

Coming to Peace with Self-Expression

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



"You change the world by being yourself." -Yoko Ono



Created by Caroline Mary



Introduction

When I started this series of workbooks, I was looking to offer something to support people in things that I have needed to explore for myself.

Things that could be easy, but often aren't.

And I know that when I start to explore a particular theme in my life, just a small amount of self-enquiry can have a huge effect, and that is why, when I was planning my "Coming to Peace" book, and using the chakras to organise my work, **Coming to Peace with self-expression** came to mind.

You see, before I really started my inner work and healing, I could be either really withdrawn, depending on the situation, and spiral in shame as I felt embarrassed at being so quiet, or I'd be talking ten to the dozen, not realising I was making people uncomfortable.

The reason being, when I was young, I was shy, and one of the youngest in our extended family. Whenever we had family gatherings, I'd feel small and insignificant and not want to speak. I'd watch the adults chatting away and not be able to speak, and this habit continued in some situations: I simply didn't have the experience in socialising with enough peer groups to practise expressing myself.

When I did feel comfortable, it was like a volcano erupted, and I seemed to have no way to stop myself!

In terms of chakras, we can have a wide open throat chakra, and perhaps speak freely, but too much, as I've noticed I've done at times. Here we might not realise we've not let others speak or not notice when people need to leave. There's no shame here, though - when we've felt crushed and suppressed for a long time, when there is a chance to speak, we might grab the mike and not want to let go!

On the other hand, we might have a tight throat and a closed throat chakra, meaning we'll struggle to express ourselves, not just verbally, but in other ways, such as choosing the clothes we love to wear or enjoying dancing with others. Again, there's no shame here; it's just a recognition of where we're at, where we've been and accepting ourselves with love that moves us toward a balanced place where we can speak and listen, express and accept others' expressions, and feel comfortable sharing our gifts with the world.

When we're in balance, life feels good, and through exploring this area of your life, you may come to realise the habits you have, where they come from, and how you would like to express yourself. Simply giving yourself a voice on paper can start the process of being able to express yourself and share in other ways.



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.

I'm sharing these simplified steps to help you find peace around expressing yourself, to assist you in unfurling old emotions and beliefs, and to find compassion for yourself.

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 help 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, believe, 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 to all your parts?



Step 1 - Making a prayer to support you

Whenever I'm facing a challenge in my life, I like to make a prayer to call in support and wisdom I might not access through my own endeavours. There are a lot of spirit guides around us who'd love to help, but they need to be invited to do so, or they will not contravene our free will .

Prayer helps with everything in our lives and lets us experience miracles.

Just recently, I realised I was putting off going public with some of my projects. I have spent years working on different ones, and have been really looking forward to seeing them come to life.

And yet, there was a resistance, and instead of facing it, I ploughed my energy into other projects and kept creating more content to share.

Having realised I was still putting off launching things, I made a point to journey within, and made prayers to unfurl what was going on so I could go out in the world with ease.

I started seeing images flashing through my mind's eye. I could see layers and layers of shame around different life events that I'd understood theoretically. But I hadn't journeyed in further to come back out the other side.

I saw how I withdrew in times of stress and struggled to unfurl from this contracted state. This has stopped me from expressing myself and sharing my creations.

Praying for assistance allows us to expand past what we think is possible into the realm of healing, miracles, and solutions.

Here's a prayer you can try for assistance:

"Thank you, Mother, Father God, Creator of All that is, my higher self, guides and angels, thank you for helping me express myself and release all that holds me back. Thank you for helping me find the balance of self-expression and listening so I can enjoy being in company and sharing my gifts with the world. Thank you, thank you, thank you, and so it is. Amen"

Now it's your turn...



Step 2 - Let's explore your best outcome around Self-expression...

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 minds' eye and see a door in front of you.

Before you step through the door, make a prayer to your highest self to show you a vision of what it's like for you to express yourself fully:

*"Thank you, higher self, for sharing with me the highest version of self-expression that is right for me and in a way that honours those around me, so I can 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 message 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 mediations 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 own 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 Self-expression...

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

I've seen many iterations of myself through the years, sometimes feeling unable to speak as I've been so triggered, and other times happily standing in front of people sharing Angelic healing and wisdom with the audience.

I've also carried shame around myself, where the belief that I shouldn't or can't do such and such leaves me feeling so crappy, and I've hidden from the world for months at a time.

I've believed that people will laugh at things I say, and even felt like I'd be detained again for sharing the things that make my heart sing. I've also believed that it was better for me to stay alone because no one really wants to know me.

And yet, none of these beliefs carry our whole truth.

Sure, I might have been detained when I was in an altered state, but I'm so much more self-aware that I don't share with strangers things that they're not directly inviting (i.e., by attending a talk of mine). And, though I might not have had great social skills in the past, and not always been able to listen to people, that's no reason to give up. I can learn, and know I have learnt to interact in a more balanced way, and for the most part, I think people feel heard by me in conversations.

