

Peace Seeker Workbook
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This workbook belongs to

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How to Have and Maintain Peace of Mind

Introduction

An Introduction to Universal Laws

Most belief systems contain _____.

They are _____.

An example of an inconsistency in a belief system is

“Our God of love rules by fear.”

Universal Laws cannot be _____.

They are _____.

The Four Traits of Peace of Mind

1. _____

What are the inconsistencies in my belief system?

2. _____

What sins do I struggle with?

3. _____

What do I feel the need to fight against?

4. _____

What do I lack?

The Three Laws of Peace of Mind

The Law of Miracles - _____

The Law of Attraction - _____

The Law of Abundance - _____

The Law of Miracles

Chapter 1

Conspiracy for Me!

Through this book, you will learn that Peace of Mind is part of a Conspiracy. You may find the term “Conspiracy” a bit spooky unless you understand the conspiracy is in your favor (and mine).

You will discover that life is a “Conspiracy for Me.” You will smile when you see that not only do all things work together for good, all things work together by design for your benefit (and mine and everyone’s!)

Chapter 2

The Law of Miracles - Miracles occur naturally as expressions of love.

A miracle is _____

Magic is _____

“Supernatural” events happen outside our _____


Magic operates at the _____

Miracles operate at the _____ levels.

The Three Elements of The Law of Miracles

1. Understand Desire
2. Use Thoughts, Words, Actions and Habits to Receive your Desire
3. Know You Always Do Your Best

Conspiracy Question

To help you identify the Universe's Conspiracy for you, most Chapters have a Conspiracy Question to answer. Each question is indicated by a  (a labyrinth to remind you to go inside yourself to seek the answer)

The best way to get the most out of each Conspiracy Question is to write the answer. Use the space provided or a notebook.

Chapter 3

ELEMENT ONE – Understand Desire

Desire means “ _____.”


All Desires are _____.

A Desire comes from your _____.

It is _____. It is _____.

A want comes from your _____.

It is _____. It is _____.

 What is my Desire?

Chapter 4

ELEMENT TWO – Use Thoughts, Words, Actions, and Habits to Receive My Desire

Receiving my Desire is _____!

I program my subconscious through my _____,
_____, and _____ to create my _____.

This process is _____.

What changes can I make to integrate my Thoughts, Words, and Actions so I can receive my Desire?

Chapter 5

ELEMENT THREE: Know You Always Do Your Best

What do I feel guilty about today?

Whom do I blame for my failures, pains, and discomfort?

☐ What fears do I have?

I always do my _____.

Everyone else always does his or her _____.

There are no _____.

No mistakes means no _____.

No sin means no _____.

Without guilt, we don't need to _____.

We don't have _____ of punishment.

This produces Miracles because I learn how to _____.

Remember: A Miracle is a supernatural shortcut through time and space that happens because of love.

In scientific terms, this is a _____.

_____ causes the leap.

The Law of Attraction

The Law of Attraction - Attraction happens automatically through the principle of sympathetic vibration.

The Three Elements of The Law of Attraction

1. My Emotional Intensity Is More Important Than the Emotion
2. My Perspective Determines What I See
3. I Always Get What I Desire

What causes me to feel emotional?

What three emotions do I feel the most often?

Chapter 7

When was the last time I felt what someone else felt?

Chapter 8

ELEMENT ONE: Emotional Intensity Is More Important Than The Emotion

All emotions contain _____.

Energy consists of _____.

Objects vibrating at similar frequencies attract through
_____.

Chapter 9


Another term for sympathetic vibration is _____.

I create energy when I focus on the things I _____.

I create energy when I focus on the things I _____.

Either way, I create energy that _____.

What I focus on _____.

 What do I feel the need to fight against?

Chapter 10

ELEMENT TWO: My Perspective Determines What I See

The past determines my _____.

My filter determines my _____.

My perspective is my _____.

When I change my _____, I change my _____.

There are two possible perspectives: _____ or _____.

Do I primarily see life in terms of duality or unity?

Why?

Chapter 11

ELEMENT THREE: I Always Get What I Desire

Before birth, God programmed my spirit with my _____.

During childhood, society programs my body/ego to

_____.

This produces a perspective of _____.

A perspective of duality causes _____.

However, I think conflict is caused by _____.

