

# OUTRAGEOUS PEACE

A Practical Path to  
**Real Peace**—Even When  
Nothing Else Has Worked



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## DEDICATION

This book is dedicated to anyone who has quietly wondered why peace never seems to last.

To those who kept showing up, kept trying, and kept moving forward—even when something inside felt heavy or unsettled.

And to the people who walk beside them—friends, family members, and loved ones—who care deeply, even when they don't know how to help.

May this book be a gentle reminder that peace is not out of reach, and you were never broken for longing for it.

## INTRODUCTION

**M**ost people long for peace but never seem to find it—not because they aren’t trying, but because they were never shown what actually creates peace. They’ve worked hard, stayed sincere, and done what they were told should help. And when peace still doesn’t come, they quietly assume the problem must be them.

And that assumption quietly costs them—confidence, energy, hope, and rest—each time peace slips away under pressure.

By “pressure,” I don’t mean external pressure—deadlines, noise, conflict, or a demanding schedule. I mean internal pressure: the quiet strain that builds when something inside you stays unfinished. You can be fine on the outside and still feel braced, tight, or mentally “on” inside. That’s what this book is about.

What surprised me wasn’t just that peace returned—but how often it did, across people whose struggles looked nothing alike.

Peace isn’t reserved for the unusually disciplined or the naturally calm.

It isn’t a personality trait, a stroke of luck, or something only spiritually gifted people experience.

Peace is the natural result of alignment—when what’s been off inside you comes back into

agreement with what's true, and the inner resistance finally stops.

I was trained to think in terms of problem-solving—identify the cause, then apply the right remedy—so I assumed peace would come from the right intervention: therapy, better habits, or more discipline.

But over time, I began to notice a different pattern—that much of what people were experiencing wasn't malfunction, but misalignment. Something inside them was out of line.

When alignment is restored, peace stops being something you chase—and begins showing up as a result.

So, I began guiding people through a simple process: helping them identify what had been misaligned and release what they'd been carrying—to face it honestly and let it go.

And I began watching the same kinds of shifts repeat—anxiety lifting, depression loosening, relationship conflict softening, chronic pain often easing, even some addictions losing their grip. Not because life suddenly got easier, but because the internal strain underneath it finally did.

Over the years, I've personally walked more than 1,000 people through this process—informally, in real conversations, with real people. In many of those moments, people reported an internal shift

they could feel right away—like pressure releasing that they didn't realize they'd been carrying.

I'm not offering a diagnosis, and I'm not replacing medical or professional care. If you're under care, stay under care—this is meant to support what you're doing, not replace it.

I'm describing a pattern I've watched repeat—often quickly—when people address what's been quietly throwing their inner world out of alignment.

That consistency convinced me this wasn't just personality, willpower, or coincidence—but a real pattern. It wasn't random. I can't promise the same experience for everyone, but it happens often enough to take seriously.

Most people have already tried everything they know to find peace. They think better. Breathe deeper. Pray harder. Stay positive. Push through. Some of it helps for a moment—but the pressure always comes back.

### **The problem isn't effort.**

Effort can compensate for a while, but it can't replace the law shaping your inner world.

One man told me his life had felt like carrying a backpack full of bricks. No matter how much he tried to relax, think positively, or pray his way out of it, the weight never lifted. But when he began working with the law you're about to learn, the shift was immediate. He said it felt like the weight dropped off in a

single moment. The next morning, he woke up with a quiet mind, a light body, and a peace that felt more natural than anything he had ever forced.

That's what happens when peace stops being accidental and starts becoming the result of something real.

This law is already at work in your life right now. It is quiet and unseen, but not vague or mystical. Most people miss it because it operates beneath the surface. But once you recognize how it works, peace stops feeling fragile—and your inner life starts to make sense.

**Here's what most people were never taught: peace follows a pattern.**

When this law is violated, peace erodes. When it's restored, peace returns as a pattern—not by chance.

Most of us spend years managing symptoms instead of addressing roots. We try relaxation techniques, mindset tools, breathing exercises, positive affirmations, and spiritual practices. Some of these can be helpful, but none of them touch the deeper causes behind the fear, tension, pain, or emotional heaviness we carry.

That's why peace has been so hard to hold onto. Not because peace is weak, but because something beneath the surface has been quietly pulling it away.

Many people sense this, even if they don't have

language for it. They say things like, “I keep fixing the same issues, but they always come back,” or “No matter what I try, something still feels off.” They’re not imagining it. They’re responding to a deeper reality they were never shown how to see.

Struggle isn’t personal failure—it’s misalignment with a law you were never taught.

Peace doesn’t respond to effort. It responds to alignment.

This book isn’t meant to give you more techniques to try or more pressure to “do better.” It’s designed to guide you into an experience of peace—one that doesn’t depend on your circumstances cooperating or your effort never slipping.

You don’t need special knowledge to begin. You don’t need to feel particularly hopeful. Wherever you are right now—curious, skeptical, exhausted, or simply tired of feeling the way you’ve been feeling—is enough.

You’re standing at the edge of something you were never taught to recognize.

As you read, you may begin to notice small shifts. A reaction that doesn’t spike the way it used to. A heaviness that loosens its grip. A quietness that feels unfamiliar—but right. These moments aren’t the finish line. They’re signs that something deeper is already changing. Often the first sign is simple: your mind stops working so hard to hold everything

together.

