

Coming to Peace with Friendships

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



"No friendship is an accident." O. Henry



Created by Caroline Mary



Introduction

I've been lucky enough to meet remarkable people all along my journey and call them friends.

And when we scratch the surface of anyone, their story will often blow you away.

Whether it's a quiet life led with heavy burdens they share with no one, or they shine so bright they inspire (and scare) all they meet! We can then feel humbled by, inspired by, or terrified by some of our friends, even if we love to be around them!

No matter how challenging our friendships can be, every one of them has purpose.

At times, our friends can stretch us; other times, they can show us where we need to love ourselves, and at other times, they are simply walking by our side and offering a place of sanctuary when the path gets tough.

And yet, often in my life, I've walked away from people, and it took me a really, really long time to discover why.

On a soul level, I'd make pre-life choices to live a life of solitude and healing, so I could go on to offer healing and teachings to others. It meant that though I could connect to most people on some level or other, I'd find it really hard to sustain friendships unless their path overlapped mine and we took purposeful action together.

goodbye

Over time, I've watched countless friends move away, and as they did so, it felt like the connection was over. Plenty of them would encourage me to visit them in this city or that, but it never felt right. Either money or nerves would thwart the trips, and I'd go back to nature, to dancing in the hills, prayers and practices, and more recently, my writing.

At times, it hurt like crazy, wondering what was wrong with me when so many people were off having fun, and yet, quite often we don't see the normal downtimes, we just see things through tinted specs and can feel isolated, or estranged,

Perhaps you've had another journey where you felt stifled by friends as your soul urged you onwards and needed to leave people behind to walk your own path. Or, you might have had disagreements that felt insurmountable.

Yet, behind every twist and turn will be some soul lesson or healing something for both of you. When we search within, we'll find answers and understanding, and can let go when it's time to let go, reach out when it truly feels right, and live our own authentic path through life, neither needing nor resisting those we meet, simply accepting what arises and learning from it.



Introduction

It can be tough to face our lessons, face the feelings, and our part in things. I know this!

I've had to withdraw from people and take time for myself to come to peace and find understanding, yet at other times, felt like I wanted to gather people together, a distinct opposite from the times of withdrawal.

When I sought my natal astrology chart, once again, it revealed messages around these times of solitude, where my soul was growing and integrating.

Our friends then, can be mirrors of our best and worst parts, challenging us to seek within and heal a grow and be our best self.

Even if that means walking away, letting people go and walk your own path, to find your own heart.



The many beautiful people I've called friends have all inspired me, and alongside the inspiration, I've felt shame, self-hate, distrusting myself and not finding my own light, and it took me a long time to realise I'd often people-please and let my own needs fall away, only to feel resentful and hurt years later.

That was never their fault. *That was my own subconscious programming that said "I must serve all" whilst ignoring my own path, my own needs, and my own feelings!*

Yet, those times helped me remember the true path of service, which includes connecting to the deeper self, and in that place, you can feel merged with the oneness, and rather than having no-self, we find a deeper self. One who is still and peaceful, no matter what.

What a confusing journey at times! However, when we take each moment as either a blessing or a blessing (blessing + lesson), all is not lost and we can evolve through any challenges we feel we're facing, pray for assistance, and allow wisdom to come to us and peace to come once again.

What I'm inviting through this workbook is to reflect upon different aspects of your friendships. What are your friends teaching you? Where are you being asked to support yourself? To reach out and invite in help? Take your power back? Be more authentic?

Your journey is unique, and so are the lessons you're learning through your friends. You might find that you're deepening your friendships and they need more time, or a different dynamic, and all of these changes are natural as we grow and evolve.

Some friendships will stay, and others will develop, yet others will drop away, yet in spirit we're connected and we're never truly apart.



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 within your friendships, so you can unfurl limiting beliefs and conflicts and find compassion for all that arises and all that's gone.

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

As I've said, I've known a great deal of amazing people in my life, yet I've often felt alone, and it took me years of solitude, walking in nature and speaking with spirit guides to realise I just needed to make friends with myself. And then, and only then, can we show up authentically and connect deeply and from peace.

Here, we take the time we need and walk our own path, and let others walk theirs.

At times, we may take more time alone, change the dynamics in relationships, or simply and quietly move on in our lives as they move on in theirs.

Praying for insight around friendships has helped me forgive myself and others for our actions that arose through pain and misunderstanding, so compassion could flow in their place.

Prayer can help us release emotions, receive healing and wisdom, and know the steps to take to bring alignment and peace in our lives.

It may mean taking steps that feel challenging, and yet it may mean allowing time for healing and an energetic reset whilst we grow and evolve.

At this time, many of us are undergoing deep transformation so we can embody our soul's wisdom, and this can mean a great deal of initiations and tests, so we can strip layers of the false self away. *And that can be challenging for everyone!*

And therefore, the invitation to pray is no small thing! When we pray, we invite in our unseen helpers, for they will not step into our world unless we ask them to.

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 all I need to know about my friendships and how I can best support myself and others through these challenging and expansive times.

Thank you for showing me what I can do to forge soul-aligned friendships that support all involved and how I can bring peace to those friendships that feel like they are fading.

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

”

Try your own prayer for calling in the help you'd like around any challenges you're facing in your friendships:



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 door, make a prayer to your highest self for help:

"Thank you, higher self, for sharing with me all I need to know about friendships so I can come to 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 Friendships

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

What is it you believe about your friends? Have you ever asked yourself this question and allowed the time to ponder?

