

Coming to Peace with Your Self



Created by Caroline Mary





Introduction

This workbook is all about bringing compassion to yourself, so you can walk forwards in your life with peace.

It seems the biggest challenge in life is to accept and love ourself, not with conceited, pumped up bravado, but with a quiet acceptance, so you can go about your day, with ease, fulfilling your goals, and purpose, whatever you feel that to be, serving your fellow man, at ease in your own skin.

It sounds like it should be easy and yet, with so many media influences, and the challenges of our changing world that can knock us off centre, coupled with the huge spiritual awakening that most of us are going through in some way or other, we are all facing existential and personal dilemmas, and required to be the best, most resilient AND vulnerable version of ourselves, and ride the waves of our changing world.



This ebook is an invitation to explore how you see yourself, where you are in life, and where you'd like to go, along with your beliefs about yourself. This is only a taster of the work we can do to come to peace, letting go of all false beliefs we've picked up so we can live in peace, and unfold our highest potential.

In my life, I've struggled with self-acceptance, feeling too much, too loud, too weird, too tall, and so much more. After smoking marijuana for 10 years to cover up my shame, and then taking another 10 years to shift habits, beliefs and refine and discover my purpose in life, I am now so happy to hold space for others to come to peace with themselves.

What is ironic to me, is that many of my own core values, I could feel within me as a child, but they got buried, and I forgot myself time and time again. Now I know that when I'm true to myself, I can be honest, with love and respect to those around me, allowing everyone else the space to be themselves as well. From here, peace comes easily.

When we bring awareness, love and light to our current situation and challenges, we can overcome anything, and come to peace. Living in this space, we flow, create, and offer our gifts for the betterment of the world.



Introduction continued

My invitation to go within and practise self-enquiry does not take away from the merits of other practises that support our journey such as yoga, breath-work/meditation, and energy healing.

These and more have helped me calm my nervous system, problem solve and come back to peace.

Whatever tools you choose to use, may they guide you well and assist you on your journey, otherwise, drop them and try something else!

It's the same with this book!

Take what resonates and leave the rest. Feel in, change, and alter something, add to something if you feel to, and follow your own inner guidance.

The questions I ask you are prompts, not the be all and end all. They are prompts to open up, unravel, understand and find clarity behind confusion, bring empathy and understanding to ourselves so we may let go, and be at peace.

To make the most out of this ebook, take time for yourself in a quiet place, and explore each section for as long as you want, and return to it, as and when you feel to.

May you find all the peace, and all the love, and all the inspiration you are looking for in your life,

Caroline Mary xx



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 do.

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. We are divine beings.

No matter life has shown up and treated us, our innate nature is beyond the human body, and our life is our own hero's journey. We ALWAYS have access to solutions and peace if we choose it!

5. We chose many of our challenges before we came to Earth.

I have always had the sense that I'm a soul in a body, and therefore many of the challenges I've faced felt like games to work through. For sure, that wasn't always easy, but when we see ourselves as soul, we can allow support to flood in, AND tune in to the highest part of us who can problem solve and heal from anything.

6. There is always and only, the RIGHT time.

I'm a great believer in being in the perfect place for US. There's nothing to be gained to comparing ourselves to other people. If you're here now, it's because it's your time to do the work, and come to peace!

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 through our inner work.

Take some time to go with in and ask your higher self to show you how you'd like to feel in your own skin. 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 self, to enjoy my own company and love and accept myself throughout my life."

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 about yourself.

Life can shape us, change us, influence us, and we may soak up all sorts of wonky beliefs about ourself that simply isn't true. Let's explore that, so you can release everything that no longer serves you!

1. What beliefs about yourself have you been holding on to?

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

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3. What beliefs about your capabilities and worth have you been holding on to?

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

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Take all the time you like with these questions and use your journal to extend your answers.



Step 3 - Healing a specific event

Sometimes specific events and people can cause us to lose faith in ourselves, and create a limited or negative opinion of ourselves. They can have a profound effect on how we live in our day-to-day lives.

We're going to look at the steps you can take to work through a specific event that may have caused you to shrink, hide, or mask your true self.

When you've mastered this process, you'll be able to apply it to anything that you need to bring closure and peace to in your life.

For any such event, ask yourself the following questions:

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 did you believe about yourself as a result? Is it true?

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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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Remember - apply this to anything that causes you distress and unravel the situation to bring peace to yourself and the world!



Step 4 - What have you learnt?

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

*What have you learnt from your challenges?

*How have you grown as a person because of the challenges you have faced?

*What can you offer the world as a result of the challenges you've overcome?

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

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Step 5 - Action Steps!

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

Sometimes it feels like life move very slowly when we're on our healing path, and yet, I've been shown so many times, that even the smallest shift in our inner world allows all the miracles of life to come into our world!

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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- 3.....
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- 4.....
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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 on your path,
Caroline xx

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