

Coming to Peace with Life



Created by Caroline Mary

Part of the "Coming to Peace" series



Introduction...

Hi, I'm Caroline and it feels so good to share this e-booklet with you to share one of my best loved tools of healing.

Before we move into the content, I'm going to share why I started doing this work more consciously a few years ago, as it really became so clear that we MUST do our inner work if we are to live in peace with our self and those around us...

A few years ago, I had a gorgeous boyfriend, an absolute diamond of a man and everyone around us loved him. However, little by little, small things would infuriate me and I had NO idea what to do!

In the beginning, I used to go quiet (this was my child hood coping method), not knowing how to express my weird (and strong) feelings, and not wanting to appear to be a moaning girlfriend! After a while I tried to say the usual, "Why can't you just do THIS?" or "Why do you always do THAT?"...

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Obviously that went down well...!

In the end, I was so loaded up with the sulky, contracted feeling, that we split up. I was barely able to say my feelings and I knew I had to do something!

After a 6 month break and a lot of meditating, I realised that I needed to own when I was being triggered, and work to understand what was really happening in the moment, so I could then communicate more lovingly with this wonderful man.

And, it worked.

Though we only stayed together another 2 years, we lived every day in peace as I was able to express my feelings, share my inner world and not blame *him* for the things that *I* was feeling....



introduction continued

Often times I had been trying to understand what was going on **around** me, but I wasn't so used to doing it about things that were happening **within** me. When I started practising this inner inquiry, things would unravel, and I'd understand my triggers.

Then a few years ago, I was asking spirit what it was I was I could offer people, what I was getting good at, and they gave me a name: *Real Time Trigger Analysis*.

Yes, it does what it says on the tin! A process by which you take the situation that triggers us, and explore it, in order to understand it, and release the emotional charge, and COME TO PEACE!

Hence, why it's now called "Coming to Peace"!



This is by no means something new. There are tonnes of similar methods (EFT being one of my favourites), that specifically invites us to acknowledge our feelings and unravel the inner layers that have sat inside us for years...

You see, for a long time in my life, people would tell me I thought too much or I spoke too much. And, of course this has hurt a lot! However, now I realise that not everyone wants to hear the inside of our minds, our inner psyche, but at some point WE must face our inner world, and make peace with things as they arise, otherwise we will continue to eat, play, or mate to distract ourselves from those inner feelings that we suppress.

It's the essence of most therapy and healing work, and once you understand it, you have a tool that can unlock every situation and give you massive insights, healings, and peace in ANY situation.

Let's begin our journey!

Caroline Mary x



Coming to Peace - what is it?

Coming to Peace - an overview

In truth what I am sharing with you is nothing more than a method of contemplation, a summary of the best way to release anything that is troubling you, and unravel the whole inner story that is behind our “being triggered”.

This really is a simple process, something you probably already do, and I am just reminding you of this right now, and bringing the light to how beneficial this process is, and that you are on the right track if this is something you are already doing!

What COMING TO PEACE is:

- A tool you can apply to any situation in life where you feel triggered
- A tool to help you find compassion for your self and others
- A tool for understanding yourself and the world around you
- A tool for revealing your subconscious self and what has been driving your inner feelings

What COMING TO PEACE is not:

- Something to use to blame others
- A tool to allow non-loving behaviour towards ourself or others - it is a way to to understand our own reaction to these behaviours in our self and others

Before we go into looking at the method in more detail I'm going to share with you a little bit about being triggered, just to make sure you know what is happening and why, and how you, like everyone has been triggered throughout your life...





