

Research Paper

Self-Improvement in Respect to Inner Peace: The Process of Mind Mapping

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ABSTRACT

The objective of this paper is to provide different options to achieve something important in life which is applicable in achieving the goal of life, such as being happy and making others also happy. Inner peace is in ourselves and how is attained, by meditating in the isolation or going on a vacation, or as promoting world peace and happiness. The peace does not have only one point, that is inner peace but it is the objective of life in all aspects. There is no standard operating procedure to achieve it or mandatory steps to be active in inner peace. The inner peace is a more challenging and hectic process for the psychological research, to achieve in a routine lifestyle. The mind is the place where peace is located and thinking regularly about the past and the future. Whenever individuals feel any thoughts or feelings coming up may affect their brain itself. Our objective will be to attain the peace in mind for that we try to shift our attention with positivity. The easy way to concentrate on breathing or do anything that an individual can do to avoid the sensation is like drinking a cup of coffee. Emotion is the force which creates energy which disturbs their psyche. The energy is never lost but conversion is the best way to neutralize it. Self-determination is the best tool by which individuals may avoid the negative energy into a positive attitude and achieve inner peace. The Research found that people who are more connected with nature are usually happier in life.

Keywords: *Mind mapping, Inner peace, Self- improvement, Emotion, psychology*

Peace does not have only one point of the universe, it commonly define the peace and war in the world. Here we are talking about inner peace with the objective of life in all aspects. There is no standard operating procedure to achieve it or mandatory steps to be active in inner peace. The inner peace is a more challenging and hectic process for the psychological research, to achieve in a routine lifestyle. Our objective will be to attain the peace in mind for that we try to shift our attention with positivity. Emotion is the force which creates energy which may disturbs our psyche. The energy is never lost but conversion is the best way to neutralize it. Self determination is the best tool by which we may avoid the negative energy into a positive attitude and achieve inner peace.

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The peace and happiness may be defined as the state of physical, biological and spiritual calm despite stressors. The peace of mind means attaining happiness and bliss, whereas you may face different stresses. No matter how well you are in life but how effectively you manage your Happiness and inner peace. That does not mean that you have a problem or conflict free life, but you are well equipped with the procedure of how to make our life more comfortable with the challenges in life.

Our aim of life should be more automation in controlling the process of mind that only perceives good hopes in all actions.

The peace of mind means that we live happily in worries, anxieties, stressors, and fears. Inner peace is related to achieving self-actualization and controlling the body system in a way that only perceives and thinks positive himself without any concern with the surroundings. A theory that explains how the mind and its powers create the world, including the most active piece of physical matter that understands the universe and the brain are always in coordination. If we break this coordination with any type of act, it disturbs our peace of mind. (1)

Happiness is the behaviour you express yourself overtly whereas inner peace only depends on you and your satisfaction in life. When some near and dear visit your place you become happy and excited and overtly your behaviour shows happiness towards everybody.

In neuroscience research, reveals that the concept of Increased energy levels and potential differences in brain cells along with the role of hormones are very important for happiness. The emotional state is responsible to manage the, worries, stress, inner feelings and thoughts.

The negative energy in the emotional state disturbs the emotions and to upset our mood and feelings. Similarly, we have developed inner energy by the hormones or biomarkers to neutralize the emotional balance with our inner consciousness.

To develop this ability, you need to learn how to deal with negative emotions and play with positive emotions to generate peace in mind. (2)

Some physical conditions, such as the absence of conflict, violence, war, tend to create distress in human beings. When people feel safe, secure, and free from fear, they are more likely to experience positive emotions in the himself and family also.

Our goal should be to find a way to do the things that we have to do, without getting excited and happy. We have to balance in behaviour and with the things we genuinely enjoy. Therefore, inner balance is an act of compromise between our hearts and minds and we can try to truly balance ourselves.

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. (3)

Some events that can show some emotional disturbance but the balance requires us to be flexible and adapt to the situations, rather than handle our expectations. When we are talking about peace within us, we remain calm, conscious, and happy to face all obstacles.

