

Coming to Peace with your Home

A few simple steps that could change your life...



"Home is where you start from..."

T.S Elliot



Created by Caroline Mary

Align Your Home, Align Your Life



Introduction

Hello, and welcome, dear heart!

I'm so happy you're taking the time to read this workbook and want to congratulate you on taking a first step towards living in a beautiful home... one that *you deserve*.

The home I live in right now is a bit of a surprise, but I'm so grateful... It's light and airy, clean and has a newly fitted kitchen and bathroom, it's just right for me right now... And when I landed here, I remembered how GOOD I feel when I LOVE my home, and let it support me and my current lifestyle.

It wasn't always the case, and at times I've lived in homes that didn't feel right, and I was depressed. I couldn't be bothered to keep it clean or pour any love into it, and guess what... I didn't feel supported or proud to have people visit... it felt like a downward spiral that was hard to come out of.

I'm writing this to encourage you that you CAN make your home a place to support you and that you deserve it! I am writing this to assist you in working through and releasing any blocks you have to believing you can keep your home beautiful, and make it work for you, whatever your budget and wherever you might be currently living.

If I can make that change, then so can you!

I know what it's like to feel like things are on top of you, that there are too many jobs, or that you are just too depressed to take care of your home. I also know what it's like to keep everything from your childhood home, things from Uni, and take it all to your future homes, without letting go of ANYTHING!

I also know what it's like to feel ashamed of the home I live in, and not know what to do about it, or how to release things that were just cluttering up my space....

And yet, I've made healthy changes, decluttered and feel at ease in my home, and so can you.

Coming to Peace with your Home



Introduction cont...

For years, I carried around everything. All the clothes and shoes, all the pictures, trinkets, notes, cards, paperwork from home to home, afraid to let things go, afraid to move on, afraid of what would be left if I threw things away.

I felt guilty for throwing things away and creating waste - I was and always have been a die-hard "save the world" kinda gal, so it felt *really* strange when I started getting used to throwing things away... believe me, it's been a LONG journey!

So what changed?

In 2012, like many, I was inspired by the special year and the idea of the "end of the World as we know it", and committed to my spiritual path in a deeper way. I've had visions, revelations, and a spiritual leaning all of my life, but didn't know how to live by them, or what to do...

I kinda followed the herd, not knowing quite what I was supposed to be doing... That year, I started meditating more than ever, upped my yoga practice, and went back to eating vegetarian. I even signed up to complete the massage therapy course I'd started in my 20s and hadn't finished.

During this time, I also got back with my ex-partner, and we decided to go travelling. Somehow, we knew that we



were a safety net for each other, but we totally trusted each other, and we were both desperate to experience a different life. So, after a lot of meditating, chats and receiving inspiration, we converted a bigger van and planned our getaway!

Prior to travelling, we'd lived together for 2 years, split up and got back together, and he'd moved into my home. The home was full of my belongings, photos, trinkets... as I said, I had a lot of stuff. And I hadn't really let it go for him to move it. He just kind of joined in. So there we were, about to move into a Camper van to spend a year or more travelling, and what was going to happen to our stuff?

What was I going to do with all of my stuff?!

Coming to Peace with your Home



Introduction continued

When we finally had our camper ready, we piled in what was practical and fun for our trip. For him, it was tools, so we could do work exchange, and for me it was instruments (I'm a multi-instrumentalist), and craft things (sewing machine, felting wool, material)... and clothes, of course!

And yet, we still had SOOOOO much stuff.

Luckily, some friends lent us a shed on their farm to store all the extra stuff. And, yes, you got it. *It didn't occur to me that I may never want any of those items again!* We'd downsized a lot, but there was SO much I just couldn't bear to part with!

While we were away, we met a shaman, and during the festival where we were, I attended 3 healing ceremonies. During the last one, I finally understood all the spiritual experiences in my life, the things that led me to getting sectioned during my late 20s, the trance-like feeling I'd get when I was dancing...

And in this ceremony, he was talking about stripping away the "paraphernalia" of our outer world.

...And I took this on board and ran with it.

I'd had dreadlocks on and off for 15 years..

And despite loving them, something in me clicked. I cut them off in the ceremony, and shaved my head later that day. I also started to strip our van of the "paraphernalia" that seemed like my whole life.

