Are you experiencing inner peace today? Do you feel well-grounded, calm and alert? Why not? It is much easier said than done, especially in a culture that is full of distractions like Facebook, Ps2, iPods, cell phones, bills, booze and bologna. How is anyone supposed to have time to get in touch with their inner self and develop their spirituality?

What is spirituality you ask? Spirituality goes a little something like this: our spirituality is reflected in the values and ideals that we hold most dear, our sense of who we are and where we come from, our beliefs about why we are here—the meaning and purpose we see in our lives—and our connectedness to each other and to the world around us; pretty deep, huh?

What’s the point in developing your spirituality? Did you know that people who develop their spirituality tend to be healthier both emotionally and physically? Working on your spiritual side gives you a sense of purpose and helps you figure where you are most passionate in your professional, social, and personal life!

Students tend to know their interests, just look at anyone’s Facebook profile. When you know your interests it tends to be easier to rent a movie, buy a song on iTunes and find a career that fulfills you. How well aware are you of your passions, or the driving force behind your life’s purpose?

Everything we do is based on what we have been taught and what we have experienced along the way. We have made commitments with ourselves, with other people, with our higher power, with life. But the most important agreements are the ones we make with ourselves, we tell ourselves who we are, how to behave, what is possible, what is impossible. In his book, “The Four Agreements” Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of our happiness and creates unnecessary drama.

When we are ready to change the way that we think, there are four simple, yet powerful agreements that we can adopt as guiding principles:

1 Be Impeccable with Your Word
Speak with integrity. Say only what you mean. Avoid speaking against yourself or to gossip about others.

2 Don’t Take Anything Personally
Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won’t be the victim.

3 Don’t Make Assumptions
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4 Always Do Your Best
Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment and regret.

Other ways to achieve Inner Peace

- Community service is a great way to figure out both how you fit into the world, and how others’ circumstances differ from your own.
- Keeping a journal is a great way to record your inner thoughts and to reflect on life’s happenings. (Not all of your thoughts need to be advertised on the World Wide Web)
- An easy one (but not really): Challenge yourself to be a better person and think about what that means.
- Create an ongoing list of things that make you happy—seeing a list of the good things in life can come in pretty handy when you have a bad day; remember it is all about perspective.

Ponder some spiritual questions:

- Who are the most important people in my life?
- Where would I like to be in 10 years?
- How can I avoid an empty life?
- How do I define my values and beliefs?
- What specific experiences have shaped my spiritual beliefs?
- What would I do for a living if money and others’ opinions didn’t matter?
- What do I see as my life’s purpose?
- How can I be a better person than I was yesterday?

..As you travel along your spiritual journey, “May the force be with you!”