

STEP BY STEP PROCESS TO BE AT PEACE WITH FEELING

In any area of your life or your emotions when something comes up, you can go through these steps, over and over again until you are aware of the peace beneath it.

What are my thoughts or feelings about the topic, memory or event?

1. Could I now focus more on the feelings and sensations in the body?
Examine them closer.
Where exactly in the body I notice these sensations/feelings?
Are they on the surface or deeper in the body?
Do they have a center?
Can I be aware of the area where I sense that?
Could I allow that to be as it is, allow it to expand or contract or move if it does so?
2. Could I simply welcome all of what I sense, think and feel now?
3. Could I welcome any wanting to change it, fix it or do anything about it, including hold on to it?
4. Could I welcome any sense that it's personal that it matters, that it's somehow important as much as it feels so (if at all)?
5. Could I now check - what is actually happening here now, in this moments - without any memories, without any past or future just in this moment.
What is actually here and now?

Tip: Remember to **ALWAYS** ask releasing questions directed into the peace, the stillness inside, to the **True SELF** and then just be aware of the state or the answer that happens.

How it is now or what I remember that have happened in the past?	How I think it could / should have happened (or could/should be)?
1. My friend raised his voice at me for just putting a box in a wrong place.	1.1. He should have stayed calm and respectful. 1.2. I could have told him "Don't shout at me" - yeah I'm gona tell him next time!
2. When we talked I became afraid and did not say what I wanted to say about the plan for future. etc... etc... etc...	2.1. I should now have been afraid. 2.2. He could have noticed how I feel and don't push it. 2.3. I could have had a better answer 2.4. I should not be bothered about the future and feel fear at all... etc... etc... etc...

**Remeber that the fastest way out of conflict
is to stop playing the game.**

Whenever there is a conflict - it does not matter if it is with the outside world or your own thoughts, feelings or memories - you can follow these steps to get out of the conflict.

1. What actually is now or what I remember have happened in the past? (We might go through a memory or a description in the left column)
2. How I think it could/should have happened (or should be)?
Is this real? Is this how it actually happened? Or is this a mere illusion that I'm trying to prove is right / better / I would like it more?
3. Could I loose the fight for the illusion? Could I stop trying to prove the illusion as true?
4. Could I loose/surrender/stop fighting for any position that I have in this situation?