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The fundamental peace, having which is an essence of Happy feelings that creates the forces in the mind of inner and outer peace. The world can be transformed when we have the mental energy to transform ourselves. (4)

METHODOLOGY

There are many ways in literature to achieve inner peace and happiness, we might think of ourselves instead of others. Happiness and inner peace are a little bit different and cannot be achieved overnight, to achieve the inner peace we would learn the means and it is an ongoing process and takes time and practise to see the things in a positive manner. (5)

1. When you spend time with nature, like morning walks and appreciating nature and surroundings make it into a habit. Whenever you start to feel tense, take a deep breath, which prevents your mind from thinking about stressful thoughts. This is not for one-time, made into a part of life and practice a long-term process to feel good and pleasant. (4)
2. Meditation has many proven benefits for our physical, emotional, and mental health. The practicing mindfulness meditation has been seen to decrease anxiety and prevent depression. Practice Yoga, reading a book of interest, listening to good music may be one way to make mindfulness relaxation. The meditation every day at home will help you to find a path to inner peace. (6)
3. Finding the peace inside and taking care of your well-being, self determination and being grateful to what you are and what you have, do not have guilt about what you are lacking in life. When you appreciate others with inner sense and gratitude then you'll find more peace. As individuals we should always realise and thankful to nature to have a grateful heart for loving to others. We should plan our life in a way to be blissful lives that finds inner peace within.
4. Make a habit to take responsibility and accountability for our actions, as a whole with a level of positive attitude. To accept all criticisms in a positive way and use them to improve yourself with natural acceptance. The access to the mistakes, and accept it and will be more realistic towards a positive attitude.
5. Self introspection and self determination is also an important way to find peace and satisfaction. You will always be truly happy in your life if you are loving yourself. You will always be sensitive towards your physical, emotional, mental, and spiritual health. To maintain sound physical and mental health, eating good food, exercising regularly, and thankful to self and others as overall well-being. (7)
6. A healthy relationship with yourself and family members and be courteous and positive toward others. Imagine how happy and peaceful your life is when you meet your loved one for a long time. On vacation you feel very excited and behave like childish, which feels your happiness mixed with excitement. Having self-love and good relationships with the people around you create emotional balance which are the core root of inner peace.
7. The acceptance and belonging ness are in finding peace and happiness are a key of human acceptance. Whereas the morol of happy life is acceptance of any problem of life that you will have in life and learn how to deal with them effectively and tension free. Always be happy and thankful to God for everything.
In this article, we focus on the micro context of peace. More specifically, inner peace in particular. The dominant meaning of "peace" in Western civilization is the absence of violence (8)
8. The financial problems may affect our family life which leads to mood and behavioural changes. The desire for material things or financial wealth does not

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disturb individuals inner peace. The only things which are not as basic need and not in order of priority in your life will not be disturbing your peace. The priority is yours and you decide and choose it with your inner sense. The immediate needs may cause stress but if you can overcome and control the situation effectively.

APPLICATIONS AND MIND MAPPING

The process of mind mapping to achieve inner peace may be a tool for mental health. Inner peace is a positive emotional state that's characterized by a sense of balance and stability. It might be more difficult to achieve than happiness, but the benefits can be greater. The strategies of brain mapping may be designed in a way that works for individual reasons that are also responsible in finding happiness along with inner peace.

First step to prepare yourself to control your life and firm to get started for inner peace and give your best efforts and prepare for your inner support for self care.

The best thing before going through mind mapping, if you feel any mental issues, then seeking help with cognitive counseling.

The mind sets up in a positive attitude and then decides to achieve inner peace. Before starting the process you will vocal and express yourself in front of a good friend, otherwise using a mirror and start sharing your all negative thoughts with yourself. Then start your journey with zero, towards your inner self to achieve something which may be useful throughout life. Now Start your journey in steps given below,

1- Practice breathwork,

Breathing control is one of the good and most effective ways to achieve inner peace.

Do practice to count and slow down your breathing. Take inside the air as deep inhalation and hold it and exhale slowly. This process specifically guides you in doing slow breathing exercises in order to find more inner peace.

2- Meditation:

This spiritual practice can help you quiet your mind and focus on the present. This meditation coordinating with breathing enhances your physiological system. Close your eyes and concentrate in the middle of both eyes, and try to feel your heart beat and coordinate with your breathing. Started meditating and thinking about inside and trying to neutralize all the senses and focusing on love and kindness.

3- Be kind to the world and Gratitude:

Make habits to be thankful and appreciate to others, accept yourself in full, treat yourself with kindness and respect, and nurture your growth and wellbeing.

When you focus on the good, the good will come back to you, and you'll quickly realise that you're more at peace since your mind pays less attention to the things causing you distress. Love, for yourself and for others, is the key to living a life with more inner peace.

4- Laughing

Laughing is the best medicine, It works like anything, Laughter boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles.

It also adds joy and zest in life, reduces anxiety and tension, relieves stress and improves mood and emotions. It also promotes together ness and pleasure for all.

