts.

Personal Growth through the Evolution of Consciousness

So many human problems arise from the mistaken idea that the Self is limited to our bodily existence, and from the self-constraints that grow out of this illusion. If the essence of human life resides only in our bodies, our lives truly wouldn't have a meaning. The essence, however, resides in the 'body's interior,' namely spirit and soul. Think of it like this - even if we could obtain everything we ever wanted in the

material world, if we were unable to experience the joys of personal growth, our inner self would still be unfulfilled and without a sense of satisfaction.

Wealth, status, power, and reputation enchant us, but these things are not what binds us. It's the greed for these things that chain us down. If we, however, don't crave these things, they cannot have power over us. When our cravings stop being directed only to these external matters, and when we stop pouring our energy into those goals alone, their strength will diminish. Then we can turn our focus inward, into our inner world, and the consciousness that needs to be awakened.

When we start to realize that awakened consciousness, freedom of mind and soul, and subsequent happiness are the prerequisite for creating a fundamentally peaceful life, we will naturally begin to feel respect for our own lives, and this feeling of respect will spread to all living things. The fundamental peace we're striving for will be undeniably present, and its effects will be felt not just by us, but by everyone around us. We will want others to have the same level of presence, peace, and happiness. As Dr. Keith Witt would say, "The person with the deepest consciousness has the most responsibility."

Choose Consciousness

If we want to, we can choose to acknowledge our innate and pure consciousness to receive wisdom. First, we start to shed the automatic judgment of people or things. As we become more conscious, judgment softens and shifts from harsh words directed towards yourself or others to pure objectivity.

You can voice out the things you don't like or approve, but you don't have to put the energy into it. In other words, it is your choice whether you will get caught up in annoyance, or whether you will choose to accept the world as it is, without emotional attachment. Consciousness lies behind awareness, and when they are combined, they spark clarity and peace. To quote Ajan Sumedho, a well-renowned Theravada Buddhism teacher: "If I am attached, then I get lost in my attachment without awareness, and I become what I am attached to. When I recognize pure consciousness with non-attachment, however, there is just this simple reality of attentiveness here and now."

The Levels of Consciousness

Over the course of 30 years, Dr. David Hawkins diligently worked on the mapping of human consciousness. After 250,000 muscle testing calibrations were done in The Institute for Spiritual Research, Dr. Hawkins managed to define seventeen stages of consciousness together with their energy calibration values. The ultimate goal of his endeavor was to assist human evolution.

This work, detailed in the now famous book "The Map of Consciousness," explained what consciousness is and how it can be measured via kinesiology, thereby establishing its anatomy. The seventeen levels of consciousness span from the 'pits of hell' to Enlightenment, with 'Peace' being the level right behind the final one - the evolution and enlightenment of mankind's consciousness. Dr. Hawkins explains that at this penultimate level, we experience bliss. "Everything is connected to everything else by a Presence whose power is infinite but at the same time exquisitely gentle."

Returning to Consciousness and Realizing Fundamental Peace

A large number of people still believe that our religious or political leaders will free us and bring us happiness. They also tend to expect others to shower them with love, attention, and admiration. But, as long as people believe that such things are given from the outside, they will never be able to resolve anything in their lives or take responsibility for their way of living. This happens because of the lack of ability to recognize your strength.

Actually, it is in our nature to live on our personal power. When we overlook our spirit's resilience, which is born out of strong will and inner peace, limitless opportunities will never open for us. Deep within our consciousness, every person retains a memory of this peace, strength, and original Self. Awakening to the pure consciousness within is our own realization and one of the doors to fundamental peace. When we encounter this ultimate truth, nothing can attack us or bring suffering from the outside.

Dr. Hawkins and other great minds tell us that, even on the subconscious level, we want to return to a state of fundamental peace. Why? Because it is a natural state for

a person. When we are at peace, we are full of energy, creativity, and health. By changing our way of thinking, we start changing our lives. We begin climbing those higher levels of consciousness. [*Everything starts with yourself.*](#)

Through the changing and expanding of our consciousness, our lives will undoubtedly change. We will become more aware of an infinite creative power that lies within our consciousness that can help us construct the peaceful future we desire. Make a conscious choice to start the biggest, positive change of your life - join us, let's do it together.

The happiness of being well

Happiness to share

Most people tend to equate health with well-being and/or happiness. And while being healthy can be explained as the absence of any disease, which is surely a reason enough to feel happy, well-being is a broader term that encapsulates being completely physically, mentally, and spiritually well.

Ancient Greeks used the 'Eudaimonia' term to define this state. Though it was historically translated as "happiness," most modern historians agree that this is an incomplete translation. Because, Eudaimonia is not an emotion, it is a constant state of well-being. Literally, the parts of the word translate into 'well' and 'spirit,' prompting historians to propose other translations like 'living well,' 'the good life,' or 'flourishing.' For ancient Greeks, eudaimonia was the goal of humanity. For a modern man, it is one of the key drivers for fundamental peace.