When I had a challenging time last year, I saw how many walls I'd built up between myself and others, so when I needed support, I wasn't able to ask for it from friends, as I felt shame and fear rising up.

It meant I had to let go of what I thought I needed, and hold myself, journeying deep within and discovering I was holding beliefs that no-one wanted to help me no-one could help me, no-one was safe, and it led back to being sectioned and beyond that feeling rejected in the school yard, and beyond that being rejected as a witch and being burnt...!

The moment we see the beliefs and programmes we've held is the moment they can release, and we can soften around the situations that bring them to light.

We can give thanks to those who look like our challengers yet are our teachers.

And we can bring the changes we'd like to see with ease, because we're no longer holding on to wonky beliefs that no longer serve us.

If you feel alone, then be your best friend, and very soon, the people who are aligned with you will make themselves known. And through these doorways of initiation, we can walk together, releasing the karmic bonds and forging new connections through freedom, love, and transparency.

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 Friendships

Conflicts can keep us stuck as much as limiting beliefs, so it's helpful to explore them.

Conflicts around friends look like, "I love those people, but I'm scared because I'm not really like them". "I'd like to get to know someone, but they seem really busy". "I want to go to xxxxx, but my friends think it's stupid.", "I feel like I can't be myself around my friends".

As I said, we're unique, so the challenges we face are too. These are our personal curricula that help us align and grow on a soul level, and often the lesson underneath isn't what we're expecting.

When I realised I needed a lot of alone time in order to write and talk to my guides, to receive guidance and activations, I could let go of chasing people and let them live their lives, whilst I grew in connection to my own path.

That's when I was able to finish the projects that meant so much to me.

It doesn't mean I don't care about people, it simply means that by forgoing my personal creative projects to stay connected to people, I was missing out on my life, whilst feeling stuck and confused in friendships with amazing people, who I just needed to love and let go!

Take your time here and let out everything you've been holding in.

Things that seem like beliefs or confusion can be conflicts when one part wants connection, but the other wants alone time. Both can be honoured, but we need to acknowledge these wishes first and see how they can cancel each other out!

What conflicts do you have around friendships? Where have you held back yourself for fear of rejection, or forced connections that no longer feel right?



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.

Can you bring acceptance into your friendships, past, present, and future?

Can you accept things that have gone before and let them go with peace?

Is it possible to allow that everyone makes mistakes, and under pressure, we may say things we don't mean, misunderstand people, feel pressured, and be unable to show up how we'd like?

I know I've put immense pressure on myself to be the best friend to anyone I could, whilst ignoring the fact that I needed to be my own best friend, so I could then let other people show up like that in my world.

I wanted so much to matter, but I didn't matter to myself.

I wanted so much to feel loved, but I didn't love myself.

When we're out of balance inside, this will keep showing up outside.

When we're not healed, we'll meet others who aren't healing.

When we're feeling needy, we might see others as needy.

And underneath all of it, we just need more love and more acceptance.

Can you accept your previous choices and actions within relationships and friendships? 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 ?

When I think of the many people I've wished to befriend, then realising I was seeking the love from them I needed for myself, oh, how I've laughed.

And that's ok!

When seeing many past lives where I'd rejected myself for things that transpired in those lifetimes, I could see how much I'd rejected myself and held a deep disgust and distrust for myself.

Yet when we see these lives unfurling from a different perspective, we can bring compassion to even the most heinous crimes we've committed against humanity, and forgive ourselves, knowing we were doing our best, we made mistakes, and we can move on and learn from them.

In this place, compassion means loving acceptance, so mistakes can be dissolved and energies released back into pure potential, and the past can fade away. And, we can welcome more love and connection in our lives.

Where can you bring compassion in your friendships? For yourself or others? Perhaps everyone around you needs some compassion for the challenges we see to be facing as we integrate our soul and heal our ego?

Can you bring compassion to your younger self and the choices you made when you were seeking love, permission or guidance without transparency?

Can you bring compassion to the parts of you who pushed people away out of fear? Have you rejected friendships because they don't look the way you expected? Have you had unreasonable expectations? No expectations?



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.

When I was gifted a past life vision from a friend, I realised why I'd pushed people away, because in this lifetime, many of the people around me had sold me out as a witch, rather than get burnt themselves. No wonder I didn't trust myself or friendships! And yet, might I have done similar in other lives? I'm sure.

And so, right now, we're clearing out the many challenging and hurt-filled timelines so we can come into full coherence, and so the steps we take on our path may seem unfamiliar or strange, yet bring healing for ourselves and others.

What did you see in your meditation? What can you do to support yourself in coming to peace in friendships? Do you need to leave people who seem hurtful to you? Do you need more time alone, and to learn to say "Thank you, but no"? Perhaps, like me, you need to sit and forgive yourself for the messy moments and simply let the memories and emotions unfurl and dissolve?

If you're not sure what to do here, go back to the prayer and ask for guidance for what you need to do to bring peace for yourself and others, and allow yourselves to receive messages and insights in the way that's right for you.

What steps can you take to bring more peace into your friendships?

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 friendships, past or present. Despite the challenges we might face, if we acknowledge all that's been with compassion, we can 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.

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*

www.Facebook.com/carolinemaryandrews
www.openlotusliving.com
carolinemaryandrews@hotmail.com



No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise, without the written permission of the author or publisher.

(C) Copyright Caroline Mary Andrews t/a Open Lotus Living 2025