5- Mindfulness

Mindfulness is a state of peace of mind that enlightens your life and is achieved through shifting your focus inward up to the level of heart. The method of relaxation and practice mindfulness meditation. Trying to be involved in a creative process puts your mind at ease and shifts your attention from pain, stress and anxieties to something beautiful and enjoyable.

6- Spend time with nature

First you should appreciate nature and taking short walks can help you not only because it is beautiful, but also natural things like plants, fresh air and running water, instantly improves emotion and well-being. Our relationship with nature is very old and ancient, how much notice, think about, and learn to appreciate your surroundings.

RESULT AND DISCUSSION

Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. A short walk in the park around your house will help to lower your stress levels and curb your anxiety.

Spending outdoors is always a quick and easy way to achieve inner peace.

Creativity is a positive way to achieve positivity and be involved in any hobbies. Every person is intrinsically creative, and not possible to all have skill in painting but try to make art or painting just do it and trust the process, not the outcome.

On the other hand, personal peace is an example of micro-context usages. In this paper we focus on the micro context of peace and specifically for inner peace particularly. The meaning of “peace” in Western civilization is the absence of violence (Anderson, 2004). (10)

Johan Galtung, would often make a distinction between ‘negative’ and ‘positive’ peace. The peace would not be possible in the violence and mostly defines the peace from outside as an environmental factor. Our concept is that when people are happy with inner peace they don't bother what happened around us. On the other hand, positive mental peace is filled with permanent positive actions, such as the restoration of real life creation for the social systems that serve the needs of human communities. (11)

Inner peace is the state of calm, serenity and tranquility of mind that arise due to having no mental elements, such as worry, anxiety, greed, desire, delusions and stress. The emotional self-regulation and the ability to achieve a state of dynamic emotional equilibrium in competence of emotions.

The usefulness of happiness definition, equating as a qualia concept, has been used in general from various theories of peace. (12)

Happiness is typically associated with the concepts of life satisfaction and subjective wellbeing. The cognitive and affective components of emotions are the controlling power of one's mental state. Therefore, the definition of peace refers to people's evaluations of their lives in reference to both affective and cognitive adjustment. (13)

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Inner peace and happiness will never be achieved when you're taking your life very seriously. Life can be stressful and challenging, and also take unexpected turns, but you always be positive to keep finding the joy and fulfilment.

When you have a hard time and your mind is putting you on unrest, find the things that make you smile. You enjoy a funny movie, throwing a party with your friends, dancing in your living room, whatever you do, do for positivity.

Inner peace is the foundation of creativity and develops the art of all senses to improve well-being. The most mindful things you can do, as you will focus on what you want to do and how you do. To pay attention to every action in detail and get engaged with inner will and don't think about the flows. whenever you notice any mistake, accept and rectify it with no guilt. Mental awareness enhances an individual's attention regulation, decreases distraction and controls the emotion and makes a change in perception towards life. The detachment from identification with a static sense of self, that leads to experiencing more positive emotions associated with happiness and inner peace. (15)

The health benefits of meditation have been well documented (e.g., Holzel et al., 2011) The benefits include decrement in anxiety, reduction in cortisol level and depression and make happy. Dedicating some time every day to practice mindfulness meditation and see the positivity around you will create a positive direction toward increasing inner peace and happiness. (16)

CONCLUSIONS

The systematic hypothesis maintains that grateful individuals are more likely to notice positivity in life, and this influences their perception towards life events. The responses by the individual and emotional balances are simultaneously working and evolved the inner peace along with happiness. A happy personality is always the orientation of peace full life himself and also responsible for inner peace and happiness in surroundings also.

The objective of our paper is to provide different options to achieve something important in life which is applicable in achieving the goal of life, such as being happy and making others also happy.

Recommendations:

1. Living in the present and love it, don't remember the past happening in life care to the present and only looking towards the bright future.
2. Cultivating a positive mindset by emotional balance and mindful exercise. To Move in life with a positive attitude towards the objective of life and do things with confidence for a bright future.
3. Practicing with self-care and self respect, and happiness and hoping that you try to always lead a good and pleasant life. Take care of yourself with the natural living and always faith in God.
4. Make habits to create your own beliefs for the best and receive only positivity with the environment as well as persons also.

Limitations

1. Inner peace and happiness are ambiguous terminology to each other. inner peace is always better to learn himself, like free from worries.

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2. Happiness is a behaviour which governs your emotions and thinking, whereas inner peace is only private and controls your feelings.

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Conflict of Interest

The author(s) declared no conflict of interest.

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