



Inner Peace



Peace



The religions that focus on inner peace are Hinduism, Sikhism and Buddhism.



Hinduism – Hindus use prayer, yoga and meditation to find inner peace and escape the stresses of everyday life.



Buddhism – Buddhism teaches the use of meditations. Buddhists also use prayer to find inner peace. [This Meditation Video Clip](#) explains meditation in Buddhism.



Sikhism – Sikhs use prayer and meditation to find inner peace through devotional prayer.

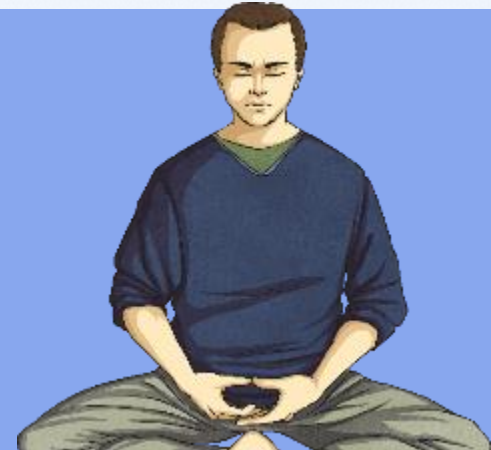
Many religious and non religious people seek finding inner peace through meditation, yoga and tai chi.

Techniques



The following techniques are used to find inner peace:

Meditation – The definition of meditation is: 'Focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation' (Taken from the Oxford Dictionary). People who meditate do so in order to gain inner peace, relaxation and/or spiritual growth.



Prayer – Many religions use communal prayer (where people pray together) and individual prayer. They use these forms of prayer to say sorry, to say thank you or to say please. These prayers help individual's focus and gain inner peace in the process.

Techniques



The following techniques are used to find inner peace:

Tai Chi – Tai Chi is an internal Chinese martial art. It is used for many purposes and one of the purposes is to gain inner peace. It is heavily focused on controlled body movements and breathing and this focus enables inner peace and tranquillity.



Yoga – Yoga is a Hindu discipline involving controlled breathing, specific body positions and meditation in order to obtain spiritual growth, tranquillity and inner peace.



Mindfulness



Mindfulness is a technique with similarities to Buddhist meditation.

Mindfulness involved being aware of your own experience from a first person perspective.

Mindfulness is used as a technique to improve mental health and promote wellbeing.

It is a technique used to find inner peace.

Being mindful is about paying attention to the present moment, clearing your mind of distractions and focusing on simply being.

Nearly any activity, done right, can be an exercise in mindfulness – walking down the street, eating a piece of chocolate, or simply breathing in and out.

However, the act of colouring in – carefully and attentively filling a page with colour, the feel of the pencil in your hand as you meditate on the beauty of the whole illustration – is particularly suited to mindful meditation.



