

Peace and Solitude In Your Life

Guide to Ways of Adding Peace and Solitude to Your Daily Life



Ways of Adding Peace and Solitude to Your Daily Life

Introduction

In the midst of a busy, hustle-bustle day, you may yearn for some peace and quiet. The phone is ringing off the hook. People are knocking on your door. Partner, children, and boss are all clamoring for your attention. If one more person asks you to do something for them, you just know you're going to snap. It's on days like this you simply want to get away from it all.

The odd thing is, however, that even though there's so much going on in everyone's lives, they rarely take the time to get away from the noise, the unending activity, or demands on their attention. It's no wonder people are feeling stressed and burned out. They don't take the time to sit in silence.

This report will outline some ways of adding peace and solitude to your daily life when it seems like all you want to do is yell, "Stop the world, I'm getting off!"

Many people aren't even aware of how to be quiet any longer. They don't know how to spend time in their own presence without music or the television playing in the background. Some of them rarely get outdoors to enjoy the beauty of the world around them. They simply keep their nose to the grind stone and watch the world pass them by.

Understanding Why Times of Peace and Solitude Are Important

Why would anyone want to take time out of their busy schedule to get by themselves? What could they hope to accomplish? How could time spent in peace and solitude affect their lives? The answers may surprise you.

Perspective

Allowing yourself some time each day to reflect on the days that have passed will give you a new perspective on things. Pay attention to how much of your time you work and how much time is devoted to having a healthy relationship with those around you. You may find you're spending too much time in one of those endeavors and not enough in the other.

Since you've taken some time to reflect, you're now able to see the balance you seek may not be there. If you know there's no balance, you can choose to make changes in your life or leave things as they are. Which relationships are nurturing and which ones are dragging you down?

What about your career or what you do to earn a living? Have you set goals for where you'd like your career to go? Are you working toward those goals or have you become stagnated by the status quo and are simply trying to get by? How you answer any of these questions can greatly affect your life, what you do with it, and any changes you may choose to make.

Independence

Spending time in solitude and peace can also help you learn to be independent. It gives you emotional maturity you may not be able to attain if you're constantly glued to a television, your ear

permanently attached to your cell phone, or your nose stuck to your computer. Technology can be a great asset, but it can also be a hindrance to personal growth.

Are you comfortable in your own skin? That may seem like a silly question, but it's one you may want to answer. If you're comfortable in your own skin it means you don't need others around to feel fulfilled. You like who you are and spending time in your own company. You're also aware that being in solitude and quiet can help you learn about yourself and what you're capable of.

Creativity

Peace and solitude may also bring out creative juices you had long since buried or never knew existed. Creative minds need solitude to create. You may be able to begin the creative process with flurry of activity around you, but your best creative effort will come when you're alone with your own thoughts and peace surrounding you.

Relationships

You've undoubtedly heard the saying "Absence makes the heart grow fonder." While that may seem contrary to what seems right, there's also a good deal of truth in it. Men and women need an opportunity to be apart from each other. If they spend too much time together, all that togetherness may breed contention and stress.

Men may feel trapped in a relationship if they're with their partner all of the time. They need their space to be alone as well as time to nurture friendships with their male friends. The same is true of women. They need time to relax in a bathtub for hours, if necessary, or to spend a 'girl's night out' on occasion. The time apart will give them both a breather and could very well improve the times they are together.

Spiritually

Spiritual leaders of the past have nearly all spent time alone. Jesus spent 40 days in the wilderness before beginning his earthly ministry. Buddha sought spiritual enlightenment by spending long periods of time in meditation. Look at the importance these and other spiritual leaders places on solitude and times of peace and you may begin to realize the importance in your own life.

Freedom

Spending time in peace and solitude also affords you the ability to do what you want to do which gives you a sense of freedom. There's no end to what you can do if you're alone. The choice of what to do is yours and the options are limitless.

Learning Ways of Adding Peace and Solitude to Your Daily Life

Now that you know some of the reasons why peace and solitude are so important, you may be wondering how to add it to your life. It's really not as hard as it may seem. However you'll want to let others in your life why you need to be alone and that everything is alright. You simply need time to reflect and refresh yourself so you're more 'there' for them when you rejoin them.

Go for a walk in the woods or a park

There's nothing like a quiet walk in the woods or a park to give you time to think and reflect on your life. Oh, there may still be people around and there may be some noise, but you can probably tune those things out.