What is Well-Being?

"Well-being" can be used to describe a wide range of factors, including objective factors, like physical health or financial stability. However, if we look at subjective well-being, it can be defined as a person's own experience and perspective of their happiness, both on conscious and subconscious level. It consists of three essential parts: how we feel day to day, what we think about our lives, and living a purposeful life.

Our day-to-day emotional experiences, positive and negative, are a key part of our well-being. Do we feel tired, stressed, joyful, anxious, or sad? Managing our emotional ups and downs is crucial for our well-being. Next, what we think and how we evaluate our lives is also important for our well-being. Are we satisfied with the quality of our lives? Satisfaction depends on an individual's expectations and standards, and it also changes as we age. Lastly, well-being is not just about personal satisfaction but also about leading a life with purpose. This can be anything from making a contribution to your family or community to fulfilling your potential in terms of your abilities.

The Science of Happiness

For as long as we can remember, happiness has been a human pursuit, both on a global and individual level. However, the focus on happiness is new to the field of psychology, since the initial focus was on the less pleasant states in human life, such as traumas, mental disorders, and mental illnesses. The Science of happiness and positive psychology changed all of that.

The focus was shifted toward the positives in life, along with all the thoughts, actions, and behaviors that make us more productive, happier in our relationships, and more fulfilled. Even though there is no standardized list of causes of happiness, there are a couple factors that are considered vital for human happiness in just about any society. Those are security, outlook, freedom, relationships, and skilled and meaningful activity.

Research and studies in this field are booming, with new findings coming up all the time. Some of the more interesting facts and conclusions are that happier people are less likely to get sick, they are less susceptible to stress, they have fewer aches and pains, and they tend to live longer.

No matter how perfectly we manage our lives, it's impossible to expect they will always be joyful. Even the happiest of lives are colored with moments of pain and sadness. However, making improvements in these basic areas that are vital for our happiness, can be an excellent starting point. From there, the end goal is to reach worldwide, sustainable happiness - one that contributes not just to personal but to [*societal and global well-being*](#), and that doesn't harm the environment, other people,

and future generations.

Realization

Dr. Jeffery Martin, a well-renowned social scientist and founder of the famous Finders Course, has spent over a decade researching [*Persistent Non-Symbolic Experience*](#) (PNSE, well-being, higher states of consciousness, or what some might call enlightenment.

In his study, Dr. Martin describes the common factors for awakening into a state of fundamental well-being. Based on countless interviews with people who have had these awakening experiences, Dr. Martin claims that there are better psychological modes of operating available to people, and that with the right training or under the right circumstances, everyone can access higher states of consciousness.

Nature is key to Happiness

It's not a surprise that nature heals. Our affinity toward nature is genetic and deep-rooted in human evolution. A mere walk in the woods or a stroll by the lake on a sunny morning can awaken the innermost feelings of peace and happiness.

For instance, have you wondered why people want to book hotel rooms with a great view? Or why, when we feel stressed and exhausted, we crave time in nature to figure things out? It's simple - staying close to nature improves our physical, mental, and spiritual well-being. The benefits of connecting with nature are numerous. Some of them are:

1. **Nature impacts health** - In Japan, there is a thing called Shinrin-yoku, which means forest bathing. According to the research done by the National Center for Biotechnology Information, those who practice this centuries-old activity have optimum nervous system functions, well-balanced heart conditions, and reduced bowel disorders. For Japanese people, connecting with nature is also one of the best ways to enhance their 'Ki,' an unseen life force residing in our bodies and everywhere else.
2. **Nature improves Our Psychological Well-Being** - Nature walks have an incredible effect on people and their health, from improving memory functions and emotional regulation to lowering the stress hormone cortisol and fighting off depression.

3. **Nature Boosts Our Spiritual Evolution** - By staying close to nature, we feel more grateful and appreciative of the beauty surrounding us every day. While appreciating nature's wonders, we tend to relax and dive within our soul, feeling thankful that we have a place among all that grandeur.

If you need more reasons to care deeply for nature, as much as you care for yourself, just take some time to contemplate life. Happiness is nurtured by nature and the deep reason for happiness to exist is to share it. It is not enough to be happy, it is all about being happiness, it is all about expanding it. That is the magic of happiness in the formulation to achieving fundamental peace.

Conclusion

With an awakened and conscious mind, we feel more free and more eager to focus on ours and other people's well-being, which inevitably make us happy and help us feel purposeful in our lives. All of this leads us on the path of fundamental peace.

Attaining fundamental peace is something we all want, but it depends upon our ability to skillfully navigate life's twists and turns. Looking deep within ourselves and appreciating our true nature, despite external influences, is where we all must begin. Take a first step, join us in our celebration of life and the realization of a world with freedom, consciousness, and happiness, for all - together.

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be, expand, share