

Laws of Life Essay

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Essay Title: Inner Harmony

Essay:

INTRODUCTION

What core values do you hold dear to yourself: Courage, Honesty, and Respect? For me, it's Inner Peace/Harmony - a value that encompasses many others. Being honest with oneself and taking responsibility for one's actions is necessary for inner peace. My mother exemplifies this value, always being honest with herself and letting go of negative influences in her life. My mother instilled this value into me at a young age through her actions. Due to my mother, I've flourished as a person, respecting myself and taking responsibility even if there are major repercussions.

Body Paragraph

Inner Harmony gives you a better understanding of yourself. By understanding yourself, you can improve every part of your life. Being in touch with yourself allows you to understand others around you and create healthy relationships. Inner Harmony opens your mind and lets you distinguish positive and negative influences. For example, I've dealt with a very toxic friend who used manipulation to excuse her actions toward me. She had once threatened to commit suicide after having an argument over something insignificant. After that, I realized that she was not someone I should be friends with. I started to focus on myself and find inner harmony, I stopped communicating with that friend and moved on with life for the better.

Body Paragraph

Whether I'm dealing with stressful situations or simply trying to enjoy our daily lives, inner harmony helps me to stay focused. In order to incorporate this vital quality into my life, it's essential to take time to reflect on my thoughts and emotions and to practice mindfulness in all areas of my life. I also explore practices such as meditation or yoga to help cultivate inner harmony and develop a greater sense of self-awareness. By prioritizing this critical aspect of my well-being, I can experience a greater sense of peace, purpose, and joy in my life.

Conclusion

Inner Harmony allows me to improve myself to the best of my ability. When I found inner harmony with myself, I was able to eliminate toxic people who I thought were helpful. By finding harmony within my own being, I improve as a person, friend, grandson, brother, and son. Achieving inner harmony is fundamental for me. It gives me a sharp, centered mind, reduces stress, and boosts my overall well-being.