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## **“The Peaceful State Process” (PSP)**

Self-guided outline



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## Preface

*“The secret to having clarity rests in first having inner-peace.”*

*~ Mick Lolekonda*

As we all for clarity at various times and moments in our lives when it comes to making key decisions in life, business, careers, relationships, I wanted to share with you what has tremendously helped me when I found myself in a place where I was:

- Needing to clarify my direction in life, in other words my purpose and calling in life.
- Needing emotional and spiritual healing because I had just gotten out of an abusive relationship where my partner soon-to-be-wife was emotionally, verbally, and even sometimes physically abusive. A relationship that had me be spiritually and emotionally broken.
- Needing to not make the same choices I had made in the past that had led me nowhere in my life but with no job, no business, no money, and in debt.
- Needing to make different decisions so I would have the successful life I always dreamed of having (considering that at that point, everything I had worked hard to build had come crashing down.
- Needing Clarity.



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What you're about to learn in the following pages is what helped get to where I am today:

- Being internally stronger than I've ever been.
- Clear on what my purpose is and how to live it out through my calling (spiritual guide)
- Loving everything about my life and the way it's naturally unfolding.
- Having meaningful and richer relationships in my life.
- Full of such profound peace that I feel really blessed and privileged to be in this position.

And now, I'm simply sharing with you the tool that got me here. I've decided to call it:

"The Peaceful State Process" (PSP).

I've decided to call it that because I've realized through this spiritual experiment, that clarity could only come more consistently once I could reach a level of profound and sustainable inner-peace.

And that without inner-peace, they could and can be no clarity.

So this is what I encourage you to nurture first-and foremost. And the PSP can help with that, as it did for me.

It's a spiritual practice that I started by accident a few years back (2012) as part of my spiritual experiment and have been fine-tuning ever since.



See, my spiritual experiment was simple:

I wanted to see how I could apply spiritual principles into my practical, day-to-day life, and see if I could have the successful life that had been eluding me along in the past. A past that was void of me not even worrying and caring about nurturing my spiritual side.

Up to that point, I had led a very ego-driven life.

This time around, I was curious to see how a spiritually-driven life could yield different results both in life and business. After all, what did I have to lose?

So after all these years of practicing “The Peaceful State Process”, the time has come for me to share it with you in hope that it will bring you the things that have been eluding you all along.

I don’t know what those things are, but I’m confident that The PSP will help get the answers you seek.

Now. It’s important that I mention one thing.

The PSP is a spiritual practice. And as such, it will take time for you to “master” it. This is not a magic pill that will make your life all better all of the sudden.

Remember that it took me a few years to reap the benefits of the cumulative effect of me practicing it every day.

Another thing worth mentioning.

You’ll notice that The PSP includes steps where holy scriptures are read.



Disclosure: It's VERY important that I mention that:

- In no way shape or form, these are used for the purpose of converting anyone not of Christian faith to Christianity.
- The scriptures I use are used because a series of life events had led me to focus on those particular ones (more in my upcoming book so stay tune). And since I'm sharing information from a place of first-hand experience, I'm simply sharing the "formula" of what has worked for me because I can only speak to that.
- The "Peaceful State Process" is about spirituality not religion. The PSP is a spiritual process. (I've even had a Muslim experience the PSP, which has helped her with successfully addressing her spiritual questions and dilemmas as well as get clarity at a time when she needed the most. The key was that she was spiritually open to the experience and simply trusted the process. And she's still a Muslim).

So with this being said, I encourage you to be spiritually open and curious.

Time for you to experience the "Peaceful State Process".

And should you need to shoot me any questions regarding:

- The "Peaceful State Process".
- Me personally guiding you through it.
- Speak to your audience about the "Peaceful State Process".
- Train your leaders on the PSP... you can email me (and my team) at [info@micklolekonda.com](mailto:info@micklolekonda.com).



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I look forward to hearing from you.

Here to serve,

Mick.

[www.MickLolekonda.com](http://www.MickLolekonda.com)



## Getting ready and some reminders:

- What you'll need include:
  - A journal.
  - Holy scriptures/texts (I personally use the Bible).
  - Undisturbed time in a quiet space.
  - Being in a comfortable position.

### Note:

- It's absolutely normal to experience resistance when reading scriptures. No learning and growth happens without going through a patch of resistance.
- Be absolutely honest with yourself when experiencing whatever you'll experience during "The Peaceful State Process". It's through that honesty that whatever needs to be addressed at that time can and will be addressed... but only if you allow it.
- Adopt a curious mindset when reading the scriptures.
- God meets you where you are. So no need to feel that you have to be a certain spiritual stage for you to have quality time with Him.





