

Making *peace* With What Is

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Gently follow this meditation/prayer process to silence noisy disturbances in your life, and create room in your heart and mind for what's most important to you.

- Find a quiet space where you can settle in for this meditation/prayer. Settle into your seat, close your eyes, and take some deep breaths, in and out. Really arrive here now. Consider breathing in and out for several minutes to arrive more fully here.
- **Identify the Disturbance.** When you are ready, take a scan of your body. Notice how you feel. Pay attention to any challenges or issues you may be experiencing. Ask yourself, ***What is the disturbance you would like to make peace with? Where would you like to make peace with what is?*** Jot down your answer in the space provided:

- **Acknowledge Your Feelings.** Now notice how this topic makes you feel. Does it cause you to feel stress or anxiousness? Does it create a feeling of sadness or discouragement? Maybe anger or resentment? Describe the feeling it gives you, if any. Be gentle with yourself as you notice how it makes you feel.



- **Open Your Heart.** Now, it's time to open up your heart. Know that your heart has immense love and compassion for you. It is capable of loving you through the hard stuff. Follow these steps:

- Put your hands over your heart to focus your attention there. You may want to gently massage your heart area, or even tap on your heart area to wake it up. Feel the reverence and peace of placing your hands over your heart. This is a holy moment, a holy connection with your heart you are making.

- Begin to breathe in and out of your heart area, imagine the breath going in and out of your heart area. Continue breathing like this. Please do this for 2-3 minutes to activate a feeling of calm in your body. Keep your hands over your heart why you are breathing in and out. Enjoy the silence in your mind as you focus your attention on your breathing, in and out. Keep breathing, it will begin to feel really good.

- It's time to loosen up and let go of any feelings of sadness, discouragement, or anger in your heart. If you notice a heavy feeling in your heart area because of this disturbance, just say "Let go" or "Release". Repeat these words "Let go" or "Release" to begin to loosen up on these hard feelings in your heart area. This could take a little time before you feel the results, but you will! You are preparing your heart for the next step, feeling love and gratitude. When you are ready, move on to the next step.

- Now it's time to activate a feeling of gratitude, deep appreciation, and love in your heart. Say to yourself:

"I am so very grateful for _____"

"I am so very appreciative for _____"

"I have great love for _____"

You may work with all of these prompts, or maybe just one. The intent here is to practice cultivating a feeling of gratitude, appreciation, and love in your heart. Say the affirmation prompt **over** and **over** and you will grow and expand a feeling of gratitude and love in your heart. Really enjoy this juicy feeling of your heart opening up with love and gratitude. Say "I am so very grateful for _____" about all the big and small blessings in your life. You are doing great work!



- **Accept What Is.** You've tapped into the enormous love and compassion that your heart has. These feelings, these heart qualities will now help you to ACCEPT WHAT IS. To accept what it is that may be causing a disturbance or challenge. Keep your hands over your heart to hold your attention there and say:

"I accept _____"

"I accept _____"

"I accept _____"

Beautiful! You are giving up your resistance, you are giving up your overwhelm, you are giving up your exhaustion with this topic and saying, I accept it. Keep repeating "I accept _ _____" until you feel your loving and compassionate heart accept it.

- **Affirm You Are Your Own Hero.** Now, with your hands still over your heart, affirm the truth, that YOU ARE A HERO OF YOUR JOURNEY. You are not a victim, this isn't happening TO you, you are not powerless, affirm to yourself how you are a hero of your journey by saying:

"I am the HERO of my journey by the way I am _____"

"I am the HERO of my journey by the way I am learning _____"

or just say, "I am the HERO of my journey, I am the HERO of my journey."

This is a powerful affirmation or mantra to declare

- **Say a Prayer or Wish for the Way Forward.** With your hands over your heart still, with your heart still feeling love and gratitude, say an affirmative prayer:

"Thank you for the best possible way forward with _____", or

"Thank you dear Divine for wisdom, guidance, and insight about _____", or

"Thank you God for the strength, perseverance, and clarity to bring peace to _____", or

"My wish is for peace and inspiration on a better way forward."

Then Let it Go, knowing God is at work to help you make peace with what is, and bring you the clarity and insight on a way forward.

- **Listen to Life's Whispers.** Now let the magic begin. You have loved, and accepted, affirmed the Hero you are, and affirmatively prayed for guidance. Now it's time to flow with the magic of the Divinity working in your life. Pay attention to nudges, guidance, whispers, messengers who will come into your life to help pave the way forward. You will be guided. (Much more on how to Listen to Life's Whispers in a future blog post!). If at any time you feel the disturbance taking hold again, repeat the mantra "I am the HERO of my journey," or "Thank you for the best possible way forward."