I could finally see the lifestyle that had once liberated me had been keeping me stuck at the same time....

That was the beginning of me stripping back the many layers of my outer world and then my inner world, and years later, I had so few of my old possessions I could barely recognise myself...



Coming to Peace with your Home



Introduction...

After the seed had been planted, and the layers started stripping away, my life changed forever...

I started shamanic training, meeting spirit guides, and meditating a lot. I trained as an Ecstatic Dance teacher and met the people who would be my new tribe... SPIRIT people!

It became easier and easier to let things go, to clear out, to rip up old photos that were faded and blotchy, to let go of old presents that I'd kept out of obligation... they all seemed to be keeping me stuck...

That was 10 years ago, and since then, I have been back and forth to Portugal, and let go of more things. I have found it easier and easier to keep what is important and let other things go, knowing I can ALWAYS find what I need, wherever I GO, with a few prayers and a little patience, things come along at the right time.

Now my home feels like a haven: comfortable, spacious, and light, a space for myself to rest, regenerate, to run my online business, and to entertain friends and relax.

It is exactly what I need right now...

And I feel so, so grateful.

I keep on top of bills, cleaning, eating healthily, and I feel supported by my home.

Let's take a journey together and see if we can find that comfy feeling for you in YOUR home!



Coming to Peace with your Home



Step 1 - Pray!

Prayer is the most important step that I could recommend anyone for any changes they'd like to make in their life.

If you didn't get it by now, I'm a big believer in Spirit guides, the Holy Spirit, Source/Creator/God, Angels, and all of that good stuff. If that sounds too religious, let's just go for Gabrielle Bernstein's approach: "The Universe has your back", and **prayer** is the **best** way to get it helping you!

Joking aside, it's something that I regularly remind clients (and myself)... that **if we DON'T ask, THEY can't help**. It's literally that simple.

The reason? Because we're in a world of FREE WILL! If we don't ask, the good guys up there (or rather right by our side in many cases), simply will not intervene, unlike those pesky radio adverts or "helpful" friends who will dole out advice willy-nilly, whether you want it or not!

And the BEST thing is with prayer, is that you don't just get one person helping, you will have a TEAM of helpers, all rallying to assist you, in the way that is for YOUR highest good, NOT what everyone around you thinks, (although that might of course look the same).

Let me give you a perfect example of this from my own life...

Some years ago, I'd come home from living in Portugal and ended up living in a caravan on my friend's land.



It was summer, and it was exactly what I needed, and I was so, so grateful. However, I was also utterly in despair, my dream life had just shattered (or so I thought), and I felt hopeless and penniless with no real direction in my life...

Nearing the Autumn, it was pretty obvious I needed to move on, and still I had no idea where to go or what to do.... and then something in me remembered about the power of PRAYER!...

Coming to Peace with your Home



Step 1 - Pray continued...

I prayed to be shown what to do, and where to go... and images and ideas started flooding in...

Within a month, I had enough money to buy a car, which was big enough to transport all the things I bought for my home, such as a bed, table and chairs, sofa etc.... a friend had offered me some work, that gave me enough money to buy all the items I needed and my very generous Mother paid for my deposit.

It gets better too...

I used to have a fixed idea about what I wanted, and what I didn't want, and this time I had just said "Show me what is for my highest good"...

What I received was a flat in a small town in Mid-Wales. It was a town I'd never lived in, but it had a beautiful park, a lake, and beautiful surroundings... And my new Landlord was LOVELY. He gave me the tenancy then and there (as I was guided would happen the night before), and was to this day, the kindest landlord I ever had.... he even gave me a beautiful picture of Archangel Michael to hang over my fireplace.

Within a few months, I had received all that I needed for my new life, and it was the most comfortable home I'd probably ever had...until my current flat!... (which also came about through prayer and ASKING FOR GUIDANCE!)

Maybe you're new to prayer, and if so, you will probably be a little bit uncertain as I was in the beginning, and that's TOTALLY FINE!

You can pray for anything you would like help with, to whoever it is "up there" that you feel comfortable to reach out to, to the Highest beings, or straight to GOD/Creator/Source!

For example:

"Thank you, Mother-Father God, Higher self, guide and angels for helping me cleanse my home in a way that is in my highest and best good, so I can enjoy living there and sharing my space with friends and family."



Step 2 - What is your best Vision?