You're not stepping into a complicated spiritual system or a dense manual. You're stepping into a simple journey—one that reveals what's been disrupting your peace and shows you how to address it.

Here's what to expect: you'll learn why peace keeps slipping away, how to spot what's quietly keeping you braced inside, and a simple way of bringing real relief—so peace can start to feel normal again.

So, take a breath. You don't have to carry this alone anymore.

Let's begin.

*Author's Note: If you haven't read the introduction yet, I want to invite you to begin there. It gives a simple framework for why this book works and will help what follows make deeper sense.*

## — Chapter 1 —

# When Peace Never Shows Up

Riley was only thirteen, but she carried herself like someone much older. Her shoulders curled inward. Her eyes stayed low. Even her breathing felt heavy. I had known her for years, and in all that time, I had never once seen her smile.

One afternoon, during a season when her family was coming apart, I sat with her in the kitchen and asked a simple question.

“Do you ever feel like you’re carrying a backpack full of rocks?”

She nodded without looking up. “Yes. It feels heavy all the time.”

There was no dramatic moment to point to. No single event that explained what she carried. No medical diagnosis that captured the weight she lived under. It was just a constant heaviness she had learned to accept as normal—like something she didn’t remember ever putting down.

Fifteen minutes later, everything changed.

After a brief moment of prayer, Riley stood up, straightened her back, and drew in a deep breath—as if someone had lifted a hundred pounds off her body. Then she began to dance around the room. She twirled across the floor, humming to herself, smiling so widely that her mother froze, watching in disbelief, tears starting to fill her eyes.

“Is it normal to feel physically lighter after this?” Riley asked, her face glowing.

“Yes,” I told her. “That’s exactly what peace can feel like.”

Do you ever feel like you’re carrying a weight you can’t quite name—like something inside you never fully unclenches? Pressure in your chest. Tightness in your shoulders. Thoughts that won’t settle. That sense of being braced inside—even when nothing is happening.

Maybe you wake up tired and go to bed tense. On the outside, you function. You do what needs to be done. You smile when you’re supposed to. But inside, it feels like you’re dragging something behind you that no one else can see. Over time, you may have told yourself, *This is just who I am*, or *This is just my life*.

If that sounds familiar, you’re not alone.

And it’s not your fault.

Most people live their entire lives without experiencing real peace—not the temporary calm that

comes from a vacation or a quiet weekend, but the kind of peace that holds steady when life doesn't. People catch glimpses of it. A moment on a walk. A song that moves them. A deep breath that feels different. But it slips away the moment real life returns.

Peace feels fragile. Temporary. Unreliable.

Calm is often circumstantial—something you feel when life gets quiet. Peace is deeper. It's what you feel when the inside finally stops fighting you.

If you've never felt that kind of peace—or if you've only known it in rare flashes—there's a reason. And it has nothing to do with your willpower, your personality, your discipline, or your spiritual maturity.

Peace isn't missing because you're weak.

It's missing because no one ever taught you the law that creates it.

There is a spiritual law operating beneath the surface of your life.

It is quiet, consistent, and invisible—but dependable.

Whether you understand it or not, that law is already shaping your inner world.

For years, I watched people wrestle with anxiety, depression, chronic pain, heartbreak, addiction, and patterns they couldn't break. These weren't weak or unmotivated people. Many were thoughtful, capable,

deeply sincere. They tried everything they were told to try—counseling, medication, lifestyle changes, stress reduction, positive thinking, spiritual practices.

Some of it helped for a while. But the heaviness always returned.

What I began noticing startled me. When the true root of their struggle was uncovered, a hidden peace flowed into places where pain had lived for years. People who had carried torment for decades suddenly felt light, clear, whole. Their circumstances didn't magically resolve. Their personalities didn't become perfect. But something deeper shifted—something inside finally let go.

I was trained to think in terms of what's wrong and how to fix it: identify symptoms, make a diagnosis, apply the right treatment.

If someone was still struggling, I assumed the solution hadn't been strong enough or applied long enough.

But again and again, I watched people who had done everything right remain stuck.

They didn't lack effort.

They lacked alignment—and effort could never replace that.

They weren't broken—they were misinformed. They were trying to create peace from the outside in, using tools that were never designed to reach the source of their unrest. No one had shown them this

law that quietly governs the inner world. So, they kept adjusting circumstances, habits, schedules, and coping strategies, hoping peace would finally stay. When it didn't, they assumed something must be wrong with them.

Nothing was wrong with them.

They were simply working against a law they were never taught existed.

Think of driving a car with the alignment badly off. You can keep correcting, keep adjusting, keep white-knuckling your way down the road—and for a while, you stay in your lane. But it's exhausting. And the moment you relax your grip, the car drifts in the same direction again. The problem isn't the driver. The problem is deeper.

Peace works the same way.

It doesn't respond to effort. It responds to alignment—when what's underneath gets straightened out.

When what's underneath is straightened out, peace stops being something you chase.

It becomes a steady underlying calm in your life. It doesn't erase pain, grief, or disappointment—but it keeps those things from owning you.

If peace has slipped through your fingers—if calm never holds, if heaviness feels familiar, if your mind won't settle and your heart won't rest—there is a reason. And once you see it, your life begins to

make a different kind of sense.

That's what this book is about.

**Ready to  
experience  
Real Peace?**

Peace starts now.

Get the full book today!

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