This quote changed Matt's perspective from duality to unity.

"It may not seem like luck. It is not. The truth is that life is conspiring in your favor. It may not look that way at the time. However, everything that happens brings you closer to that which you Desire."

Change is _____.

Conflict is caused by a perspective of _____.

Conflict ends when I change my perspective to _____.

When my perspective is unity, everything leads to my _____.

It's a Conspiracy for ME!

☐ What does "Life is a Conspiracy for Me" mean to me?

Chapter 12

What is Unity?

Unity is _____!

I see others as _____.

I completely _____.

God/the Universe is orchestrating events to _____;

even the things that, at first appearance, seem to _____.

It means I love all through the practice of _____.

It means I can be completely _____.

It means everything in my life moves me toward my _____.

Whom do I trust the least?

What benefit do I receive from my relationship with this person?

Can I love this person?

How can I demonstrate love to this person?

What current situation harms me most?

☐ What benefit do I receive from this situation?

The Law of Abundance

The Law of Abundance – Everything reproduces through multiplication over time to produce resources sufficient for all Desires.

The Three Elements of The Law of Abundance

1. Abundance is a Normal Act of Nature
2. Lack is Always Temporary
3. Gratefulness Accelerates the Law of Abundance

Chapter 13

Do you believe in lack or abundance? _____

Why?

Chapter 14

ELEMENT ONE: Abundance is a Normal Act of Nature

Nature's design is reproduction through _____.

What evidence of reproduction through multiplication do I see?

Chapter 15

ELEMENT TWO: Lack is Always Temporary

The only cause of lack is _____.

Preparation for abundance is _____.

An example of preparation for abundance is the _____.

If I see lack as anything else, I have a perspective of _____.

What do I lack?

Chapter 16

A perspective of duality cause _____, _____,
and _____.

Fear, guilt, and blame sometimes feel like _____.

The evidence of fear, guilt, and blame is love with _____.

Resistance creates _____.

Resistance causes us to see lack where there is _____.

☐ What am I resistant to in my life today?

Chapter 17

ELEMENT THREE: Gratefulness and The Law of Abundance

Gratefulness removes all _____.

The best way to express gratefulness is through _____.

I respond in one of three ways when I receive something.

1. _____
2. _____
3. _____

When I share, I _____.

When I keep, I _____.

When I keep, I _____.

When I reject, I _____.

_____.

When I reject, I _____.

What I resist _____.


When I share, I remove _____.

When I share, I fulfill my _____.

☐ What clutters my life?

Chapter 18

☐ How can I immediately demonstrate gratefulness through an act of generosity?

 What can I share today?

Personal Peace of Mind

Chapter 20

The Law of Miracles - _____

A Miracle is a _____

_____.

The Law of Miracles is the _____

because it works by _____.

I experience Personal Peace of Mind when I identify my

_____ or _____

and recognize there is a Conspiracy for Me to _____.

Would I consider a supernatural message containing “bad news” to be a Miracle?

Chapter 22

I may not trust my ability to hear Divine Guidance directly so I may use an

_____.

Who or what are my Intermediaries?

Chapter 23

The supernatural beings that speak to me are _____.

If I am not comfortable talking to supernatural beings, I may use

_____.

What are my mini Desires? What do I like?

What do I like for my Relationships?

What do I like for my Physical Build and Health?

What do I like for my Money?

What do I like for my Career?

What do I like for my Recreation?

What do I like for my Personal Skills?

What do I like for my Contribution or Legacy?

Chapter 24

☐ What current habits do I have that keep me from fulfilling my Desire?

Chapter 25

ELEMENT TWO – Use Thoughts, Words, Actions, and Habits to Receive My Desires

Magic is _____
_____.

Supernatural events happen outside our _____.

Events that appear magical are really evidence of The Law of
_____.

The Law of Attraction operates at the _____.

It is _____ and _____.

Miracles operate at the molecular and _____ levels.

Fulfilling my Life Purpose and receiving my Desire is _____.

I program my subconscious through my _____, _____, and _____ to create my _____.

This process is _____.

I learn to succeed by creating a _____.

Words and thoughts are _____.

Divide my life into three equal periods and list successes in each.

