

# Coming to Peace with Emotions

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



***“Your emotions make you human.  
Even the unpleasant ones have a purpose.  
Don’t lock them away.” Sabaa Tabir***



*Created by Caroline Mary*



## Introduction

**When I wrote this heading, I laughed to myself, because everything I share is something I've had to work on myself...**

I used to think I was pretty sorted because I was an A-grade student. But then I wanted a social life, I wanted to be cool, I wanted to be like everyone else.

And it fucked me right up. I stopped listening to my intuition, I stopped being the person with faith, and the one who wanted to heal the world. The whisper got quiet, and I looked to other people to help me. I looked to the outside world to show me how to be.

And it hurt. And I got hurt. And, like everyone else, I had my ups and downs.

But I didn't know how to feel. I only knew how to understand.

And that is totally different.

*As I hit edges in running a business, I had to learn how to feel, to let my feelings be a guide, not a problem, to allow them to move through me as I unfurled from the contractions of childhood and a limiting school system.*

I had to let myself grow and flow and unfurl and relax and relax again.

And with that, I had to feel the feelings I'd shoved aside so I could heed their messages and come to peace.

And that is why this simple, yet profound subject was on my list for the "Coming to Peace" series.

***You might already know that emotions are big, and feelings are lighter, and it's helpful to see that our feelings grow into emotions if we don't allow them to move through us and unfurl and move.***



I often talk with clients about emotions being clouds passing by, with our true self being the sky. Our feelings are the light fluffy clouds and our emotions are the storm clouds.

When the clouds appear, rather than fearing them, we can allow them to move through, and trust they are showing a change pressure, inviting change or cleansing something, and we can trust that clear skies will come again...



## Are you ready for P.E.A.C.E?

Before we start exploring your journey, I'd like to introduce the **Coming to Peace** process, an offering from the heart that has many facets to assist our healing journey.

These simple steps can help you find peace with your emotions, so you no longer feel like you need to hold them in, judge yourself, or distract yourself from them. We'll unfurl limiting beliefs and conflicts and find compassion for all that arises and all that's gone before.

Each step helps the others. For example, if you've never prayed before, this alone can change your life in untold ways, allowing unseen helpers to assist you in Coming to Peace.

### **1 - Pray for help and have Patience for the Process**

There's always help out there if only we ask for it! Prayer instantly connects us to our higher self, our guides, and angels and fundamentally our Source energy. It's the first and quickest way to allow assistance and miracles into your life.

**What is your prayer? What do you need? What do others need? What would you like? What's the highest outcome for all?**

### **2 - Explore what you're Feeling, Believing, Experiencing**

Write or speak out loud the challenge you're experiencing. Unfurling and understanding the challenge that you're facing means you're laying out the map to getting to the answer. The more specific the challenge the more specific the remedy.

**What is the situation that's causing conflict? What are you feeling? What do you believe? Where are you conflicted?**

### **3 - Allow and Accept the Healing Process**

Allow time for answers to come and time to explore your thoughts and feelings. Accept feelings that are moving through you.

**Can you accept your feelings? Can you accept another's feelings? Can you allow the time for healing to take place for everyone?**

### **4 - Compassion and Kindness for All**

Bringing compassion to yourself for your part in the situation and for others involved, too. Remembering that we're all doing our bests and we all make mistakes and we can all feel a lot in these days of change and release!

**Who needs compassion now? You? Or others? or Both? Or your inner children?**

### **5 - Ease and Grace as things Unfold**

Allow ease and grace means surrendering to the process, trusting you'll know when to act and when to rest, and when to explore.

**Are you feeling at ease? If not, you can start again and check what areas need exploring. Can you make another prayer? Can you check in with compassion for all your parts?**



## Step 1 - Making a prayer to support you

I love prayer, and if you've ever been on a session with me, you'll know it's a really important part of my process when I'm holding space. We centre ourselves, we open up to new possibilities, and we open ourselves up to receive help.

It might feel like a funny thing to pray about emotions, like we'd rather just not have them at all, but with any topic we're struggling with, prayer helps us receive wisdom and insight, bringing us peace and understanding in a way that's right for us.

**Praying for assistance allows us to expand past our limitations and into the realm of healing, miracles, and solutions.**

When I've struggled in friendships, usually because of subtle misunderstandings, every time I've prayed, I've been shown almost immediately what the root cause has been - for me, and for them.

From here, I can let go of needing to be right or wrong, dissolve any arising emotions or guilt, and bring compassion and understanding for all parties. Then, the solution will appear with ease.

