

Special Report

SECRETS TO INNER PEACE, HARMONY & JOY



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Thank you for downloading this report, "Secrets to Inner Peace, Harmony & Joy," which sets out to share some secrets to attaining inner peace, harmony, and joy in your life.

I take it that you are curious and want to learn about these "secrets," so I will venture to say that:

- you are a spiritually oriented and creative person who wants to enjoy inner peace, harmony, and joy for yourself, your loved ones, and all whom you serve;
- you have talents, gifts, and strengths that you have been using to make a difference for others;
- you most likely want to create or grow a business that serves you as well as others;
- you are willing to do things differently;
- your family and friends, your life's work, and your community are all important to you; and
- you want to lead a happy life, to engage in meaningful & soul satisfying work, and to feel wealthy at the same time.

(Yes you can have it all!)

But what does it mean to have *Inner Peace, Harmony & Joy*?

Think about these words for a moment. Do they mean...

- feeling a sense of calm and being stress free
- sleeping deeply and throughout the night
- relating well with everyone

- being at peace with your past
- feeling connected with your highest source of power (God, Creator, Universe, or however you describe this Source)
- being yourself and expressing yourself fully
- seeing challenges as opportunities
- taking full responsibility and not blaming anyone
- having fun

This list of what it means to experience inner peace, harmony, and joy is only a sample. Go ahead and create your own list, which may include many of these and more.

Why Should You Listen To Me?

You may be wondering, "Who is Gloria to be talking to me about inner peace, harmony, and joy?" So, here's a little bit of my background.

Three places I have called home are Trinidad (West Indies), New York (USA), and Burnaby (Canada). After working in a bank, teaching, planning events for a New York university alumni organization, coordinating projects for a New York corporation, and becoming a mom, I then sought divine guidance to be able to use my gifts, talents, and strengths to be of service to the world by positively changing lives. This guidance eventually led me to coaching as a calling, one which makes use of all of my education, training, work, and life experiences.

So what happened? Without realizing it at the time, I had begun a journey of discovering my worth and value as a person. In my life's journey, the times that were the most challenging have served as

catalysts in my discovery of the person I really am and helped me to reconnect to my source of power at a deeper level. Throughout my life, I have developed my intuition and had the awareness of beginning to trust it, to trust God, and to trust myself wholeheartedly. During my working life, I prepared and followed well-defined plans and schedules. At this milestone phase, I prayed, followed divine guidance, and through trusting my intuition, took action, and found joy in using my strengths in service to others.

This dedication of service has been realized in a number of ways: as a full-time mother serving the needs of a growing child; as a volunteer parent actively assisting teachers and fellow parents; and as a church volunteer serving as a Sunday liturgy parent and lector. My volunteer service also extended to the business community as the Chair of the Burnaby Board of Trade Business Excellence Awards, and service to local and global communities as board member and President of the Rotary Club of Burnaby-Metrotown. Within each group, I found people who shared my value of service for the good of all.

Trusting and following my intuition and being guided by a higher source is a most natural and effective way of being for me, and that has led to my choosing coaching as a profession to support others. This decision to coach others is strengthened and enhanced by investing in being coached simultaneously. The positive impact of being coached has had, and continues to have, a ripple effect on all my relationships.

What's come from all this? My calm exterior matches the inner peace I feel; the harmony and joy of my heart, mind, and soul in alignment

with God and a deep knowing of who I am helps me to make a difference in the lives of others. I am blessed to be loved and to love wholeheartedly and generously. I find inspiration daily. I've formed lifetime relationships and I am valued as a friend and an influence of calm, trust, and confidence. Readers of my inspirational newsletter share how much value they receive for themselves as well as the many others in their families, friends and church congregations. My clients' lives are enhanced and they in turn share their life changing insights and the positive results of their actions. Members of the Rotary Club of Burnaby-Metrotown have expressed how much my leadership has transformed our club and they remark on the positive energy created among our members and the legacy left behind by that work. I am a contributing author to the recently published *Conscious Entrepreneurs* and I am in the process of writing my first book.

The transformation from feeling a range of emotions that were all related to being scared to my feeling more confident and at peace was certainly a process that took some time. I am happy to share the secrets I have learned in my journey to assist you in your process of discovery. So, let's get back to the "secrets" I wish to share about attaining inner peace, harmony, and joy.

