

# Coming to Peace with Your Father



Created by Caroline Mary





## Introduction...

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

*In my own life, I grew up being confused about my parents, how we were as a family, their actions towards me, and how I felt about them. On one hand, as a child, I knew we were souls, having a distinct feeling that I had been on Earth many times, so I felt there were reasons that I was with my current parents, I had chosen them. And on the other hand, my human self still felt hurt and confused at some of the situations that arose.*

*In recent years it came apparent that I was still holding deeply trodden-in beliefs, and emotions that I'd suppressed, and it made me realise that no matter how excited I might have been before coming down to Earth, and how easy I thought it could be, in the density of Earth, many of us forgot how to access love and forgiveness as the pain we experienced felt so overwhelming. Taking on an Earth suit can be challenging! It can be confusing, getting us muddled up, bent out of shape and feeling wonky.*

### **Relationships don't always turn out as we would have hoped!**

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.**

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 Father and those around you, even if no-one ever knows you undertook this work. THIS is being in service to all of humanity as we bring a little more love in to our own life...



## 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 and accept all that has gone before.

**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. (Not always easy, I know!)

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

We are actually allowing light to surround them as we acknowledge and 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? If we can bring compassion, we can find understanding.

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, bringing us 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. 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 Father, to enjoy his company and see him in his 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 relationship dynamic you've had with your Father.**

When we feel hurt, we can form all sorts of beliefs about the world, our self and other people, as we try to make sense of our experiences. It's a way of coping with the feelings, and seems to help or make sense at the time. Sometimes, it's also an unconscious process, and we don't realise the effect of these beliefs until years down the line as we feel disharmony and aren't living in full joy. Let's take a look at what you've been holding on to:

1. What beliefs about your Father 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 form of discord with your Father.

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 he 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 we can, and find gratitude for those situations that seemed most challenging for us.**

This could be learning compassion towards your self, or how you would like to treat other people as you weren't treated that way yourself. Whatever it is, when you can feel grateful for your journey until now, then you can walk forwards in your life, not only with peace, but expansion.

**Consider the following questions:**

- \* What skills have you learnt directly from your Father?
- \* Did your Father inspire you in some way?
- \* What lessons did you learn about love and compassion through your experiences with your Father?

**Explore any and all benefits you can find from your relationship with your Father:**

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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, but I guarantee you, whatever inner work we do, creates the space for the new to show up in our world. As our personal energy changes, so does the world around us!

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.....
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- 2.....
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- 3.....
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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 xx

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