So we can see where we're headed, let's get inspired!

What is your best vision for your home?

You may feel like you're so tired of your home and the mess or clutter that you want to move, or you've just moved and feel overwhelmed by all the jobs to make your house a home, or you just want to move but feel stuck, and don't like the home you're in right now....

Either way, I have learned that until we make the BEST of where we are, moving will feel really challenging, and when we HAVE organised our current home, we may not want to move, OR it will be seamless and just unfold with ease because we no longer feel so frustrated in our current living situation.

For example...

I've sometimes moved to places that I really felt I HAD To move to, with no other choice in front of me. One house I moved into because I HAD to move from my last home as my landlord was selling the house. I didn't want to move, and I barely unpacked any of my boxes until a friend asked if he could live with me for a while.

He did me a MASSIVE favour, because I HAD to unpack my boxes, and started to make my house a home. Until then, I was almost in stasis. I will add that at this point, I had been sectioned in the other home, and was only just coming back to life after the shock of that whole episode in my life.

While my home was in boxes, the place I lived in was just that, a house, a soul-less place where I'd ended up, and felt crappy..... I barely had visitors, and I didn't want to be there, until my friend turned up and my whole life got moving again...

Coming to Peace with your Home



Step 2 - What is your best Vision?

Once I'd started moving the energy, unpacking and "making it a home", life changed, and I started socialising again, and studying Accounts - a real shock at the time, but invaluable to me these days!

You can see what making your home into the BEST version possible can do for your WHOLE life.

Let's do a little meditation to see what the BEST version of your current home looks like:

Take a few deep breaths, and relax your body on your out breaths... watch the tension drop away as you allow your out breaths to be as long and slow as you like...

When you're ready, close your eyes and imagine you are looking at a door. Before you step through the door, pray to you higher self, to show you what you need to know about the best outcome for your home:

"Thank you, Higher Self, for showing me what I need to know about my home, how to organise and declutter it, and what I can do to really enjoy my life here. Thank you, thank you, thank you, and so it is. Amen."

When you're ready, open this door and see your ideal version of your home.

Look around, explore, see what there is, what you are doing, who is with you, and how it feels...

Take some time and soak it up, and when you're ready, come back through the door into the corridor... and open the next door and walk through it, coming back into your body...

Take your time to write your thoughts in your journal or use the next page, taking all the time you need to write everything, no matter how trivial it seems.

Coming to Peace with your Home



Step 3 - What is holding you back?

In short, if we're struggling to do something or receive something in life, it is usually down to our emotions and our beliefs.

Yes, we can say it's the lack of money or time, but fundamentally, our beliefs and feelings dictate what we receive in life, and if we believe we have no money, then we'll experience that again and again, and so on....

In order to take action in the OUTER world, it's really necessary to look at our INNER world, and see what is going on....

Just to get you started, I'm going to share something about my journey and my homes, to show you just how important it is to look at your beliefs and how they affect how you see your home...

I have had the belief that living in a "normal" home is wrong.

Yep. Crazy, right? But that was my belief. All along.

Something DEEP inside me hasn't liked being white or British. Something deep inside felt like living in a yurt or a Teepee, in nature with little or no technology, was better than the modern homes we have now...

And I've recently lived in a yurt, with little modern comforts and a VERY long walk to get drinking water and go shopping (I hadn't set up a full veggie garden yet). I was living my dream.

Yet, it felt TOUGH. It was my ideal, and it didn't suddenly make me feel "better".

And it made me realise, although it is AMAZING to be so close to nature, actually, having a HARD life didn't make me a better person. It just felt like I'd turned time back centuries and that I was suffering needlessly. In one way, I had taken myself out of the world, but in another, I was RUNNING away from a life that was calling me.

I was running away from the time I was living in.

Coming to Peace with your Home



Step 4 - Plan, Prepare, Progress!

At this stage, we have an idea where we're heading, we're feeling inspired (I hope), and we're also seeing why we've been blocking living in a beautiful home... now we're going to plan how to receive the beautiful home, and take action to progress towards that beautiful home!

Sometimes life can feel like we're climbing Everest, and it all feels too much. I know because nearly every project I've taken part in the last few years has felt like that.

But when I was walking up the hill to get water in the soaring heat of the sun in Portugal, I'd get really present and breathe through each and every step, and suddenly I'd be at the top, feeling amazing as the exercise and breath had invigorated me! So let's break it all down, into manageable steps.