Why Is This Special Report So Important?

We live in a fast-paced world where being constantly stressed is considered normal, where the accumulation of material things do not fully satisfy a deep longing for inner peace, harmony, and joy in all our relationships, and where extremely caring for oneself is not a priority as there is not enough time and there is just too much to do every day.

Living your best life and doing your best work requires that you *be* at your best, that you are happy, and that you feel loved and that you are loving to others. Wouldn't it be awesome if *that* were a normal way of being every day?

So, what does it take to be your best everyday and to be an inspiration to all?

I can't answer that question in its entirety here, but I can tell you about some secrets that have worked for me and my clients and how **you** too can benefit from them.

Secret #1

Decide to Go on Your Inward Journey

Rediscover who you really are—the “you” whom you once knew but have forgotten over time—not just the image you may hold of who you are.

Have you been so busy with your daily life and all your responsibilities that you have no time for yourself and far less for looking closely at who you really are? I have been there and maybe **you** are there now.

Inward Journey? What is that? It means taking a closer look at your fears, stresses, pain, perspectives, beliefs, ways of thinking, fun, joy, etc.

You may be thinking: "That's too much work...Who needs that?" or "I have too much to take care of to spend time on matters that are so hard/uncomfortable and over which I have not much control." You may have many reasons to say "not now; later when I have more time" and you may even have said those words to yourself about other important things in your life.

You are reading this right now for a reason. An opportunity awaits for you to say yes to yourself.

You want to feel inner peace, harmony, and joy in your life. You once had it, perhaps for a short time or for a period in your life when you felt anything was possible, and you want it back or more of it. **The time is now for you to make a life changing decision.**

Making a decision to begin your inward journey, like any decision, takes seconds but thoughts/reasons/fears may stop you.

While it is important to evaluate all information before making a big decision, it is also important to be aware whether it is F.E.A.R. (False Expectation/Evidence Appearing Real) that is stopping you or holding you back AND to remember to trust your inner voice or intuition about proceeding.

Often deciding to take an inward journey is the result of feeling overwhelmed or over challenged by a current situation in your personal life, in your business/work, or both. That kind of situation was the catalyst for me and for some of my clients to make the decision to reach out and begin an inward journey. The catalyst for others may be arriving at a stage in life of wanting more meaning, a clearer purpose, or seeking to find enlightenment which may still be

missing even after having traveled east or to other historically spiritual places.

Whatever your intuition tells you, trust it and **decide now** that you deserve to take time to begin your inward journey.

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now!" --Johann Wolfgang von Goethe

When you make the decision, choose a guide whom you sense to have inner peace, harmony, and joy and can effectively customize a program to support you on your journey.

Visit www.peaksuccesscoaching.com to register for a breakthrough session and determine whether I am the just right guide for you.

This journey will be one of transformation as well as a return to a feeling of being at home. Your journey will be unique to you and the path to your destination will have clues along the way. Your guide will help you identify and read those clues and help you break through times when you feel stuck and paralyzed, unable to move forward. Making a decision to go on your inward journey will be one of the most significant decisions you make. Attaining inner peace, harmony, and joy will be worth it!

Secret #2

Take Responsibility for Your Happiness (And be willing to do the work required)

Have you heard or said “You make me happy/angry/sad”? Children go through the developmental stage of placing responsibility on others for their feelings or emotions, and adults sometimes do the same.

Even if you do not say those words to others, you may overreact to what others say or do in a way that robs you of your inner peace, harmony and joy.

If your happiness feels like a roller coaster of highs and lows because of the people close to you, you are likely forgetting to take full responsibility for your happiness.

Here’s a great reminder that works for me and my clients: Happiness comes from within and in any moment you can claim your happiness.

If you are in the habit of looking outside of yourself to feel happy, you have given up your power to be happy. Blaming others or judging others for not making you happy takes you in the opposite direction of feeling inner peace and joy and being in harmony with others.

For example, if you are unhappy and you are thinking that “Bob” (or someone whom you feel is making you unhappy at the moment) usually gets upset or says or does something that usually makes you feel unhappy, then consider this. While it may be that you are right—that you feel unhappy when Bob gets upset or says/does something that is upsetting, you always have a choice over what you think, say, or do. It is best to choose to focus your attention on lovingly choosing your thoughts, words, and actions in the moment and to remember that you have the power to claim your happiness and not allow others to have that power over you.