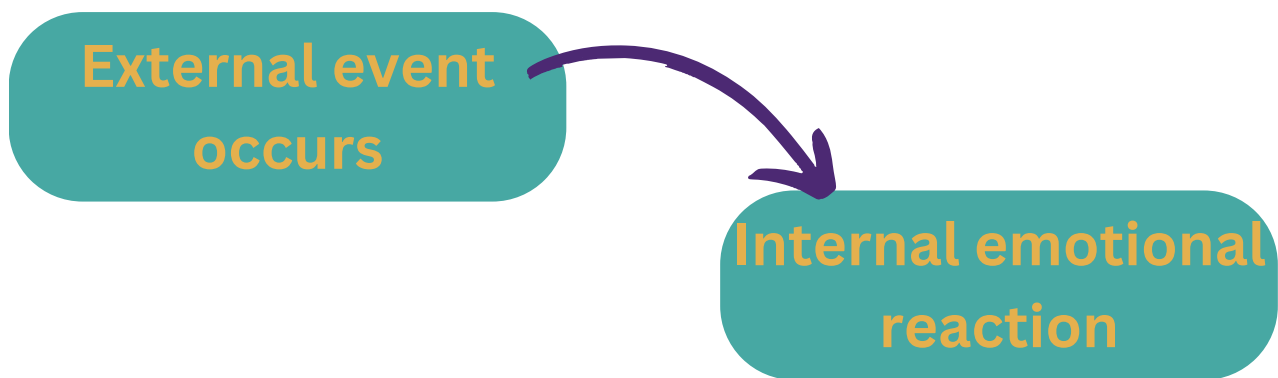
What is being triggered?

Anyone who has known me for the last few years will have heard me saying “I feel really triggered right now” plenty of times.

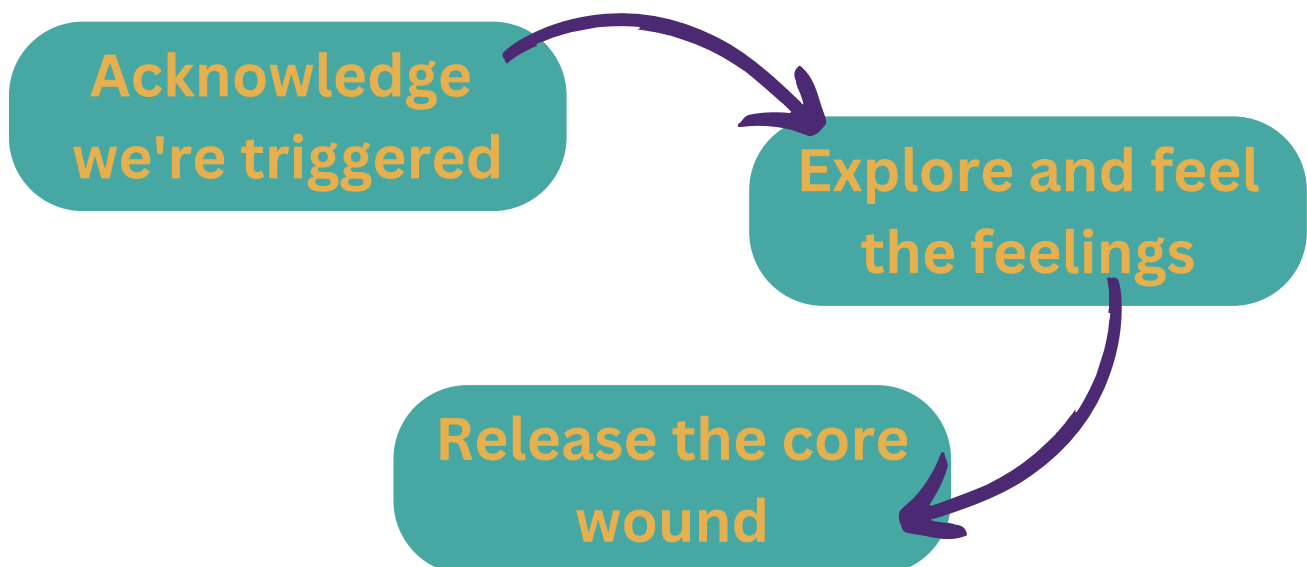
It helps me to remember, that I have power to CHANGE my perception of what's happening, if I CLAIM it.

I can embrace the feelings and challenges I'm feeling and unravel it in the moment it is happening to clear the energy, the story, the hurt and everything else around it, for good.

So, let's look at what is happening when we are feeling triggered?



When we work with our trigger:





Coming to Peace - the process

With every process, we may eventually find our own way to move through the steps. However, at first, knowing about these elements can assist us in moving through our triggers:

Step 1 - Recognise that you're feeling triggered.

Step 2 - Tell the person with you are with you are feeling triggered (if possible).

Step 3 - Notice what the feeling is.

Step 4 - Notice what your thoughts about this situation.

Step 5 - Ask yourself "What can I learn from this?"

Step 6 - Am I at peace?

Each step may at first seem REALLY simple. However, when you're IN it, I'm sure you can remember from your own life, it's actually not always easy to even recognise that you're feeling triggered.