Period One – Age _____

Success 1: _____

Success 2: _____

Success 3: _____

Period Two – Age _____

Success 1: _____

Success 2: _____

Success 3: _____

Period Three – Age _____

Success 1: _____

Success 2: _____

Success 3: _____

Chapter 26

☐ Choose a habit you identified in Chapter 24. Write an affirmation to overcome that habit.

Chapter 27

☐ What health problems do I experience when I face outside difficulties or conflicts?

Chapter 28

ELEMENT THREE – Know I Always Do My Best

_____, _____ and _____ resist Desire.

What do I feel guilty about today?

Whom do I blame for my failures, pains, and discomfort?

What fears do I have?

Chapter 29

☐ When was the last time I morally judged my actions or someone else's?

Chapter 30

☐ What Miracle have I experienced in my life?

Chapter 31

I always do my _____.

Everyone else always does his or her _____.

There are no _____.

Everything I perceive as a mistake is part of the

No mistakes means no _____.

No sin means no _____.

Without guilt, I don't need to _____.

I don't have _____ of punishment.

I experience Personal Peace of Mind when:

I understand my _____.

I understand all Desires come from _____.

I fulfill those Desires through using the Law of Attraction.

I realize everyone does his or her _____.

I _____ all.

I _____ all.

I experience _____.

It is a _____.

Relationship Peace of Mind

Chapter 34

☐ What do I feel the need to fight against?

Chapter 35

The Law of Attraction – _____

The Three Elements of The Law of Attraction

1. My Emotional Intensity Is More Important Than The Emotion
2. My Perspective Determines What I See
3. I Always Get What I Desire

☐ What causes me to feel emotional?

Chapter 36

ELEMENT ONE: Emotional Intensity Is More Important Than The Emotion

All emotions contain _____.

Energy consists of _____.

What three emotions do I feel the most often?

Chapter 37

What three emotions do I feel most intensely?

Chapter 38

Objects vibrating at similar frequencies attract through

Another term for sympathetic vibration is _____.

I create energy when I focus on the things I _____.

I create energy when I focus on the things I _____.

Either way, I create energy that _____.

What I focus on _____.

Has there ever been a time in my life when I attempted something and received the exact opposite? Write about that time.

Chapter 39

What do I feel the need to defend myself against?

Chapter 40

Can I take the vow for Peace/non-violence? _____

Why or why not?

Chapter 41

Change takes place in _____.

Step one: _____.

Step two: _____.

When we release the old, we release old _____.

This old energy _____.

This serves two purposes:

1. _____
2. _____

What disagreements do I currently have with another person?

Chapter 42

ELEMENT TWO – My Perspective Determines What I See

The past determines my _____.

My filter determines my _____.

My perspective is my _____.

When I change my _____, I change my _____.

All disagreements result from _____.

There are two possible perspectives: _____ or _____.

☐ What previous life experiences filter the way I see life?

Chapter 43

ELEMENT THREE – I Always Get What I Desire

Before birth, God programmed my spirit with my _____.

During childhood, society programs my body/ego to _____.

This produces a perspective of _____.

A perspective of duality causes _____.

However, I think conflict is caused by _____.

Change is _____.

Conflict is caused by a perspective of _____.

Conflict ends when I change my perspective to _____.

When my perspective is unity, everything leads to my _____.

It is a Conspiracy for ME

This quote changed Matt's perspective from duality to unity.

"It may seem like luck. It is not. The truth is that life is conspiring in your favor. It may not look that way at the time. However, everything that happens brings you closer to that which you Desire."

What does "Life is a Conspiracy for Me" mean to me?

Whom do I trust least?

What benefit do I receive from my relationship with this person?

How can I demonstrate love to this person?

Chapter 44

Unity is _____.

I see others as _____.

A life of love and unity is a life without _____.

When I defend myself, I block _____.

No defense means no _____.

The most common barrier is _____.

Love is a process of _____.

Love is not _____.

Relationships function on _____.

Agreements are always made in the _____.

Marriage agreements enforce love by _____.

Unity means I _____.

If I perceive love as ownership, I experience _____

_____.

If I perceive love as unity, I experience _____

_____.

You and I are connected to one another. We are all connected to each other, to everything, and to God.

The reason we don't feel that connection is that we are defensive. We have barriers that hinder the connection.