***We're all a work in progress, and we can learn, change, release,
and grow at any time.***

**What are your beliefs around self-expression? What does it mean to you?
What would you like to do? What would you rather release?**

Journal for as long as you need to, releasing everything you've held inside. This is your chance to hear yourself and love everything that arises.



Step 2 - Let's explore your conflicts around Self-expression...

When we're looking into conflicts, they may show up by feeling confused, and this can lead us to feel stagnant and stuck, unable to make decisions

For example, I love dancing and live music, but at times, I couldn't easily speak to people I'd meet. I had some beliefs saying I had to talk to everyone at a gig (no pressure!) or that I was bad at speaking to them. Other times, I tried ignoring everyone and just enjoying the music.

Neither of these extremes is really what I wanted, but I had no yardstick, no parameters.

Then I realised I could just be present and allow things to be, meeting and chatting with some people, and others, not. It wasn't up to me, and I didn't have to control anything, and I wasn't a failure if I just nodded and said "hi" to people sometimes.

When I'm grounded, I love to chat, but I can also let other people speak and have no pressure on myself to have a funny story. I can simply ask questions and listen.

My conflict had been feeling so much shame that I'd tell myself I'd rather stay home, and the other part of me who wanted to dance and play and meet people. It was often easier to stay home, but I wasn't fulfilled at all. So I've had to face the conflict and find solutions!

What conflicts do you have around self-expression? Where have you held back against your truth? Where have you pushed too hard or felt unable to find your own truth?

I've had limiting beliefs and conflicts about many aspects of self-expression, so pick one aspect at a time to journal and explore your beliefs and conflicts.



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.

Rather than seeing our past as a series of mistakes, we can see everything as an opportunity for learning and growth.

When I think back over the times when I wanted the ground to swallow me up, I've often tried to avoid thinking about it, or repeating similar experiences, but we all know where that leads... we live smaller lives and don't want to break out of our comfort zone.

When we can accept the feelings, what happened, and put it all down to experience, the challenging experiences lose their power over us, and the beliefs we've been holding about not being good enough, or the shame we've carried, simply start to dissolve.

Can you accept what has been and gone? Can you see yourself and others through the eyes of love and compassion? Can you accept that mistakes might have been made?

Can you explore what you've learned from the challenges you've been through and accept where you are now? Knowing that we're all growing and life is one big experience, can you accept it all and come to peace right now?

Can you accept your previous choices and actions? Which parts feel challenging and why?

Can you journal about the challenges with gentle curiosity and let go of self-judgement?



Step 4 - Can you let Compassion in?

Have you been able to bring compassion for your younger self and the choices they made ?

Literally, there have been times in my life when it feels like my face would light up a room from the flush I felt in my cheeks when I felt so embarrassed at things I blurted out.

And yet, ever more I realise that if I can love these parts of me, the words that tumbled out, the cringy actions I took when I felt so uncomfortable and didn't know what to do with myself, then I can let anyone else think what they like!

And every time I accept myself with love and compassion, every time I let it go as part of my learning and growth, I no longer mind what anyone else might think.

I also realise that, actually, if anyone has been harsh to me, it's actually been a mirror of something I've been thinking myself.

When I'm at peace, then the world around me reflects that acceptance for all that arises, and I'm no longer afraid to express myself.

When I've allowed space to love myself, I no longer seek it in the outside world, yet, paradoxically, I'm shown more love and acceptance too.

Can you bring compassion to yourself and the way you've expressed yourself in the past? What holds you back if not?

What story keeps you in judgment and "wrong" for your journey of self-expression? Can you allow yourself to receive the grace of compassion for all that's gone before?



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.

When I wanted to connect more and overcome my fears around self-expression, I invited myself to just be present, observe those around me, and not have any pressure to behave or "succeed" by doing anything in any particular way. Allowing conversations to start naturally instead of assuming I had to start them with everyone I met has helped, too.

On a practical note, I followed a guy who blogged about social fears and social skills, and though back then I didn't realise quite how much I'd struggled with this, his content really related, helped me learn some new skills. At a certain point, it didn't feel necessary anymore. I'd received his wisdom and was able to apply it.

I also realised I have in the past over-shared with people, because I wasn't taking enough time in my day to journal. Now I have a specific time every morning to release anything that's bothering me, taking a specific theme and using the steps in Coming to Peace to allow myself space to explore things that would otherwise have come out in conversations because there was space.

What steps might you take to bring more peace to your journey of self-expression?

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 expressing yourself. I know it's been challenging for me at times, and taking steps to acknowledge my fears was really helpful for me to feel at peace.

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 for 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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