

Coming to Peace with God / Source



Created by Caroline Mary



Introduction

This workbook is an invitation to explore and deepen your relationship with God.

Before we start, I want to share a little of the twisting path I've been on in my journey of faith, because perhaps, like me you've had doubts, inspirations, and moments of profound clarity and everything in between?!

All of my life, I had a sense of God, an innate presence all around me, in every part of life, and yet I was also full of questions doubts, and shame about having such feelings. From Sunday school, nativity plays and numerous school concerts, there were so many times that I ended up in a church, in wonder and awe at the great buildings, and wondering was Jesus really who they said he was, or was he someone much more approachable, and encouraging, someone we could actually aspire to be like?

One part of me had a deep sense of knowing, sensing a greatness that I couldn't fathom, and then there was a part of me that couldn't quite believe it all. Some part of me felt silly, feeling I would be ridiculed if I was to take too great an interest in God.

And yet, the seeking burned within me, and there were so many times I felt a great presence, and a profound sense that something was trying to get my attention. And yet I was scared. Scared I wasn't good enough, I would be laughed at, or worse, rejected...



During my childhood, ONE occasion stood out as a marker, something that really stuck in my mind and seemed to pierce my world and give me a really strong sense of Divine Presence...

I was stood on the playground and I remember time seeming to stand still and having a very deep sense of God, of a mighty Creator that was there, that was real and that our lives were so utterly important, as they were a gift. I remember the feeling that I had to make something important of my life, that I had something to do, and the sense that God was leading me onwards...

Having had this feeling of purpose driving me onwards through my life, I have had times of immense frustration and other times where the road is so clear and I feel that the universe is behind me, urging me onwards, urging me to always see the good in people, to find peace, to be merciful, and do my best at all times... What a pressure!...



Introduction continued

Into my adult life I would continue to question of life, love and the universe, and yet as my questing grew, so did my doubts and fears of not being worthy of being spiritual, and finding so much confusion between the religions, I relied on smoking weed for solace, and still could not fathom a way to express my own religious and spiritual yearnings.

It seemed to me that despite remembering all of these profound moments, perhaps I was making it all up, for I was western, white, and modern. How could I compare myself to the likes of Jesus and Mohamed who had their own profound connections with the Divine?

Years would go on, with agony and frustration, littered with good deeds as and when I could see a way to help those around me, and alongside, deep depression for the unexpressed part of me that knew not how I could be of service, and how I could really live my spiritual longings.

I even considered becoming a nun more than a few times, and yet the feeling that I was somehow blemished and too tarnished to ever “come into the fold” kept me yo-yoing between glowing inside with the love of life and the Divine, and then dropping into a depression because I felt so ashamed of my many misconducts and lack of service in my every day life. Oh the conflict!

Then 9 years ago, I cut off my dreadlocks and performed a small ritual, committing to my spiritual path, and releasing all tendrils of my drug fuelled youth. I gave away clothes, instruments, trinkets, and all that seemed to be the surface items that were covering my frustrations. I gave up smoking, alcohol and drugs, and FINALLY allowed myself to start exploring my spiritual path, and living in full alignment with my truth...

I stood on a watershed, and my life has never been the same since...

Everywhere I went, I seemed to meet spiritual warriors, those who wished to make the world a better place, healers, shamans and many other people walking home to God, and peace. And every single one was an inspiration, another lesson, someone to learn from, to share the challenges of staying on the path, and a ray of hope...



Introduction...

My journey for the last few years has been a challenge, I won't lie. Changing habits, creating new healthy friendships, facing my inner demons, and finding spiritual practises that feel right have all been on the table. And at times I have felt like I have slipped all the way back to the start, only to have to pick myself up, start again, and re-assess how I have been living.

Underneath it all, I have stayed with a spark of faith, knowing that beyond the struggle and doubts, there IS a God, the Creator, Source of All, the Mother and Father that we all seek, that created our true essence, and that provides all that we are, all that we see and all that we shall ever know...

This ebook is an invitation for YOU to bridge the gap for yourself, as I have been doing for the last 9 years. It is a chance to face those deep fears, doubts or strange beliefs that might be stopping you from embracing your own innate divine nature, and from living the life that your soul is yearning for.

Together we shall walk through some simple steps that will help you see what you've been holding on to, and how to simply let them dissolve into the sacred fires so that you may be ever filled with Divine Love, and inspired to take those loving steps in your every day life, that lead towards a better world for each of us... together we can do this!

Before we start, I want to speak a little bit about the word GOD... It feels contentious to use this word, and I'm quite aware that there are many negative connotations around it, as we humans have created various versions of what we might also call our Creator, or Source. So, wherever you see this word, if you feel feelings, or have thoughts - do not crush them down, or deny them, simply let them rise up - for this is part of the healing.

You may substitute the word for any other word that resonates more to you, be that Allah, Creator, Source, Divine Mother, Goddess, it's up to you.

Personally, I feel that whatever word we use, the reality is far beyond our present comprehension.

Wishing you all the love, and so many blessings for your journey to Peace with God
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 from our inner work, bringing us great motivation to keep going!

Take some time to go with in and ask your higher self to show you what outcome you'd like to receive from your self-enquiry. How does your personal connection to God look to you? How does this feel? What do you do?:

.....
.....
.....
.....
.....
.....
.....

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 You, to find a way to be a peace with my faith, and lead me forwards so I can live a life of peace and purpose."

Your turn...

.....
.....
.....
.....
.....
.....



Step 2 - What beliefs are you holding on to?

Now we're going to explore some of your current beliefs about God and how that has been effecting your life:

1. What beliefs about God do you have?

.....
.....
.....
.....
.....

2. What beliefs do you have about your connection to God ?

.....
.....
.....
.....
.....

3. What do you feel when you think about God? What emotions arise?

.....
.....
.....
.....
.....

4. What conflicts do you have in relation to God?

.....
.....
.....
.....
.....
.....
.....

Use your journal to write your heart out and allow peace to fill up the space you're clearing out!



Step 3 - Do you feel worthy of God's Love?

No matter what conflicts or limiting beliefs you might have been holding onto, if you hold any belief that you are not worthy of the Love of God, the grace of God being in your life, then you will, like I had done, separate yourself from this greatest gift of love, and live in a way that limits how you receive miracles in your world.

You see, our ego, our wounded inner aspects, truly stay hidden until you keep shining the light of truth upon them. And slowly but surely, they become exposed, where they can truly dissolve as these parts of us come back into wholeness through being heard.

Now it's time to ask yourself, if you feel worthy of God's love. Explore any thoughts or beliefs that come to light with compassion and acceptance for you are hearing from parts of yourself that were likely separated when you were a child!

Explore how worthy you feel below, exploring any ideas, beliefs or situations that have informed you about how worthy you feel you are (or not) so you can release them from your heart, and open up to receive the love you are so, so worthy of:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Step 5 - Action Steps!

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

Our spiritual journey can bring up a LOT of conflict, as I well know. This can result in stagnation or frustration. As we release those conflicts, we find our energy starts to flow: making decisions and taking inspired action are easier.

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:

- 1.....
-
- 2.....
-
- 3.....
-
- 4.....
-
- 5.....
-

Well done for taking this journey!

I so hope you feel more at peace with yourself and God, and allow the love and grace that surrounds us, to fill up your world.

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

Love and blessings to you, .
Caroline Mary xx

*If you'd like support with what came up for your, do get in touch:
carolinemaryandrews@hotmail.com*