However, when the defenses drop, when we become naked, when we truly love all without hesitancy, we experience the Law of Attraction without barriers.

When this takes place, you and I easily move towards our individual Desires.

In addition, we move towards our collective Desire, in perfect sync with one another, creating a world of beauty, awe, and majesty that ultimately brings us to World Peace.

What causes me to feel naked/vulnerable?

Chapter 45

Am I comfortable being physically naked with anyone in my life?

Who?

Would I be comfortable being physically naked with everyone in my life?

Why or why not?

Am I comfortable being emotionally naked with anyone in my life?

Who?

Would I be comfortable being emotionally naked with everyone in my life?

Why or why not?

Chapter 46

What current situation harms me the most?

What benefit do I receive from this situation?

Chapter 47

What agreement have I made in the past that I was not able to keep?

Did the fear of loss prevent me from breaking the agreement?

What agreement have I made with someone in the past that the other party was not able to keep?

Did the fear of loss prevent the other party from breaking the agreement?

What agreements have I made in the past that I completely kept?

☐ Why are agreements so difficult to keep?

Chapter 48

☐ What defense mechanism can I drop today?

Steps to Relationship Peace of Mind:

Understand that like attracts like through _____.

Develop a perspective of _____.

Drop all _____.

Financial Peace of Mind

Chapter 50

The Law of Abundance - _____

Do I feel like I live an abundant life?

Why or why not?

Chapter 51

Do I live my life with an attitude of abundance or an attitude of lack?

Chapter 52

The Three Elements of The Law of Abundance

1. Abundance is a Normal Act of Nature
2. Lack is Always Temporary
3. Gratefulness Accelerates the Law of Abundance

ELEMENT ONE: Abundance is a Normal Act of Nature

Nature's design is reproduction through _____.

What evidence of reproduction through multiplication do I see?

Chapter 53

What outside circumstances prevent my abundance?

Chapter 54

ELEMENT TWO: Lack is Always Temporary

☐ What does “Life is a Conspiracy for Me” mean to me?

Chapter 55

The only cause of lack is _____.

Preparation for abundance is always _____.

An example of Preparation for abundance is the _____.

If I see lack as anything else, I have a perspective of _____.

A perspective of duality causes _____, _____, and _____.

Fear, guilt, and blame sometimes feel like _____.

Guilt feels like _____ and gives me an excuse not to love myself so I can better love others.

Blame allows me to _____ because other people do the same thing so I think I am not so bad.

Fear feels like love because I’m _____ and others from outside dangers.

The evidence of fear, guilt, and blame is love with _____

Resistance creates _____.

What causes me to feel resistance?

Do I have hang-ups over money?

Am I struggling with how I'm going to pay bills?

Am I upset because the government is spending too much money?

Chapter 56

Resistance causes me to see lack where there is _____.

What am I resistant to in my life today?

Chapter 57

☐ What impossible situation do I face today?

Chapter 58

ELEMENT THREE – Gratefulness Accelerates the Law of Abundance

The best way to express gratefulness is through _____.

Generosity removes all _____.

☐ What thoughts do I have that resist abundance?

Chapter 66

I respond in one of three ways when I receive something.

- 1. _____
- 2. _____
- 3. _____

When I share,

I _____.

When I keep,

I _____.

I _____.

What clutters my life?

Chapter 67

I cannot _____ at the same time.


When I resist something, I _____
_____.

What I resist _____.

When I share, I remove _____.

What possessions or people in my life distract me?

How can I immediately demonstrate gratefulness through an act of generosity?

 What can I share today?

Chapter 68

Steps to Financial Peace of Mind:

Understand that abundance is _____.

Learn to release _____.

Practice acts of _____.

NOTES

What is the Next Step on My Journey to Peace of Mind?



The Peace of Mind philosophy taught in *Living the Southwest Lifestyle; How to Have and Maintain Peace of Mind* inspired the development of The Peace of Mind Training Institute, a tax-exempt organization. This training organization offers a variety of resources including workshops, webinars, coaching, books, audios, and videos. There is even an innovative Emissary Program if you decide a Peace of Mind career and business is right for you.

For most people, Peace of Mind Training Institute Workshops featured on the website are the next step. However, if you need individual assistance or have specific questions, we invite you to contact The Peace of Mind Training Institute directly for help in determining which step is right for you.

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