

Coming to Peace with Exercise

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



***“The hardest thing about exercise is to start doing it.
Once you are doing exercise regularly, the hardest thing
is to stop it.” Erin Gray***



Created by Caroline Mary



Introduction

Once again, I'm so happy to be sharing this workbook with you, as I'm passionate about helping people live their best life and release their blocks from doing that!

Throughout my life, I've been lucky enough to stay relatively fit.

Yet, was it luck?

Or was it really the upbringing that included hiking, sailing, tennis, camping, and for me, horse riding in my teenage years?

You see, I grew up with healthy and active parents.

It wasn't a lifestyle choice. It was because that was who they were.

My Dad grew up sailing and walking with scouts, and later was in the Navy. He has a lifelong love of sailing and adventure met my mum through their motorbike friends - they were both in clubs that matched their adventurous spirits.

My mum was a teacher and always on the go, and would pack us up on a whim to go away for the weekend - a habit from her youth when she'd go touring with her motorbike club.

It wasn't that we didn't watch TV, or rest, or do other typical things that families often do together. It's just that as often as possible, we were out and about, and that was that.

So, yes, you could say I was lucky - but I also chose to carry that on.

In sixth form, I joined the gym and worked out a few times a week. I got into yoga from the book my mum gave me on my sixteenth birthday, and I danced throughout university, biked to and from lectures, and continued dancing, biking, and hiking on into my adult life.

Yoga has been a mainstay of mine, and I'd alternate yoga and swimming lengths before my job in accounts.



I stayed active because it feels good. I like my body to be in shape and I like the way it feels to be able to run up the stairs, wiggle around on the dance floor, either stretching out on the floor or jumping up to the beats: it feels good to move, however I do it.



Introduction continued...

That said, I have had times when tiredness, stress, and trauma have stopped me in my tracks.

And I'm glad I experienced this change.

I'm ashamed to say, there was a point when I judged people who didn't work out. And the saying "judge not, for you shall so be judged" hit me in the face !

When I experienced times when I couldn't get off the couch because I was too depressed, shut down, and in shock from some trigger or other, when I could barely stretch for a minute because I was too frazzled to focus, I understand now why other people felt they couldn't exercise!

Now I feel compassion for myself and others whose nervous systems are kicking in. I realise that shame can stop people from working out in a gym or running in the park. I understand how eating can be a welcome relief from the grip of shame or grief one might be feeling.

And that is why I'm offering you this ebook.

Because it's easy to get a gym pass or new leggings for yoga, but if your heart isn't in it, it's time to go within and do some enquiry and see what it is that stops you moving.

I've got to share here that I firmly believe that if we believe we're fit, then we become more so, and if we don't, then we will experience that reality for that is the power of our beliefs.

When I'm happy and motivated, I can run 1-2km with no probs. When I'm triggered, moving across the room can be challenging as my muscles have tensed and I feel short of breath until my nervous system is regulated again.

That is how quickly we can change, and ever more, I'm mindful to bring myself back to centre so I can remember I'm a soul with infinite capacity and despite the feelings that might be running through me, "this too shall pass" and I know I can move easily when and how I like with ease.

Wherever you are on your fitness journey, I'm inviting you to let go of any rules you've been taught or trends you've tried to follow and follow your intuition, and you'll be guided to the movement that is perfect for you.



Are you ready for P.E.A.C.E?

Coming to Peace is an offering from the heart and has many facets to assist our healing in such challenging, yet exciting, times on Earth.

I'm sharing these simplified processes to help you find clarity and ease around exercise, helping you to unfurl old emotions and beliefs, and 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 for all your parts?



Step 1 - Making a prayer to support you

I'm often encouraged to share the power of prayer with my clients or groups from my guides, and that's because it works!

When I had a few months where yoga felt really challenging, I made a prayer to find out why I wasn't doing yoga to help me shift my mindset and start again.

"You got bored," was the answer that came.

And I suppose I did. It was like my goody two-shoes was tired and wanted to experience something else. It was also a great experience to know what it's like not to do yoga. What other people felt who didn't have that practice. Once that sank in, I knew I wanted to get back to a regular practice, as it just feels so good.

Not only can prayer help us receive things we'd like, but it can also assist us in understanding why we've made the choices, and from there, we have more compassion and can release the conflict and move towards better choices, whether it's about yoga, running, or the gym.

Praying allows us to expand what we think is possible into the realm of miracles.

Here's a prayer you can try:

"Thank you, Mother, Father God, Creator of All that is, my higher self, guides and angels, for sharing with me the highest possible outcome in physical wellbeing for me in this lifetime.

Thank you for assisting me to find healthy solutions for my wellbeing that suit my body and lifestyle, and help me find a routine that works for me.

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

Now it's your turn to write a prayer for help in the way you need:



Step 1 - Prayer for your highest outcome

What is your vision of health and exercise? Let's take a moment to see what your highest outcome is around exercise.

Find somewhere quiet and come within.