As you evolve, you will find that you will choose to limit the presence of, or stay away from, some people in your life. They are those who are consistently negative and do not support you or those by whose presence you feel you are constantly drained of energy and around whom you do not feel you can be your best self. To stay away from people like this may be a difficult decision, or altogether not a feasible one. However, you will see that like a flowering plant that requires a nutrient-rich environment in order to bloom and thrive, you too will thrive in an environment that is nutrient-rich for you.

This means enriching the inner environment of your mind and your outer environment with respect to space and people. Being willing to do the work required means making a commitment to practice the new habits of thinking, saying, and doing things that honour your best and highest self and seeing the highest and best self of others. It also means developing and nurturing relationships with people who are positive, and honouring boundaries with others whose goals/outlook do not match your own, but who are, and must remain, in your environment for whatever important reason(s).

Take time to reflect on and identify what actions you will take.....

Where are you giving up your power to be happy and to whom? What are the habits you want to develop so they become automatic for you? You can ask someone in your support team to support you in developing any new habit; they can help you note your behaviours and celebrate your efforts.

Your feelings of inner peace, harmony, and joy are yours when you take responsibility for your happiness and relieve others of that responsibility. Have fun with this!

Secret #3

Appreciate Who You are, What You have, and What You Do

Are you on your inward journey of rediscovering who you are? Have you been so caught up in nurturing others and the chores of your day that you forget about truly appreciating who you are, those in your life, and all that you have?

Does it seem easier or more automatic to keep focusing or placing extra attention on who you are not, what you do not have, or what you did not do? In so doing, you miss the joy and celebration of the truth of who you are, who others are, all that you have, and all that you have accomplished or done.

True appreciation means:

- You see the positive choices you are making
- You do the best you can
- You celebrate who you are and feel happy
- You see that others are doing the best they can with what they have and know
- You celebrate and are happy for the good fortunes of others
- You see all the blessings of what you have, however small or large
- You are thankful for your blessings
- You love yourself

- You see that you are loved
- You love others; not just those close to you but also all those whom you serve, and all of humanity

Ask yourself: "What do you appreciate most about yourself and what you have accomplished, and about each person in your life and business/work?"

Do you want to evolve and learn better habits? Do you want others to evolve to their highest selves?

When your fundamental approach to everything and everyone is one of appreciation, everyone wins as this helps to create inner peace, harmony, and joy.

Relax and take a few moments to recall and enjoy moments when you felt appreciated or when you truly appreciated someone or something.

Secret #4

See the Truth and Express Yourself Authentically

The greater or real truth of a moment is sometimes not apparent. After becoming a mom, I learned and began practicing the following words of wisdom: "Say what you mean, mean what you say, and do what you say you are going to do."

For a variety of reasons, people do not always say what they mean.

These reasons may include fear of being judged, fear of how the other person will react, respect for one's culture which may regard it impolite to be direct, lack of clarity of what you really want, being upset with oneself, lack of confidence, or harbouring feelings of guilt.

When the other person does not ask but instead assumes a meaning, there may be misunderstandings which sometimes are left unaddressed and accompanied by suppressed feelings of hurt/anger/sadness. Over time, this may lead to broken relationships and lost of precious experiences.

It is best to **not overreact** based on feelings but to acknowledge your feelings and **respond to the truth with truth**.

You may **overreact** to what someone said, the look on their face, the gesture they made, the memory or associated meaning you have from the past, your belief or judgment about the person or familiar situation etc., **and** what you say or think to yourself and the verbal or non-verbal communication that follows from that place is likely to yield little or no positive results since the real or greater truths of the situation are yet to be uncovered.

However, when you **respond to the truth with truth** you must believe that everyone wins.

How will you know what is the real or greater truth?

Your **intuition** or inner voice, once you have learned to listen and trust it, is a great resource as it may help you to have a sense of knowing beyond the obvious. At times you may need to **just ask for**

clarification rather than make an inaccurate assumption, or **ask for input/perspective** from a wise family member, friend, or coach.