You see, for a long time, I didn't want to be an angry person, and never wanted to shout or offend people. I'd created enough arguments with my brother as a kid to start any more, so I became a peacemaker in my adult life.

*But the cost was dumbing myself and my needs down and never quite resolving things.*

Prayer has helped me let go of guilt for my emotions and acknowledge them instead, allowing them to ebb away instead of squashing them. From here, I've felt lighter and freer to live my life and let others live theirs.

**Here's a prayer for assistance you can try:**

*"Thank you, Mother-Father God, Creator of All that is, my higher self, guides and angels, for showing me the wisdom within my emotions so I can release them and let my energy flow once more.*

*Thank you for showing me what I need to know about emotions so I can find compassion for myself and others when we face challenging situations.*

*Thank you, thank you, thank you, and so it is. Amen"*

**Try your own prayer to help you to acknowledge and allow your emotions:**



## Step 2 - What does your soul want you to know about Emotions?

**Take some time to get comfortable and make sure you won't be disturbed for the duration of the meditation.**

Draw within and take some gentle breaths, expanding and softening as you breathe in, and relaxing and releasing as you breathe out.

When you're ready, look ahead in your mind's eye and see a door in front of you.

Before you step through the is beautiful door, make a prayer to your highest self for assistance:

*"Thank you, higher self, for sharing with me all I need to know about emotions so I can accept myself, live in peace, and enjoy my life.*

*Thank you, thank you, thank you, and so it is. Amen."*

Open the door and walk through it, allowing yourself to receive any messages or images that are for you. In this place, you can ask for clarity or why you are seeing what you are seeing.

**When you're ready, come back and write down everything you experienced.**

*Just remember that everyone experiences such meditations differently. Sometimes we only see a colour or have a knowing, and other times we'll have a full-blown image that shows us clearly how things can be.*

*Trust your meditation and know that you have the wisdom within to decipher what you've seen or felt today. You can come back to this meditation as many times as you like.*



## Step 2 - Let's explore your beliefs around your Emotions

**Here's where we're going to explore the beliefs and conflicts you might be holding on to, with gentle curiosity, love, and compassion.**

Relatively recently, I realised that any time I felt challenged, I'd immediately go into "I'm sorry" even when someone was hurtful to me. I wasn't able to feel my own feelings and find my peace before seeking resolution.

Emotions from me or others felt dangerous, unless I was in a professional setting where I was assisting someone with their emotions. As a coach, I'm happy to sit with someone through their tough feelings, help them name them as the unfurl and move through their system as they come to peace.

In my personal life, however, I'd go into freeze mode and forget that I had feelings too. I'd push them aside and try to find peace. But would end up feeling numb.

Finally, I realised I was judging myself for having any feelings, and would just try to get to the end, to peace. *It wasn't an actual resolution.*

My belief was that I was bad for having feelings. *And that was crushing down parts of me, and the feelings never went away.*

What we're doing is exploring what we believe about those white clouds or the storm clouds. Do you judge yourself? Do you resist them? Judge others? Feel guilty? Ignore them?

Once you can observe your beliefs and patterns, they start dissolving and move from your subconscious to your conscious and we can find new ways to move through.

***Take some time to explore the beliefs you have about emotions, and having emotions yourself, and let it all out!***



## Step 2 - Let's explore your conflicts around Emotions

**When we're looking into conflicts, they may show up as feeling confused, with one foot on the accelerator and the other on the brakes.**

Conflicts can keep us stuck as much as limiting beliefs, and I've often felt conflict as I highlighted above. I'd sense something moving within me during a situation (often called a trigger) and yet, cram it down or clam up, so I couldn't speak about it, and I'd try not to feel it.

*It's like a volcano wanting to burst, but the mountain is holding it in.*

It's uncomfortable and has led me to "give the silent treatment", as people call it. *But it's not a time for judgment, it's a time for softening and exploring.*

I've met people who say they're fine, yet when they start chatting, they open up and tears come or feelings they didn't know they had, because they'd believed, like me, that it wasn't safe to have feelings and they'd numbed themselves or held them in.

Perhaps you witnessed an angry parent and judged anger as harmful, as I did. I didn't realise my parents were stressed or scared about things I've felt now too.

Anger, though scary as a kid, can be a strong indicator that someone has stepped over our boundaries, and shows us what we'd like in the future. Or it can be that something we're experiencing is challenging, when perhaps, it's actually a soul lesson we weren't ready for!