If you break your home into rooms and each room into 3 steps, suddenly things will feel less daunting, and you will have a bunch of tiny steps to take. And to START with you can just ASSESS the situation... no action needed at all.

STEP 1 - Break down your project into ROOMS

Firstly, we need to break you home in to rooms, so you can choose one room to tackle at a time. You might end up getting so "into it" that you just move around your home until you've finished, but if it all feels too much, ONE ROOM, and ONE CORNER is a GREAT start.

Make a list of each room, and for each room, make a page where you can make notes for step 2...

Breaking down EVERYTHING in life is a way to get everything we want done!

If you have a BIG room, then why not cut it in half? Or take each piece of furniture or corner/side and work on that separately?

Coming to Peace with your Home



Step 4 - Plan, Prepare, Progress!

STEP 2 - Use the 3-step approach to create your beautiful home!

Declutter -> Organise -> Clean!

DECLUTTER: Most of us have had TOO much stuff at one stage or another, and this means things get WAY too busy, and disorganised..If this is you, this is your first step, before you organise, clean and enjoy your home!

Choose what to give away, sell, or bin!

ORGANISE: Do you need to find some storage solutions? Check out the local shops, charity shops, or free cycle groups and find what is in your budget... (remember to pray for help with each step!)

CLEAN: If you've decluttered, and organised, it's time to clean. It will be much easier to keep your home tidy if you start with a clean slate and keep on top of it regularly.

In your journal, write down all the steps you need for each room, and little by little tackle a SMALL job, every day, or every weekend - whatever feels doable for YOU.

Step 3 - Extras!

Once you have the basics sorted, you can then think about finishing touches that bring your home to life. For example, in my home, I always have at least one altar with candles, incense, crystals, and usually flowers. I also usually have plants, and ambient lighting is really important too...

Make a list of all the items you'd LOVE for each room, even if you're not sure how you will afford it right now. PRAY and ask for help to be guided to find each perfect item just for you...

Allow yourself to be guided and receive all that brings your beautiful home to life.

Coming to Peace with your Home



Step 4 - Plan, Prepare, Progress!

Example of your journal for your Spare room:

**** DECLUTTER:** Lots of junk in boxes, too many clothes, and things that people have left with me:

Action: sort through what I want to give away and where... charity shops? friends?

Contact friends to see if they can pick up the items or return somewhere more convenient

**** ORGANISE:** Buy storage boxes for under bed to keep spare linens and guest towels

**** CLEAN:** Do a deep clean and move everything away from the walls, and repaint skirtings which I've meant to do for ages. Buy organic cleaning spray for the sideboard and cleaning skirting, etc

For each room, assess using the 3 headings:

Declutter. Organise and Clean in the space on the next page.

Break everything down into the smallest step possible, and in the end you will have a to-do list that may seem long, but you can take 1 task at a time, and leave the rest.....

Hint: Choose when you will take a step, and for how long for and start with even 5 minutes, building up to 10 minutes, and before you know it, you'll likely to be stuck in because you've got over the starting line and it feels GOOD!

PS... if you are struggling at any of these stages, take your journal and write it out, use EFT, or something similar to release anything that stands in your way of healing your home... It's TOTALLY normal to feel overwhelmed when sorting out your home, or trying to upscale in any way. You're pushing the boundaries of your comfort zone, and this is BRAVE!

Using prayer and journaling, you can start to release any feelings you have around your home and how it is now, or how you want it to be, and allow yourself to receive the Divine assistance you deserve as you pray for everything you need and deserve....

Coming to Peace with your Home



Step 4 - Plan, Prepare, Progress!

The room I'm working on is:.....

**** DECLUTTER - Action:**

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****ORGANISE - Action:**

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****CLEAN - Action:**

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****How do I feel as I plan to take these tasks?**

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Coming to Peace with your Home



I hope you've enjoyed your journey towards aligning your home with your beautiful, divine self?

I'm sure you can do this; however, if you need support, get in touch: carolinemaryandrews@hotmail.com.

You can also sign up for my newsletter and get monthly updates about offerings and courses I'm running.

It's my pleasure to serve you and assist in your ascension, so do reach out with feedback, questions, or queries.

*With so much love and so many blessings,
Caroline Mary x*



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