



Five  
Steps  
to a more

*Peaceful  
Life*

Cynthia D. Griffin



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to a more  
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Dedicated to

All the seekers of peace, happiness, and joy.  
I wrote this book for you.





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## Chapter 1

# *The Goal of Peace*

Finding peace is a goal many people have, but few actually accomplish. What is the secret? Is it even possible? Yes, it's possible. I found it, and I want to show you how to find it too. This book will be breaking down the five steps that I found in my path to peace, so you can apply them to your life as well. But first let me tell you a little bit about myself.

I used to live a life that was pretty standard for these days. I was hectic, chaotic, and going everywhere at once, but never actually going anywhere of great importance. And deep down I knew it. No matter what I tried, or what I did it was the same old stuff day in and out. But still there was a distinct feeling of panic that I needed to pick up speed because I was missing something important. But what was important?

At some point, I realized that I hated my life. I hated myself. I hated everything. I was miserable. I was depressed. I was sick and tired of existing. Why even bother? The world was going to the dogs, and everyone was out to get each other. No one could ever get ahead, and I'd be stuck in a living to paycheck-to-paycheck kind of life, because I was not good enough to do it any other way.

I saw evidence of some people living happy and good lives, and I wondered how they did that. How could anyone have a peaceful life in this day and age where it feels the world might blow itself up in any moment?

It took a long time to dig myself out of that hole of thinking, because it eventually dawned on me that it was all about *how* I was thinking. I embodied almost complete negativity in every aspect in my life, and it reflected that in dark and depressing ways.

How did I pull myself out of the hole? At first, with help. A big major step for me was starting to see a holistic doctor. I had a medical issue that no doctor could seem to diagnose. Over the period of a summer I went to see five different medical care professionals and not a single one could help me. Each one giving me medication that actually made my symptoms much worse.

One of the medications landed me in the ER one night, and that's when I decided I'd had enough. So I started looking for an out of the box solution. That's when I found an incredible woman Dr. Linda Potts who didn't just treat my symptoms, but my body and mind as well.

The next four years I worked with her to improve my health, my mind, and my spirit, until just over a year and a half ago, I felt confident enough to take over my own health and growth by becoming a Reiki healer.

Becoming an energy healer once again transformed me because now I was actively healing myself on an energetic level, and in the process was also purging a lot of emotional and mental blocks that were holding me back. As these blocks fell away, I was able to make bigger and bolder decisions that moved my life into a more positive direction, one of which was relocating my family to a new state almost a thousand miles from where I had been before.

I could make these positive choices that were right for my family and I, because I could finally see how unhappy I was and some of the causes of that unhappiness. Along the way on this healing journey, I also spent hours upon hours journaling, meditating, and slowly over time, taking my power back from all the places and people I'd given it to over the years unknowingly.

Now I am ready to start another leg of my journey by opening up and talking about things I did that helped me. In doing so, I am hoping to help others to find a better life of peace and happiness by inspiring them to either start, or keep moving along their own unique journey.

This book is going to talk about some steps to take in finding that peaceful life you want so badly. These are steps I took myself without knowing it at first, but have recently identified the process. I originally was going to make this a **Speak Your Truth** blog post, but realized I could (and should) go into more detail and length, so decided to make a short ebook instead.

Please keep in mind that what you are about to read isn't a strict how to. This is how **I** did it, and I'm sharing my process. Your process may be different in small or big ways, but these steps are common actions in finding peace.

Also realize that finding peace is a process. It takes time to peel back the layers that make you who you are, and to cut through the distractions and blocks that are keeping you stuck in an unhappy and unfulfilling life. So be patient with yourself. You will get there if you believe in yourself and believe that you *will* find the peace you deserve.

## Chapter 2

### *Awareness*

What is a peaceful life? Every person is going to have a different definition of that. My definition of peace may differ from yours. So you are going to need to define what peace looks like to you, but even more important than that is the *feeling* of peace. If you had no worries and concerns, what would that feel like? What would you be doing? What would you be thinking?

Don't get too caught up in the doing part of peace though, because real peace **only** comes from the inside. It's that feeling you need to latch onto and hold, because it's the feeling of peace that will lead you to it.

I'll explain why the feeling is more important. Imagine for a moment that your idea of peace is sitting on a beach drinking some sort of fruity umbrella drink. The warm sun is caressing your skin. The waves of the ocean are lulling you into a peaceful rest. In that moment you don't have a single care in the world. Ahhh... What a life. Right?