While you're walking you may want to bring along a notebook and pen or a small audio recorder. If some inspiration strikes on your walk you'll want to have some place to put it until you return home. You'd hate to forget the thoughts in the process of enjoying being outdoors and in the fresh air.

Sit on a park bench and watch the world go by

Since you may already be in a park enjoying a brisk or leisurely walk, why not take time to sit on a bench in a secluded spot. Perhaps you can find a park bench that's in the sunlight so you can absorb some vitamin D while you're there. (Just don't forget the sunscreen so you don't get sunburned.)

Many people enjoy watching the activities of those around them without having to be involved. Some people have fun watching children play or how people are dressed. If you're a writer, you can get many ideas by watching others. Even if you're not a writer, you can still enjoy the time away from your own busy life in the beauty of nature.

Meditation may be what you need

Another thing you can do while you're out in nature, particularly if you can find a secluded spot where few people are, is to meditate. You don't have to sit in the lotus position to meditate, but if you're in a secluded spot you might want to see if it helps. The point is to spend time in quiet thought to gain that sense of peace you're looking for.

Meditation is often given a bad reputation. Some will say it's steeped in eastern mysticism. Others feel it's a bunch of hogwash. They don't see the benefit of sitting quietly; they may be the ones who need meditation most of all. Here are some tips on how to meditate if you've never given it a try.

- * Find a time and place where you won't be interrupted. This could be completely different for each person. You'll want to find the place that's right for you. It might be early in the morning before the rest of your household has awakened, out in the backyard at an odd time, or in a locked room of your home.

- * Meditation can take a while especially if you're just beginning. It's better if you don't have obligations which will cause you to watch the clock however that may not always be possible. Set an alarm clock to help you make appointments. Even if you're only able to meditate for a short time the results can be helpful.

- * Get in a comfortable position. This could be sitting against a tree, lying in the warm grass, or sitting in a lawn chair while you're outside. Indoors you could be sitting in an easy chair, recliner, or lying in bed.

- * Choose a meaningful word or short phrase to concentrate on. This could be anything from your child or partner's name, peace, love, God, or whatever makes it easy for you to focus. If you feel your mind drifting to the list of things you need to do later today, tomorrow, or next week, repeat that word or phrase to help you refocus.

- * If you're outdoors, focus on the sound of the wind or crickets surrounding you. Are you indoors? Find a nature sounds audio you can play during your meditation time. Other soothing sounds such as waves, rain, or rhythmic drumming can also help. Concentrate on those sounds.

* Remember the saying 'practice makes perfect'? Even though it's not possible to fail when meditating, you may feel like you're not experiencing the peace you're trying to attain. Any effort you make to calm your mind, refocus, and relax is a step in the right direction. As you continue to practice meditating you will be able to focus longer and get into a deeper state of relaxation. The purpose is not in reaching a particular destination but enjoying the journey along the way.

* Pay attention to the sensations you're experiencing. Listen to your breathing. Is it rhythmic and deep or quick and shallow? Focus on each one and then try to let those senses go. Tune out everything except the word or phrase you've chosen.

* Relax your body one muscle group at a time. It doesn't matter if you start at the head and move to the toes or in the reverse. Your goal is to become totally relaxed.

* Don't worry about falling asleep while meditating. Depending upon your chosen position while you meditate, dozing off isn't a bad thing. This means you're relaxed, have calmed your mind, and probably needed the sleep. When you wake up, you'll probably feel rejuvenated and very much at peace.

* If you were able to meditate without interruption, allow your mind and body to bring you to the end of your meditation session. Your mind will bring itself back to the here and now and your body will begin to feel rejuvenated.

Listen to soothing, beautiful music

'Music soothes the savage beast' or so the saying goes. If you're in need of some peace and solitude, find a quiet spot and listen to music which you find relaxing. Classical music is particularly good for helping people relax. It also promotes health and healing.

Classical music has been studied for years to determine its effect on the human body. Research has proven the benefits of classical music as reducing blood pressure, heart rate, and the various stress hormones the body produces. Good classical music choices include arrangements by Beethoven, Tchaikovsky, and Ravel. Of course, the music you like most will probably be best for you.

Get some exercise

Exercise for the health of it. Do some simple stretching exercises or yoga moves which will help you relax and make you feel wonderful. A long walk for exercise sake is also a good idea. Of course, while you're exercising you might break out in a sweat. That's where your next idea comes in.