How do you avoid automatically overreacting and instead express yourself authentically?

When you experience an unwelcome feeling triggered by assumptions about something you heard or saw, **stop and take a deep breath, acknowledge your feelings, and look for the truth.**

Stay calm and do not take things personally. By wanting to address the truth, it will be easier to **speak from your heart** and you will have better results. You will then be consciously choosing how you respond and you will know the just right words to say. When you respond, you will be more present to the moment and respectful of others without blaming or judging.

It may be a habit to overreact automatically and difficult to not overreact, but with that awareness and a desire to respond to the truth with truth, you will feel more joy and you will enhance your relationships.

Secret #5

Inspire Yourself

Feed and Align Your Heart, Mind, & Soul

Has this happened to you? You are busy working hard and nurturing everyone else but yourself, only to realize that you no longer know

what you really enjoy but feel that by taking extremely great care of yourself, you could have much more to give to others?

It has happened to me as well.

You may think you are being selfish to spend any time pampering yourself. You learned that being selfish is a “bad” thing. Yet deep inside you want to take greater care of you and have more fun, but feel guilty about allowing yourself to have these things and you feel that your connection to the source of your power and strength (be it God, Creator, Universe, or however you describe that Source) is not as strong as it could be.

When I am too busy and feel overwhelmed, have aches and pains, and life feels difficult because I am not able to accomplish tasks with effortless ease, I know it is time to “stop and smell the roses” and to reconnect with God and ask for help.

When you are connected with your Source of power and there is alignment of your heart, mind, and soul, everything naturally flows with ease and you will notice many synchronicities, not mere coincidences.

So how do you inspire yourself and align your heart, mind, and soul?

- Give yourself permission to take time to reflect and rediscover what activities give you joy
- Notice when you are happy how well your body feels
- Meditate or Pray
- Do yoga or whatever physical activity you enjoy

- Be with people or pets you love and with whom you feel great to be around
- Begin again a hobby you used to enjoy but haven't in a long time
- Read before going to bed
- Take an aromatherapy bath or go to the spa
- Make a vision board to inspire you everyday
- Spend some quiet time in nature, actively appreciating its magnificence
- Sit still and do nothing for 10 minutes or more
- Shift your perspectives to have a more positive mindset
- Identify spiritual principles to use as your guide to live by

These are just some examples. Make a list to have a ready reference when you want to practice new habits until they become automatic for you.

When you inspire yourself or look for inspirations daily, you will have more fun, feel at peace, and be in harmony with those around you.

Wrapping It Up

Now that you are aware of some Secrets to Inner Peace, Harmony & Joy, I trust that you will take action (1) to begin or continue your inward journey to rediscover the *real you*; (2) take full responsibility for your happiness; (3) appreciate who you are, what you have, and what you do; (4) see the truth and express yourself authentically; and (5) inspire yourself as you feed and align your heart, mind, and soul.

I look forward to hearing about **your** path to inner peace harmony & joy and working with you as you journey along your path.

To your success (as defined by you),

Gloria

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Peak Success Coaching
www.peaksuccesscoaching.com

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About Gloria

Gloria Tom Wing Staudt is an inspirational success coach and an enthusiastic leader of the award winning Burnaby-Metrotown Rotary Club. As an entrepreneur, she makes a significant difference in people's lives by using

practical applications of spiritual wisdom. Through her business, she provides coaching and assessment services via the telephone, internet, and in person.

Gloria knew intuitively at an early age and in recent years more consciously realized that her destiny is to help create a more peaceful and loving world through her commitment to living her highest purpose and being of service to the world with God as her centre. As Mahatma Ghandi said “Be the change you want to see in the world”.

Having faced challenges on her own journey to inner peace, harmony, and joy, Gloria feels blessed and finds it easy to be loving and generous. And now, she dedicates her life and work to passionately guiding others on their spiritual journey to where they feel the ease and joy of being at home with themselves as they seek to fulfill their highest purpose and are more loving and generous as a result.

As a Success Coach, her products and services include seminars, books, classes, breakthrough coaching conversations, and coaching programs. Gloria is a contributing author to the recently published *“Conscious Entrepreneurs: A Radical New Approach to Purpose, Passion & Profit”* and is in the process of writing her first book.

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