But you can't possibly be on that beach every single day of your life, can you? Nope. So associating peace with a place is only going to give you temporary peace. What about all the other days of your life that you have to go to work, clean the house, or pick up the kids from school?

So instead of locking into the place you can occasionally find peace, hone in and focus on how you feel while you are in that place of peace, so you can carry it back to your everyday life and embody it in every single moment. That is the sort of peace you are *really* looking for.

Now that you have your feeling of peace, it's time to hack away at all the things that will try to steal that peace. The absolute best way to do that is to cultivate awareness of yourself, your feelings, and your surroundings. You might be surprised at all the little and big things going on in your life right now that are holding you down from experiencing your best possible life.

Remember that peace can't be gained from any other person, place, or thing. I'm sure you've tried already and know that to be true. Peace only comes from inside of you. If there is chaos, negativity, and despair on the inside, then so shall it be on the outside as well. As the Buddha says, "*Peace comes from within. Do not seek it without.*" This is what he's talking about.

Crap. Now this is getting hard, because maybe that's your whole life, and it seems impossible to cut all the junk that's been holding you back out. It's not. I did it—and I assure you I was one of the most negative, selfish, depressed people out there—so you can do it too.

When you've had enough, you'll know. You will also know that to do anything else but to find lasting peace is not an option. You are tired and weary, and it's time for change. Whatever it takes. Wherever it leads. No matter how hard it may seem. You. Are. Going. To. Do. It.

Those of you who *are* ready to change your lives forever keep reading to become aware of what may be stealing your peace of mind.

Awareness is the first step. Through awareness you can notice what needs attention. But it's not good enough to be aware of just one area. You must cultivate awareness in all aspects of your life, including your surroundings, your body and health, your thoughts and emotions, and any situations that are taking your time and energy.

### **Things to Be Aware of in Your Surroundings**

- What sort of things in your surroundings are causing you stress?
- What sort of people in your life are causing you drama and anxiety?
- What sort of situations are taxing your patience and taking up way too much of your time?
- Are you happy with where you are living?
- Are you happy with your job?
- Are you happy with your finances?
- Is there something you want to do, but can't for some reason?
- Is there somewhere you want to go, but have never been able to?

### **Things to Be Aware of in Your Body and Health**

- Are you feeling sick all the time?
- Do you dread getting out of bed in the morning?
- Do you have an illness that the doctors can't figure out and it's not getting better?
- Do you have an illness that you know what it is, and you still aren't getting better with treatment?
- Do you have lots of aches and pains?
- Are you happy with the way you look?
- Do you like the clothes you wear?
- What other thing or situation going on with your body or health is causing you stress and anxiety?

### **Things to Be Aware of in Your Thoughts and Emotions**

- What sort of negative repeating thoughts do you have?
- Are you constantly thinking negative thoughts about a person, place, or situation?
- Are you constantly thinking negative thoughts about yourself?
- Do you even feel or think you are deserving of happiness and peace?
- Is there a situation or person that causes you to be angry or upset on a regular basis?

## **Things to Be Aware of in Situations That Are Taking Your Time and Energy**

- Do you feel like you never have time for yourself?
- Is there a particular situation or person you dread all the time?
- Is there a person or situation that takes up a large portion of your time and energy, and perhaps you feel completely drained with each encounter?

I know this is a lot. You've probably identified quite a few areas that need help. You may even be feeling overwhelmed right now. Realize this is a process that takes time. You didn't build your life in one day, you aren't going to be able to disassemble it and remake it in one day either.

Take a deep breath, and pick one or two areas to work on first. What's your biggest priority? What's holding you back the most right this moment? Focus on that. Become aware of this issue only. Let the other stuff fall away, knowing you *will* get back to them in the right time.

## Chapter 3

# *Acceptance*

So now that you've spent some time becoming aware of all the stuff you aren't satisfied with, or have recognized what's creating problems in your life, what now? There's so much to tackle. Where to start first? A part of you really thinks it's hopeless. There's no way you'll ever turn it all around. So what's the point of trying?

It's worth it, I assure you. It's hard to take that first step, even the second and third, but once you start gaining momentum, it does get easier. What's important is taking the action, even if it's slow.

