

# Coming to Peace with Your Mother



Created by Caroline Mary



## Introduction...

This workbook is all about bringing compassion to yourself and your Mother, so you can walk forwards in your life with peace, knowing that you and your Mother have been doing your best, despite the many challenges our Earth lives can throw our way.

*In my own life, I was very confused about my Mother. She was around a lot, in the same school, and as a child I couldn't fathom why she was the way she was with me. Through a lot of inner enquiry and conversations with her, I realise she was only doing what she felt she needed to do, in order that she didn't treat me favourably.*

**As children, our parents don't always make sense to us.**

What we can do is bring awareness, love and light to the situation, invite compassion through understanding, and healing through empathy for all involved.

**Healing is about changing our perception of our self and others. And this can be through one small AHA moment at a time, or a huge revelation that creates a deep and lasting change, and usually it's a mixture of both.**

When we start with the premise that being hurtful only ever comes from being hurt, we start to open up to compassion to whatever is arising around us.

Our relationship with our mother could be considered the most important, not only because she held us for 9 months, but because for most of us, she'll be who we want to turn to for love and comfort in our vulnerable times. If something stops our healthy connection with her, it's likely we'll struggle to allow other healthy relationships in other areas of our lives.

**With a little bit of patience for ourselves and others, we can shift our perspective, gain insights and release any tension, blame and hurt we have been holding on to and open our hearts a little bit more and allow ourselves to access the inner Source of Love we may have been seeking from the outside.**

I invite you to bring in so much love for yourself right now as you step in to a journey that will bring healing to you, your Mother and those around you, even if no-one ever knows you undertook this work.



## Principles to consider

**Before we begin, there are some core principles I'd love share that may help to support the healing work we're going to be doing together.**

These may or may not align with your own beliefs or understandings, so tune in and open up to only what feels right for you...

**1. The idea of healing isn't to try to erase the past.**

Instead, it's about releasing any emotions and beliefs we may be holding on to, so we can be fully present and let go of tension and stress.

**2. The only way through tough feelings is to FEEL them.**

No matter how challenging, and no matter how slowly we come to each feeling, the only way is to be present as they release from our system, rather than fighting them or pushing them back down.

**3. We heal when we face our deepest most shameful thoughts and feelings.**

We are actually allowing light to surround them as we release them from our subconscious, and this brings in healing in and of itself.

**4. Our parents are divine beings, just like us.**

No matter how they appear in their Earth incarnation, they will be doing their best, as we are doing ours, and as souls, we have probably incarnated with them many times, in many different variations!

**5. We chose our parents before we came to Earth.**

We each chose our parents for different reasons, as they gave us the opportunity to grow through our chosen life path. It may be for the skills they taught us growing up, or it may be to bring THEM healing from our presence in their lives.

**6. There is always and only, the RIGHT time to do this work.**

If we are too stressed and busy, we aren't able to relax and feel safe to heal, or access our subconscious. When the time is right, it is right, and until then we have been doing our best!

**7. Many of our strongest emotions come from situations that happened in our childhood.**

No matter what emotions and beliefs come to the surface during our healing journey, a lot of what we experience come from the first 7 years of our life. This alone leads us to need so, so much compassion for all that arises.

**8. As the brilliant Matt Kahn says - LOVE WHAT ARISES.**

Need I say more?!

So much love to you as you embark on this most brave inner journey,  
Caroline Mary x



## Step 1 - Your Vision for the best outcome

**It's a great idea to find our vision of the highest outcome we hope to achieve after our inner work.**

Take some time to go with in and ask your higher self to show you what outcome you'd like to receive in relation to your Mother. In the space below write down all that you see, feel and know about how that looks in your life:

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**Getting clear on the outcome you'd like is basically like a prayer. And you can translate the vision you wrote INTO a prayer if that works for you, for example:**

*"Thank you God for helping me feel at peace with my Mother, to enjoy her company and see her in her highest light as a person and a soul."*

Your turn...

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## Step 2 - What beliefs are you holding on to?

**Now we're going to look at the beliefs we've been holding on to as a result of the wounding you felt as a young person.**

When we feel hurt, we keep all sorts of beliefs about the world, ourselves and other people to make it ok that this happened to us. It's a way of coping with the feelings, which seems to help at the time, as it helps us cope with this experience we have had that feels so hurtful. However after a time, these beliefs create disharmony and stop us living in full joy. Let's take a look at what you've been holding on to:

1. What beliefs about your Mother have you held on to?

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2. What beliefs about your family have you held on to?

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3. What beliefs about your self have you held on to?

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4. What beliefs about the world have you been holding on to?

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## Step 3 - Healing a specific event

**Sometimes the people we love are those who hurt us the most, often, quite by accident. However, these events, especially when we are young, have profound effects on how we live today.**

We're going to look at the steps you can take to work through a specific event that has caused you to feel any discord with your Mother.

1. What happened? *Literally, physically, factually*

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2. What did you feel? What do you feel now?

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3. What do you think she was feeling at the time? And now?

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4. What did you wish to happen then?

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5. What would you like now?

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6. Can you give that to yourself (or your younger self) today, here and now?

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## Step 4 - What have you learnt?

**The biggest turn around we can ever make from a challenging situation is to gain all of the soul experience and learning possible, and find gratitude for the situations that seemed challenging for us.**

This could be learning compassion towards your self, or your Mother, or wishing to bring better communication to all of your relationships. It could be that you've been inspired to bring healing and understanding to people, as I have.

**Consider the following questions:**

- \* What skills have you learnt directly from your Mother?
- \* Did your Mother inspire you through something she did in the world?
- \* What lessons did you learn about love and compassion through your experiences with your Mother?

Take some time to write about the life you have led and who you have been as a result of the challenges you faced with your Mother....

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## Step 5 - Action Steps!

**What a journey! Now we're going to see how you move forwards from here.**

It may feel like nothing will change in our outer world, until we do something huge, but I guarantee you, when we take time to shift our inner perspective, our outer world matches in response. I've seen it so many times!

Take some time to hear your intuition to see if there are any action steps you can take today. It may be sitting in to your new found peace is all you need to do:

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- 2.....
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- 3.....
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- 5.....
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Well done for taking this journey!

*Facing our feelings is HUGE work, and every little bit helps bring more peace to the world...*

*I honour your courage and path at this most challenging time on Earth.*

Love and blessings to you and your family, here and in Spirit.  
Caroline Mary xx

*If you'd like support with what came up for your, do get in touch:  
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