Once we can accept the emotions, the weight of them goes, and tension can leave our body as we simply observe them moving through our system like the clouds moving across the sky. *No reason to stop them, but no reason to deny them. Simply watch and allow from the place of the observer.*

**What conflicts do you have around emotions? Where have you held back your feelings or dumbed yourself down?**



### Step 3 - Can you accept what you've experienced?

**It can be really difficult to face our past and let it go, but when we do, we can be fully present and allow great blessings into our lives.**

I really was a ninny when I was younger. I smoked my dope and did a lot of yoga and really thought I'd sussed out life because I'd found God.

But when I encountered challenges, I had no clue how to accept the arising feelings, and no clue how to repair relationships, as I'd simply people-pleased my way through life.

At other times, I'd walk away, feeling like there was no "in" to repair the connection. It felt easier to remove myself from the uncomfortable situation.

And therein lies some of the challenge of life: are challenges, like rejection, ways to redirect us? I think so.

I was so desperate for love from people I'd do anything for them, and I'd mirror them, even if I wasn't being true to myself.

*Slowly but surely, I learnt to follow my own path and live and let live.*

And, I had to accept the immature way I've dealt with situations, and realised where I can do better in the future. I've had to forgive myself for not knowing any better. And forgive everyone else, too, so I could move on.

But it has taken me allowing the space to decompress, allowing emotions, and accepting all that's gone before to move on.

**Can you accept your previous choices and actions when you've experienced strong emotions? Which parts feel challenging and why?**



## Step 4 - Can you let Compassion in?

### **Can you bring compassion for yourself and the choices you've made ?**

I found it challenging to be kind to myself for a long time, and was often told, "You're so hard on yourself".

*And why?*

Because honestly, I wanted to be like Jesus.

I wanted to be able to help people, to show them the love of God, and be kind. But I didn't know what to do when I had feelings, and as I write about in The Magdalene Oracle, I felt ashamed when I experienced any feelings other than love.

I didn't realise that even Jesus struggled with the suffering in the world. (Go read "Anna, Grandmother of Jesus" for more insights into His journey). I didn't realise mastery isn't ignoring things, it's accepting and learning and moving through challenges.

Compassion brings the love of God to us, knowing we've done our best and so have others, and we didn't know any better, so we just did what we knew.

Over time, we come into alignment with our true, peaceful, and loving nature and no longer bend ourselves out of shape and cause us, or others, sadness or pain. We can follow our hearts, and live in peace, and until we do this, we bring compassion for all that's gone before.

**Can you bring compassion to yourself and the way you've behaved when you had strong emotions in the past? What holds you back if not?**



## Step 5 - Moving forward with Ease

**In order to anchor in a new way of being, it's great to set some intentions about what you can do to bring in more peace and ease.**

Over the last few years, I've set aside clear time to address challenges in my life and let go of everything from the past. I've chosen one situation at a time that felt unresolved and journaled, used EFT, and spoken to coaches, therapists, and mentors, and each has helped in their own way.

However, the most profound practice I use every day is praying for assistance so I receive inner guidance to show me how situations arose, and what I needed to do, if anything.

One of the most important things we can do is allow our emotions to unfurl and simply observe them. When we're with others, we're better equipped to hold a loving space for ourselves, rather than needing anyone else to hold us.

Simply put, we're loving our inner child, or ego, as some might call it. From this place of kindness, we allow a softening to come, and often the emotions will pass with ease.

Thinking about what you've read in this workbook, or anything you've received in your journaling, what might you do to assist yourself in coming to peace?,

**What steps can you take to bring more peace when emotions arise in your life?**

**Step 1:**

**Step 2:**

**Step 3:**

**Step 4:**

**Step 5:**

**How do these steps feel? Are they achievable and specific?**

*Every small step is a win, and over a month or a year, you'll be surprised how much more peaceful you feel around expressing yourself!*



Well done!

**I hope you've enjoyed this process and found a little more peace around your emotions. Despite the challenges we might face, if we acknowledge our feelings with compassion, we can all come to peace and share that peace with those around us.**

You can access further support through live events and online courses through my website, [openlotusliving.com](http://openlotusliving.com).

If you'd like 1-2-1 support in Coming to Peace in any situation in your life, don't hesitate to reach out for a clarity call via my [contact me](#) page, and let's help you come back to peace in your life.

***Remember, the very wish to make changes and come to peace, means we're opening the door to miracles in our lives.***

I'm so happy to share this work with you, and welcome questions, feedback, or sharing about your Coming to Peace journey.

*Wishing you so much love and so many blessings  
Caroline Mary x*

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