When you look at the big picture it can dash a lot of hope, so just take it little bits at a time. Break down your target areas into small-sized chunks and trust you'll get to the rest when you are supposed to. Start with what feels most important and work your way from there.

You decided what you want to work on first. Now it's time to just sit with it. Don't take any physical action yet. Just think about that problem, situation, or emotion, and let it be whatever it is. Allow it to exist without your judgment or condemnation or involvement.

This might be uncomfortable, in fact, I guarantee sometimes it will feel downright impossible, because if you are anything like me, you want to cover it up or pretend it doesn't exist. You want to wipe it all away and start brand new. Well, you can't. Not yet.

In allowing a problem, situation, or emotion to be exactly what it is without any modifications from you, you get to see it for what it is. You get to feel those emotions and have those thoughts. People have a tendency to not want to face the unpleasant, and in not doing that one vital thing, they rob themselves of a much needed healing. Some issues aren't going to be resolved until you allow yourself to feel angry, sad, frustrated, or whatever feeling that needs attention.

Once you give acceptance and allow, you can then move on to the question of why. Why did this happen to you? Why are you having these feelings? What is the root of this issue?

This is when you may likely uncover something that has been going on at a deeper level that you were never consciously aware of, but you finally realize this root problem has been directing the decisions of your life in destructive ways for years.

Let me give you an example of something I uncovered when I allowed myself to sit with the fact that I needed to start earning an income, but kept making excuses to not do it. I'll start with a little backstory to give you context of the full issue.

I haven't had a consistent regular 9 to 5 job in about eleven years. After my son was born, I realized I did not want to be away from him for long hours, so when he was six months old, I quit my full time job. Doing so caused our family to have to make some sacrifices and that included moving in with my husband's parents. It was supposed to be a temporary solution that lasted ten and a half years.

I tried multiple times to go back to work the first few years, but it never lasted. I always ended up coming back home. I could not stand the idea of being away from my son for hours at a time. I did not want to have someone else raising my child. I wanted to be there for him as much as I could. So I followed my heart despite the fact that to normal society that's not what most people do.

In the modern society, you work. You get a job. You have your own home. That's what you do. And I spent YEARS in a constant war with myself because of these external expectations. I was making those expectations my own and allowing it to steal my happiness and peace of mind.

Don't get me wrong. There were parts of my life I loved. I was content in it, but I was also miserable because I thought I should be doing something else besides being mom and wife, and doing more to earn an income so we could have our own home.

Despite this inner war, I'm glad we spend those years with my husband's parents. His parents are the nicest and most amazing people I have ever met. Our family benefited in so many ways because we lived with them, and had unique opportunities we would not have had if we lived in our own place. But as my son became older, it was becoming clear that the situation wasn't optimal for our family any more. We really did need our own home now.

So despite all the odds that were stacked up against us at the time, my husband and I took a HUGE leap of faith and decided to look in Florida for a home. We chose Florida because all three of us

liked it a lot. We went on a vacation there and all of us had that feeling of rightness the whole time we were on that trip. Florida was a long way from Maryland where we lived at the time, and a long way from everyone we knew, but it was time for a drastic change, and our family was ready for it.

We managed to buy a house, move our family, and maintain a living even without me having a job. I look back on it and it *still* blows my mind. How the heck did we do it? Only from some seriously divine help, that's for sure.

Months after being settled into our new home, things were amazing and wonderful as we loved the new place and the new dynamics of our new life. We only had one serious drawback. Money. We were getting by and paying our bills and had food to eat, but not much more than that. Once again I started warring with myself over getting a job. But it didn't feel right, not at all. And I was getting angry with myself.

We were getting to the point that just making due financially wasn't cutting it any more. We couldn't go on big trips or do a lot of things we wanted. We had no money to buy much needed furniture for the house, or do any upgrades that we wanted to do. So why in the world wasn't I able to put myself out there and get a job? Was there something wrong with me? Was I really just lazy and unmotivated?

So finally I sat with this—why couldn't I make myself get a job, even a work from home job? It wasn't like I didn't have skills. It wasn't like I couldn't go and work at the grocery store not a mile

from our house. I knew it wouldn't take much, and having the extra money would help us out so much. So what was the hold up?

After about a day or two of just letting the situation be and not shying away from any of the difficult emotions associated with this particular topic that had eclipsed my life for far too long, I finally had the major breakthrough I needed.