Make a prayer to your highest self to show you the highest outcome for you around exercise, using words like this:

"Thank you, higher self, for showing me the highest version of health and vitality that is right for me in this lifetime, thank you, thank you, thank you, and so it is. Amen."

Allow yourself to take some gentle breaths, breathing in, expanding and softening your body, and breathing out, releasing tension.

When you're ready, close your eyes and imagine yourself with the door in front of you.

Behind the door is a vision of your future self, behind the door is everything you've ever wanted and more, behind the door is your future self showing you what is possible for you.

When you're ready, open the door, and look around, see where you're living and how you're living.

What are you doing? What does it feel like? What exercise or movement are you enjoying? When do you do it? Where? With whom? What is important to you?

Write down everything you've seen and what you felt, and let it sink in and remember your vision is personal to you, and you may just receive feelings or words rather than images, and that is perfect!



Step 2 - What beliefs or conflicts around exercise do you have?

Let's explore anything that might be holding you back from experiencing health and vitality.

I used to think I couldn't run, but the truth is, I was so fixated on doing yoga every day, I didn't even give myself an option to do other hobbies or exercises in the morning. Sure, it's a good habit to have, but not if you're left with the feeling like you're not allowed to try something else.

Now I find that if I do one of my creative tasks first thing in the morning, I feel really satisfied, like I've released something that was inside of me, and this doesn't happen if I force myself to do yoga before anything else.

Other beliefs I've had:

I don't have time for a walk every day, but I did, and now I go for a walk every day.

I can't afford to go dancing, in this phase of my life, I actually started helping out friends and got to go to their classes every month.

I'll never be fit, I started doing some intensive activities and my body soon "shaped up".

You see, when we find the limiting belief that is holding us back, it unfurls from our subconscious, and we're liberated and can find the solutions to help us with our desires and goals.

Journal our everything until there's nothing left to write. Get everything out of your system and feel the relief when you've finished!

What have you learnt? Was it a surprise?



Step 3 - Can you accept where you've been and allow compassion in?

Can you accept your previous choices and where you are now in your life?

I've really beaten myself up for having periods in my life when I let my yoga practice go. It didn't feel right in certain homes, so I'd end up doing stretches but not a deep practice. I hadn't gotten so good at using my own tools to find solutions, and I stagnated somewhat.

But I had to let go of any judgment.

In these times, I was able to find compassion for myself and others who'd struggled to exercise when, once upon a time in my life, I was full of judgement for people who didn't just "stay fit" easily.

Now I know better, and that's where acceptance can help us.

I'm inviting you to find acceptance for any choices you've made in the past, for they were the best you could do. I'm inviting you to consider that you can learn to understand these parts of you, and love them, and when you have compassion rather than judgement, life moves on, and you'll find your rhythm and find an exercise routine that works for you

What do you need to accept with love?

What do you find it challenging to accept?

Journal it out until there's nothing left!



Step 4 - Can you let Compassion in?

Can you feel compassion for yourself? And for others?

You know my biggest regret around exercise?

It isn't to do with my choices (though I am sad I stopped doing yoga at times when I know deep down it's such a healing and healthy practice).

It's the judgment I made of other people.

Because I grew up with an active lifestyle, and to a degree, I carried that on into my adult life, I simply didn't understand why other people wouldn't take those steps and choices themselves.

Having encountered times of trauma and stress, and exercise being the last thing I thought about, I now understand. And I can bring compassion and understanding to them and myself.

I so deeply understand now how trauma and stressful situations can lead us to contract and cave inwards when our nervous system is dis-regulated, when we really believe we have no time or money because we're so stressed out. And I'm gutted for those times of feeling a little superior.

And I've been humbled to bring understanding and not judgment to myself and others, again and again, through my coaching practice and every area of life.

What beliefs, feelings, or actions do you need to bring compassion to?



Step 5 - Moving forward with Ease

Let's find some steps to help you move to where you'd like to be, now you've realised where some of your resistances came from!

When I struggled to take time for yoga in a period of stress and unhappiness in my life, I realised I didn't have to do half an hour. I could start small, and I popped on a timer and did 5 minutes, with no pressure. I simply sat and breathed, and if I chose to do some asanas, then I did.

When it came to my wish of walking in nature every day, I started just a few times a week with a very local walk. It became such a part of my routine that it was easy to walk every afternoon, and because completely normal. It is often the end of my work day, something to look forward to, and a time to process anything that has arisen during the day.

If you can find a way to make a start, find a time that suits you for some physical movement in your life, I guarantee it will get easier and easier. Especially if you've released some of those beliefs or conflicts you've been carrying.

What steps might you take towards your exercise goals?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

How does that feel? Achievable ?

I hope you've seen that even a small step is a win. Over a month or a year, you will be surprised how much you've saved and how different you feel around money.

We've never failed, we're just needed to find solutions that worked for us.



Well done!

I hope you've enjoyed this process and found a little more peace around your exercise and movement.

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](#) website 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 for miracles in our lives.

I'm so happy to share this work with you, and welcome questions, feedback or sharing about 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