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- Simply enter the sacred space with no expectations but simply for the sake and joy and being with God one-on-one. The rest will fall into place.
- Focus on the lesson that must be drawn out from the story related in Holy scriptures.
- Focus on the dialogue you need to have with God regarding anything that comes up ranging from questions, to emotions you're feeling, to life circumstances you're wondering about. That's the true nature and purpose of a prayer.
- Be a detective looking for clues when reading scriptures and see how God:
  - Works with those he has chosen to communicate with.
  - Communicates to those he chooses to touch (the different mediums).
  - Uses His spirit to lead people and how the Spirit leads people.
- As a strong recommendation, make this "Peaceful State Process" your daily morning habit before you get your day started and even working out (And yes, this might require you to wake up a "little" earlier)



## “The Peaceful State Process” (self-guided steps):

1. Put yourself in “spiritual state”.
  - a. Allow your body to relax.
  - b. Allow your breathing to slow down and self-regulate.
  - c. Feel everything within you slowing down.
  
2. Read, out loud or in your heart, the foundation prayer.
  - a. This will help direct your spirit and heart towards God.
  - b. I use the “Our Father” traditional prayer
  
3. Allow yourself to not rush from one step to the next but delight in those moments of silence and stillness as well. Allow yourself to be guided by the Spirit, not rush or force anything. **Simply be.** When you feel ready, move on to the next step.
  
4. Read the scripture as a curious child would:
  - a. The first time practicing the “Peaceful State Process”, I suggest, as I do with clients I take through the process for the first time, to start day 1 with this Bible scripture:
    - i. Matthew 1: 18 to 24.
  - b. Read it 3 times. Each times at a slower pace.
    - i. The first time to get an idea of what the scripture is about



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- ii. The second time by bring the scene to life by being in the scene around the characters
  - iii. The third time by being the character. Simply choose to live the scene through their eyes. **Be the character.**
- c. Using your journal, jot down the words or sentence(s) that stop you in your tracks, get your attention. That, is God grabbing your attention. When you notice them, this is the opportunity to start the dialogue with God. You can ask questions such as:
  - i. What are you trying to tell me God?
  - ii. What are you trying to show me God?
  - iii. What are you trying to teach me God?
  - iv. Where is it that you'd like to me to focus my attention on right now?
- d. To get an even more impactful experience (and worth repeating):
  - i. When reading the second time, live out the scene by being next to the character, imagining being in that environment, the surrounding, hearing the (possible) noise even. It's about bringing the scene to life.
  - ii. When reading a third time, put yourself in the shoes of a character present in the scene. Be the character and feel the emotions they'd be going through. That's a very powerful technique not a lot of people know about but can bring out even more answers and insights. Not everyone is ready for that though so it definitely takes courage to do



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this. But trust me when I say that you'll learn so much more from doing this as well.

5. Allow yourself to simply “Be” and for any insights, emotions, to sink in by allowing yourself to go from a state of:

- a. reflection,
- b. to sitting, “being”, in silence while allowing God’s spirit to work on you from within,
- c. to go back to reading. Again, allow His spirit to lead you. You’re in good hands. The process is very fluid and shouldn’t feel bound to the structure.
  - i. Sometimes, it may feel that you need to jump right into reading scriptures or that you need to spend more time in “spiritual state” just being, or even reading more than three times the scriptures. Again, go with what feels right at that time.

6. Ending “The Peaceful State Process”.

- a. You end it with gratitude directed at God and give Him your day, and yourself.
- b. When you feel that it’s ok to get up and start your day, go ahead and do that.

Congratulations on concluding an impactful Peaceful State Process session.



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But it shouldn't stop there, I strongly recommend to make it a daily practice so its effect can continue to spill into your day, maintain a strong connection with God, and live your day on purpose.

Proud of you !



## What I'd like you to do

I'd like to continue being a resource for you because if there's one thing I've experienced through this spiritual journey I got on over 3 years ago, is that more challenges and even frustration will surface.

And I want to be there to help you overcome because I would have experienced what you'll be going through or even are going through as a result of integrating "The Peaceful State Process" into your daily life.

So...

Do you have a question?

I'd love to hear from you so please don't hesitate to let me know:

- **What are you struggling with?**
- **What questions do you have regarding "The Peaceful State Process"?**

Please send me your questions by:

- "PSP question" in the subject line
- Sending me the question via:
  - Email at [info@micklolekonda.com](mailto:info@micklolekonda.com)

I will make sure to answer your question in one of my upcoming posts on my blog. So make sure that you still receive my newsletter to be notified.

Just to be sure, you can sign up [here](#).



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Finally, I'd love to hear your experience with the PSP. So let me know how it has impacted you by emailing me at [info@micklolekonda.com](mailto:info@micklolekonda.com) with subject line: PSP praise.

I look forward to hearing about your successes!



## FAQs:

- How much time should I spend doing this?
  - It's about quality not quantity. Start in the morning with the amount of time that feels good for you and you can offer. Again, God meets you where you are. Overtime, you may find that this sacred time makes such a difference in your day, that you'll find yourself allocating more time to it.
  - With this being said a typical range can vary from 15mins to 1 ½ hours.
- In what order should I read scriptures? Should I read them randomly?
  - They should not be read randomly. Consistency here is key. Once you've read one scripture, the next day, you read the following one.
  - In short, pick up where you left off.
- What scriptures should I read?
  - I base "The Peaceful State Process" on my own spiritual "Jesus experiment" that I started a few years ago and continue til this day. I only read scriptures from the Gospel (or stories) of Matthew to John. And when I'm done, I go back to Matthew again and again. That's it. And everything that I teach is based





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on my experience simply reading those stories who relate to Jesus story and his philosophy on life.