I realized some very important things. That even though quitting my job and not working a regular job for almost eleven years was going against the grain of society and the constant unsolicited advice of many of the people of my life at the time, I **had** done the right thing. I had followed my heart, even in the face of deep and intense emotion and what I perceived as severe judgment from every one I knew. And, in fact, that judgment wasn't every one else's, it was my *own* judgment against myself. I condemned myself for following my heart, and not following the "normal" way.

I also realized that I had lived my entire life in a state of victimhood. Where everything was happening to me, and everyone and everything was constantly stealing my power. I had allowed myself to be beaten down in life, but the biggest area had been my places of work. I had allowed managers to put pressure on me to be and do things I didn't want to do. They said to sell more and my insides would cringe. Why sell more? I wasn't even sure I liked the product? Why push someone else's merchandise that I didn't even care about?

Why stand by and let a customer destroy me with their words because they were unhappy and having a bad day? Why work faster when all I really wanted to do was slow down and take my time so I could end up with something I was proud of instead of a somewhat okay product?

I was never happy in any job I ever held, except for the one at James Madison University. And because I had left the best job I ever had, I beat myself up for that too. Why after I had found the perfect job did I give it up to stay home with my son? How was that even sensible? Maybe it wasn't sensible, but it *felt* like the right thing to do.

Years later, I finally realized that I couldn't go get a "regular" job because I dreaded going back into the work force. I simply couldn't stand the entire system of the work force. This ridiculous idea of doing a job and doing it perfect for someone else. If you did it just right you'd get a paycheck, and if not, you'd get a hard time and write ups and uncertainty of whether you were employed or not. It's why I never stayed more than a year at any job when I was working. I was dissatisfied with the status quo. I was done with the cycle of victimhood.

So where did that leave me? I had become aware of this issue that affected all areas of my life, and I had allowed myself to feel the difficult feelings attached to it. What next? What should I do with that information? I realized I needed to move on to step three

## Chapter 4

### *Forgiveness*

I needed to forgive everyone who I had ever felt a victim to. I had to forgive all the people and situations I felt had wronged me in this area. But mostly I had to forgive myself.

I had to forgive myself for being so hard on myself over the years and allowing that anger and frustration to effect those around me. I'll be honest. I wasn't a nice person for a while. I was home with my son and I *did* enjoy some beautiful moments with him, but I was also mean and nasty to him and a lot of people.

I look back now and see how much pain I was in and how I had spread it to everyone near me. And my poor little boy suffered most of all. I would spend days in bed feeling too sick and tired to do anything, so he would have to play by himself. I would get angry at the drop of the hat and yell at him for nothing at all. I would ignore him when he needed me because I was too ashamed of myself to even acknowledge myself, or any one else. And of course all of this made me feel worse. Wasn't I home to be with my son? To help him? To have a happy life with him? Then why did I have days and weeks where I was incapable of even being a mom?

Yeah, I forgave myself for all that. For all the bad moments and hard feelings. For the poison of my stress and pain making my son and my husband's life much harder than it had to be.

And you can do that too. It's not easy to forgive. It's not easy to set aside that grudge or righteous anger. Maybe you have a good reason to be upset at someone or a person. Maybe you were hurt really bad. Maybe you are afraid to forgive because then you'll be giving that person or situation permission to steamroll you once again.

It's important here to specify that forgiveness is not forgetting or allowing someone who did you wrong back into your life. Forgiveness is more for you. It helps you let that situation and or person go so it no longer holds power over you. Every time you think negative thoughts or wish anything or anyone ill will, you are letting them take up space in your head. You are letting them hurt you over and over again. Forgiveness doesn't dissolve what a person or situation did, it dissolves their power over you.

Forgive so your heart can be light and your mind at peace, but stand firm in your boundaries. Let the world and the people around you know you won't allow that sort of hurtful behavior again. When you do this, you become empowered and strengthened in an amazing way that will have incredibly positive effects for you and those around you.

As I forgave, I opened up new space in my heart and head. I didn't feel so full any more, and it helped me to discover a new and exciting way to earn an income, but also follow my passion as a writer.

## Chapter 5

### *Letting Go*

People let go in many different ways. Sometimes just acknowledging there is an issue and then letting yourself feel the feelings and letting the issue be what it is, is enough. Many times though, to truly let something go, you have to do something. Have some sort of action to stress that you really are ready to let the issue go.