To me this may look like I have "gone quiet", or feel numb, want to eat a lot, or feel distracted, but don't know why.

We ALL have coping methods that usually developed in childhood, meaning we don't always know we're being triggered at that moment. It takes practise to take time out and be with yourself, and come back to peace.





Coming to Peace - let's look deeper

Step 1 - Recognising or “owning” you are being triggered.

- This step is, to me, the most crucial, and if we can instantly say, “There is an enormous potential for healing here, so let’s take advantage of it”, we'll come out with growth and compassion for all involved.
- HERE is where we take responsibility and open the doors to healing and insights...

(Hint: you may feel a surge of big energy, tightness, wanting to shout or hit someone, or just walk away, your body has gone in to “Fight, flight or freeze”, adrenaline is probably coursing through your veins.)

* It may help to choose something to say to yourself to remember that you can get through this, something like:

“I am now being triggered, I love myself and I will get through this...”

My thoughts about this step:

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Step 2 - Tell the person with you that you are being triggered and it’s not personal

- The aim here is to prevent arguments and blame. If need be, remove yourself from the person or situation if you cannot breath through it and work through it with them.
- Once the energy has passed, the connection with them will usually be more kind, calm and loving.

* Distance yourself if appropriate until feelings have passed.

* It may help to speak to this person that you are choosing to heal situations as they arise and help them learn about this process too

* If they are not emotionally safe (because they are not looking at their own inner world), you may need to be alone or choose someone who is emotionally safe with which to work through these feelings

My thoughts about this step:

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Coming to Peace - let's look deeper

Step 3 - Notice what the feeling is.

- Allow all of your feelings to rise and be felt with complete acceptance
- Is it fear? Anger? Shame? Sadness? Guilt?
- Allow yourself as much time as needed, allowing all the feelings to come up associated with this situation
- You may wish to journal everything you are feeling around this situation
- Keep breathing through all the feelings that arise
- Notice where you are feeling stiff, and tense, and allow your breath to wash through your body softening with each breath

* By accepting and allowing our feelings we are not making ourself feel "wrong" for having the feelings.

* We reduce anxiety by owning our feelings rather than trying to escape our feelings! This means we are leaving our body and denying ourself! Not healthy or happy making!

* Bringing our focus inside our body brings love within our body. This helps transmute the energy that is arising, and soften all of those hard edges we might be feeling. We are allowing whatever needs attention to have all that is needed.

My thoughts about this step:

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Step 4 - Notice what you BELIEVE about this situation

- What do you believe about yourself? The other person(s)? The situation?
- Explore until there is only peace

* If need be, Journal everything out, so you can let it go.

* If a belief feels very stuck, ask why do you believe this? Where did this come from?

My thoughts about this step:

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Coming to Peace - let's look deeper

Step 5 “Ask yourself what can I learn from this?”, and listen for some insights

- Here is the fun part... ask your higher self to *show* you what is going on?
- The more often you do this process, the easier you will find it to receive these wisdoms
- If you feel to, PRAY for help - there are many helpers in the light realms that wish to help and your own higher self will always want to assist you in unravelling the situation that is arising around you

* Here is where we can receive insights and understandings

* When we have allowed the feelings to pass, and are feeling more peaceful, it is easier to then look within and see the timeline, the storyline in our life, that brings these feeling up to the surface.

My thoughts about this step:

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Step 6 - Do you feel at peace with this person and this situation?

- If not, go through all the steps once again until you genuinely feel at peace
- If you do, WELL DONE!

* Keep exploring steps 3, 4 and 5 until you can laugh at the situation, or at least hold in the light ALL involved for their humanness, their ego, their wounded-ness, and forgive ourselves for our inability to let it go before now.

* Can you see how things get misconstrued? How hurt people hurt people? How we are in a time where thing are coming to the surface so we can let them go and receive and give forgiveness?

My thoughts about this step:

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Coming to Peace - Last thoughts

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

Sometimes when I've done this process, I instantly feel I can take an action I'd been putting off, as energy has been released throughout my body and I can flow through my life more easily.

Ask yourself if there is something now feel ready to do?

Take some time to hear your intuition, and remember, it may be sitting in to your new found peace is all you need to do:

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- 2.....
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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 always,
Caroline Mary xx

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