- How often should I do “The Peaceful State Process”?
  - I recommend daily. But again, God meets you where you are. The important thing is to set the intention as to how often you want to do this. Once you do, similar to creating a new habit, your daily habits will align with your intentions. But it’s important to reiterate this: God doesn’t force us to do anything or set such rules when it comes to how often we need to connect with Him. He gave us free will and understands at what stage of life and spiritual development we are. So whatever you’re able to offering Him, it’s perfectly fine.
  
- What kind of Bible do you recommend?
  - Remember that “The Peaceful State Process” on only reading the scriptures from the Gospel (stories) of Matthew to John. Reason being, when I started this spiritual experiment, I only wanted to focus on Jesus story, his philosophy on life and teachings about God.
  - This being said, the NIV version is a good start. Personally I have a few bibles that contain all 73 books. Not necessarily because I want to enter a religious conversation about which



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bible is better, but simply so I can be in a position to determine what makes spiritual sense with all the information provided.

- The reason what I enjoy having different bibles is because since they are all written a little differently, it allows me to look at the Truth or “get” and “see” a message from different angles.
  
- What should I do when questions come up while reading scriptures or throughout the PSP?
  - 4 words: Do not ignore them.
  - There’s very good reason why that question was brought to the surface. It is there to get you closer to the Truth, which will help you get you to answers you seek AND on occasion, didn’t think you were looking for but need. So take the time to ponder the question and see where it leads you.
  - The point/purpose of the question is there to be a catalyst to your personal growth and you growing in wisdom as well as patience.
  - So look at questions as growth opportunities.



## How to Work With Me

I hope that you enjoyed getting and implementing the self-guided version of “The Peaceful State Process”.

Now keep in mind that there are many ways to deepen The Peaceful State Experience.

Those ways include:

- **Working with you privately one-on-one as your guide.**
  - In the comfort of your residence. Note that this option would include the Spiritual Healing/Cleansing session.
  - Over the phone. Note that this option doesn't include the Spiritual Healing/Cleansing session.
  
- **Working with your team.**
  - By leading “The Peaceful State Process” Workshop with your corporate organization, business team, or prayer group.
  
- **Hiring me as a speaker:**
  - Topic: “The Peaceful State Process”.



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- Subscribing to my newsletter and receive free tips & updates (along with an exclusive video called “The Path to Clarity”. Sign up [here](#).

Should you need to contact me, simply email me at:

[info@micklolkonda.com](mailto:info@micklolkonda.com)



## Praise.

*“What I enjoyed most about The Peaceful State Process with Mick, is the fact that it was a purposeful method for learning more about the path of God, in a way that speaks to my head and my heart. I enjoyed the learning process he teaches.”*

*~ CB, Founder & CEO – Environmental Consulting*

*“What I enjoyed most about The Peaceful State Process is the guidance on how to read the Bible mindfully and the state of peace, well-being, and calm strength I felt during and after the process.*

*On this particular day, and in the past week, I felt overwhelmed by the many decisions to be made. I felt off centre.*

*I gave The Peaceful State Process led by Mick a try because my challenge was finding a good morning ritual of connecting with God and myself.*

*I would describe the experience peaceful as a process.*

*What you surprised me was how peaceful and calm I felt immediately once the first part begun.*

*For myself, the benefits of The Peaceful State Process and this style of spiritual ritual included the grounding effect it had me on right from the start, me overwhelmingly feeling God's presence consciously, and taking the time reflect on what the scripture reading could mean and what God is trying to tell/show me, as well as the feeling of guidance and protection.*

*After concluding The Process State Process, I felt overwhelming peace.*

*And compared to other spiritual practices or forms of meditation I've tried so far, I felt, when using The Process State Process, a much stronger spiritual connection than with a meditation app I have used. The experience was much more profound and relaxing for me.*



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*And what is missing from those others forms of meditation and spiritual practices, is the spiritual aspect and direct connection with God: The apps are geared for a mainstream audience with diverse belief. They tend to focus on the physical and mental aspect of meditation.*

*Thank you Mick for the gift of insight, wisdom and time you have given me. I have a profound sense of strength and peace which is amazing.”*

*~ KK, Founder - Technology Startups*



## Sharing is caring.

If you happen to know someone who would find value in having this PDF in their hands and learn about “The Peaceful State Process”, by all means, share this PDF with them and invite them to sign up to my newsletter so they can start getting free updates [here](http://www.PathtoClarityVideo.com) ([www.PathtoClarityVideo.com](http://www.PathtoClarityVideo.com)).

By signing up, they will also receive:

- The opportunity to have me answer their questions relative to what, spiritually speaking, they are struggling with.
- “The Peaceful State Process” e-book along with
- My exclusive video and talk called “The Path to Clarity.”

So if you can think of one person now, go ahead and email them this PDF.

Thank you for doing that and talk to you soon!

Mick.