I have many ways that I do this. Sometimes I can mentally let it go. I envision whatever it is leaving me and never returning. I like to turn the “issue(s)” into feathers and watch them float away into the broad, wide sky.

There are sometimes when having a real good cry will help let something go, especially something that’s had a deep hold for awhile. Don’t shy away from a good cry. It might suck at first, but afterwards you’ll feel better. Just let it out. Let it go. Let that pent up frustration leave as tears as your heart and soul heal.

Something else I do fairly regularly is take Epsom salt baths (about every 2 to 3 days) and have a glass of water with a tablespoon of unfiltered apple cider vinegar (I do this every few months for about 2 weeks). These things help the body detox and release all the toxins in the body, but it also helps facilitate emotion and energy releases as well. Stuck emotion and energy can build up in the body, so it’s important to keep your body regularly circulating in a healthy way.

One of my best and favorite ways to release is to write. I write in my many journals as needed. But if it's something big and deep that needs releasing, the absolute best way to let it go is through writing a letter.

Keep in mind that these letters never see the light of day. They are solely for my own eyes used to release and let go of anything or anyone that's been keeping a grip on me. Sometimes I will address the letter to a particular person, but most of the letters are addressed to myself. I have found there is a lot that I have needed to forgive myself for.

In the particular incident that I described in the last chapter, I ended up writing a long letter to myself to help release all the pain and emotions. I let it all spill out. I'm pretty sure I was crying most of the time I was writing, but I didn't stop. I kept going until I finally had nothing left to say.

I set the pen down and a feeling of peace settled over me. It was deep and wide, and a far greater peace than I had felt yet, even though I had release a lot of stuff up until this point. That's when I knew that this was different. This was BIG. This would change my entire life going forward. I had finally come to terms with the war inside and threw up a flag of surrender. I would never fight that battle again. I was done. I could finally move on.

I was no longer trapped in thinking I needed to go get a job, or that I couldn't go get one if I really wanted to. I let all the pain and frustration go that had built up year after year. I was finally able to find the confidence, courage, and self-worth to realize I had

plenty to give of value, and earning an income was not a status symbol I needed to feel any of these things.

That being said, I also realized I had an immense amount of knowledge I had gleaned over the years, *because* of all the things I had gone through to get to where I am now. And there were very likely people out there that needed to hear what I could give them. But I would have never allowed that possibly into my life without first letting go off all the junk standing in the way.

## Chapter 6

### *Peace*

For a long time, I was under the illusion that finding peace was a one-time deal. Once you found it you were done. Your life would forever be enveloped in this peaceful state. That's not necessarily true. I think you have to condition yourself to be receptive of a peaceful state for it to be a lasting peace. It takes lots of small moments of peace to build up to being able to maintain it on a regular basis.

Think of it this way. You want to build a house, but there's already a house standing where you want to build it. So you have to decide what pieces stay and what pieces go. Then you get to the actual part of building the house, which takes time too. Start with the foundation and work all the way up rebuilding piece by piece until you're ready to move in. Finding peace is much like that.

So take a look at your life. What parts don't you like? What parts need to be removed or replaced? Then you have to shore up the foundation. Then work on the walls and insert new windows. You need to patch up the roof and put up new walls. Each time you are doing this important work by replacing the old with the new, you are getting that much closer to finding lasting peace.

One day you might even look around and figure out that you are much further along than you

thought. Instead of having a few moments of peace, you had an entire day. And then that whole day turns into a week. And then the week becomes an entire month. And it just keeps getting better from there.

Peace is a choice you make each and every day. How do you want to feel today when you wake up? Are you going to let someone or a situation drag you down into the depths of despair? Are you going to let a frustrating situation that keeps dragging on and on steal our joy as you spend time with your family?

Eventually, you are going to start to realize that it's not worth the heartache and stress of dealing with certain situations and people. You also may realize that worrying about something isn't worth your time either. You've opened your eyes and become aware of all the little and big things that steal your peace and happiness every single day, and you've decided enough.

How long it takes to find lasting peace is really up to each person. How long will you put up with the hurt feelings and pain? The more of that negativity you shed, the more peace you will find. That's why you can be in complete peaceful state one moment and raging mad the next, because you let something come along and steal that peace. Recognize it and say enough. You deserve better.