Take a long bubble bath

This idea and the previous one could almost go hand-in-hand. There's nothing quite like getting a good work out and then taking a long bubble bath. You don't have to light candles but they're always nice. Combine essential oils in your bath water, plenty of bubbles, and then listen to some wonderful music. You should be able to feel your tension melting away as you bask in the solitude you've created.

What Are Some Other Things to Do While Alone?

Adding peace and solitude to your life is something you may want to strive for each day. You don't have to have extended periods of time; 15 to 20 minutes may be all you need. The point is to get alone, tune everything else out, and concentrate on you.

Start a journal

Are you frustrated by a particular situation in your life or need to sort out a relationship? Why not get a journal that you use only during your times of solitude? Journaling is a great activity which allows you to express your feelings, frustrations, failures and fears as well as your successes.

Keep your journal with you at all times so you can take a few minutes when they become available. You don't have to feel obligated to write, but it's nice to know your journal is there if you need it. And, unlike friends, you don't have to worry about waking it up at 3 a.m. if you need to get something off your chest.

Writing in a journal also helps you to focus on your thoughts. It helps you remember things more clearly and may bring to mind a lesson once learned and forgotten. Use your journal as a sounding board to help you make decisions. Make a list of pros and cons and your journal will help you put each one into the proper perspective.

Journaling has also been shown, according to research, to have health benefits if you do so daily. It helps you remember things and can help reduce stress because you're expressing emotions rather than holding them in. Asthma and arthritis, as well as some other diseases, can be improved by journal writing. It also strengthens the body's immune system.

Get outside and garden

You don't have to have a huge garden in order to enjoy getting outside and getting your hands in the dirt. Take your time as you pull weeds, plant new plants or seeds, water the plants, or check to see how the plants are growing. Just think you're the one who has had a hand in the beauty surrounding you so you can take pride in a job well done.

Besides getting fresh air and sunshine, being in the garden gives you exercise. You can feel the coolness of the soil, the velvety petals of the flowers, and smell the various aromas available to you. A garden is veritable sensation smorgasbord that you can immerse yourself in whenever you like. Take advantage of this location as a way to add peace and solitude to your day. You'll be glad you did!

Curl up with a good book

There's nothing quite like finding a comfortable location to curl up with a cup of hot tea and a good book. Among the benefits of reading are: it increases your vocabulary by introducing new words to you, it boosts your intelligence if you read books which are challenging either in content or ideas espoused. Reading is an active pastime while watching television is passive. Reading allows your imagination to take you to places and times in the book. It reduces stress and improves your ability to concentrate. These are just a few of the benefits of reading. You can probably think of other reasons to enjoy a good book when you're looking for peace and solitude.

Develop a new hobby

Obviously there are some hobbies which can be done with others, but if you're looking for peace and solitude in your daily life, find one that must be done alone. What? You don't have a hobby? Think about the things you love about your life and the things that bring you joy. Surely you can find a hobby you can immerse yourself in.

Hobbies can be a great way to spend time by yourself because they help reduce stress, can improve your health, give you confidence and build your self-esteem, and can help you develop new relationships with others who have similar interests.

Delve into your spiritual side

Many people believe that having a spiritual outlet is important for life. Whether you choose Christianity, Judaism, Buddhism, Islam, Wicca or any other number of spiritual avenues, there's something to be said about having this belief system to fall back on when you are able to spend time alone. People with a strong spiritual belief often find it easier to be alone so they can pray, meditate, or search their own souls to find the answers they seek within themselves.

You don't have to set aside hour upon hour to spend in solitude in order to benefit from seeking spiritual enlightenment. It can often take mere minutes to calm your mind, center your thoughts, and seek the guidance you need for whatever task you're facing. Of course, the longer you can spend in quiet and solitude, the better your results may be.

Conclusion

There's so much to be said for spending time alone that this report barely scratched the surface. If you're looking for ways of adding peace and solitude to your daily life, begin by using some of these suggestions. Then begin to look for ways you can spend even a few minutes alone each day.

Get up earlier, stay up later, get outdoors in nature, or create a spot in your home. The important thing to remember is anyone can benefit from spending time alone whether they're merely sitting and watching the world go by or are actively involved in a hobby. There are so many ways of adding peace and solitude to your life. Now, go and find the one that appeals most to you, schedule some alone time in your schedule daily, and then reap the benefits.

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.