I deserved better and so did my family. All the work I've done has transformed our lives for the better, and there is no better incident than what happened yesterday as I was working on this book.

I was deep in writing my heart out when all of a sudden I heard a crash and glass breaking. I ran into my son's room where he and his friend were playing, and found, to my horror, that my son had broken his window.

The old me would have yelled, screamed, cussed, and shown myself in a big way. I would have probably grounded him for life, and then some of his afterlife, and then would have proceeded to stomp around the house in anger for the next several weeks. I would have constantly sent my son nasty glares, not letting him remotely off the hook, which would have set the tone for a very nasty and hostile atmosphere in our home. That hostile environment would have most likely bred more trouble by my son, and more anger from me, an endless cycle of misery for us all.

Instead, I just stood there for a moment taking in the situation. In as calm a voice I could muster, I asked what happened. As they explained what happened, I felt my anger rise with each word they spoke. It was the classic "It was an accident" story that could have easily been avoided with a little more awareness, and less roughhousing.

I could have easily let my anger take control, but I didn't. I told myself "It's just a window, no one is hurt. It's okay." So I let my anger out with a big exhale. I also told my son to go be somewhere else for a bit so I wouldn't blow up at him. I then went and got my husband so we could see what we could do to cover the window until we could afford to fix it.

Yeah, I did have some residual anger and frustration later in the day after the window was patched. My mind wondered how long it would be until we would get it fix. Where would the money come from? And would our patchwork hold up from some of the major downpours of rain we tend to get in Florida? But I sat down, meditated, journaled, and finished releasing the frustration. It's just a window after all. It wasn't worth my anger, or my peace of mind.

The incident was actually very helpful because each of us learned a life lesson from it. I learned I needed to not be writing when my son had friends over and pay more attention to when they got rowdy and rough. My son learned he needed to do more thinking before acting. My husband learned some impressive skills of holding his anger (which has been a struggle for him). And my husband realized he really could hold his anger so it could be released in a more appropriate way later on.

This incident also led us to setting up new rules to curb how much my son's friends could come over to our house (because they'd been invading our house every day for weeks!). My son is also starting a new daily routine of sitting in silence being mindful of his thoughts for 10 minutes, and then journaling for 10 minutes about them. This is something he would have **never** agreed to before, but because of the situation revealing some emotional issues he was having, he realized that perhaps he needed to start helping himself to be more mindful of himself, surroundings, and feelings.

So a situation that could have been disastrous and could have taken a major toll on our family's emotional wellbeing was circumvented and used to find some positive solutions. This was possible because of the endeavor I began a year and a half ago to find a more peaceful way to be and live.

This story also shows another thing as well. Just because you have a more peaceful life does not mean bad stuff stops happening. Yes, the negative events and emotions will be significantly reduced, but every once in awhile not so great stuff will pop up. That's life after all. It's how a person responds and deals with these not so great issues is what brings about a peaceful life.

A peaceful life takes practice. It's a daily practice of seeing everything for what it really is, and being okay with it. If you aren't okay with something, then how can you change the way you view it to make it okay? Or how can you start making changes in your life to get the desired results that you want?

Finding peace is also a daily practice of not allowing your thoughts and emotions to control you. You get to control what goes on in your head. You get to decide how you act towards any given situation. You also get to control how much turmoil and chaos you invite into your life.

Peace is attainable and sustainable. It really just depends on how much work you decide to put toward having it in your life. If you make a daily commitment to yourselves to do a little bit each and every day, eventually peace **will** become your new way of being.

## Chapter 7

### *A Dream Come True*

I have had this dream for years that all I ever wanted to do was be a writer. This was also part of my hesitation to get a job. If I worked, even part time, when would I write? I still had the responsibilities of home schooling my son, being a wife, cleaning the house, and cooking meals just to name a few of the things I did. Time was a major consideration for me.

I wasn't about to send my son back to school. Our family made the choice to bring him home because that's what was best for him at the time, and it still is. So when we decided to home school, working outside the home was pretty much out.

I did have a small online editing job for four years that did help with money, but it wasn't much, and eventually I had to let that go too because I realized it was the source of a lot of stress because this editing job was a seven day a week gig. I only did a few hours each day, but doing it every single day was wearing me down hard. I had to let it go.

Despite not working a regular job, the hope for my writing to take off never happened in the way I wanted it to. I wrote, but it was here and there. That being said, I did manage to get two books published about a year apart from each other. I also have three other books I am currently working on, but the work has been slow and every once in awhile.

Now that I look back, I realize that I let a lot of things go, even writing time, because I was busy healing myself. At some point, I decided that healing was a top priority for me, so it took the front seat of my life for a year and a half.

In that time, I've managed to amass a lot of information about healing and making life better for others and myself. I've perfected routines and thought patterns to help elevate myself to a more peaceful existence. I've also learned a lot about myself too and that I do still very much have a dream of being a writer. But I think the most startling revelation to me since I purged a lot of old emotions and thought patterns surrounding money, is that I can and am excited about the prospect of actually earning an income from my writing.

I never thought I would reach that point, because for me writing was all about the writing, **not** about making money. Even with two published books, it was just a hobby, a very serious hobby that I used to better my writing techniques and my life.

But I'm ready to take it to the next level, and I'm bubbling over with some really exciting new projects and ideas. The first step was redesigning my **writing blog**. The other idea was to write this book to give away as a free gift. I'll also be launching a free weekly newsletter soon.

And the major project I'm excited about is the launching of a series of online classes (which I'll be charging for) that will show other people what I did to heal myself. The first of this series should be available very soon.

And it's not going to stop there. I already have yet another course idea lined up for helping writers to boost creativity and bust through bad bouts of writer's block.

The point of all of this is that I **never** would have gotten here without all the work I did to become more aware, accepting, forgiving, and being able to let go. These steps allowed me to find the peace of mind and peaceful life where I could **conceive** of living my biggest dream of all.

I am hoping there are others out there who want the same thing. I actually guarantee there are. And maybe some of those people will find what I have to offer helpful in their journey.

Yes, I would like to start earning some money from the thing I love to do—which is writing—but that's only part of why I'm on this new journey of expansion. The biggest and best reason is that I want to pay it forward. I want others to know a peaceful life like the one I have found. We **all** deserve it, every single one of us. And I am extremely excited to begin my part in making other people's dreams come true too, and bringing more peace to the world.

I hope that this book helps you on your journey to peace of mind. There may be times you need to stop and take a rest. Many days when you can't see what's around the next corner. Or times when you don't think you could possibly go on.

Keep going. Don't stop. Take a break if you need to here and there, but don't give in or give up. It's worth all the effort. It's worth all the frustration and uncomfortable moments. I assure you.

I deserve my best possible life, and so do you. I got mine, and am working on it everyday to make it the best it can be. You'll get yours too. Stick it out no matter what. You got this.

So in the spirit of learning to expand and to start taking my writing career to the next level, check out the next few pages promoting my work. You can also go to [www.CynthiaDGriffin.com](http://www.CynthiaDGriffin.com) for the latest information about me and sign up for my weekly newsletter (when it becomes available).

**Available Now!**

## **Journaling Your Way to Success**

A 21-Day Course to Begin Writing Yourself Into a Better Life

I based this course on my own personal experience and how I used different techniques (journaling being a major part of that) to shake up my life and move myself upward into a life I could really enjoy. Instead of a life of just existing, I am now living and loving all that I do and all that I am. I am at a point in my life that sharing is important to me. I would love more people to have the kind of life I do, so I created this course to help others find the success they've been dreaming about.

Are you tired of the same old, same old? Do you feel stuck and incapable of moving in any direction no matter how hard you try? Are you tired, worn out, unfulfilled, and unmotivated? Do you see others having successful lives and wonder how you can have that too? Then perhaps this course is for you.

In *Journaling Your Way to Success*, you can take the powerful tool of journaling to help create a new and better you. This is a great way to jump start your personal journey in discovering the clarity needed to bring more success and happiness to your life.

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Can be purchased as a paperback or for Kindle at **Amazon** or as an epub [eBook](#) at **Smashwords**.



Cynthia D. Griffin is passionate about learning. Her favorite way of doing that is through reading and writing. While science fiction is her genre of choice, she enjoys any writing with captivating plot and deep characters, as well as intriguing non-fiction. She is currently writing a science fiction novel series, and has several more speculative fiction and non-fiction works planned. She resides in Florida with her husband, son, and spoiled-rotten dog. You can find out more about her at [cynthiadgriffin.com](http://cynthiadgriffin.com) or come chat with her on Twitter at [@Awesome\\_Dawn](https://twitter.com/Awesome_Dawn).