

ADDRESSING INNER PEACE CULPRITS

- * What interferes with your inner peace? More importantly, how can you can **quickly return to inner peace** regardless of what's going on externally.
- * Identify your biggest "inner peace culprits" and leave with **specific strategies to gracefully transform** each one...in minutes.
- * 7 Key **Principles to Accessing** Inner Peace.

What are your BELIEFS about experiencing inner peace?

About experiencing inner peace and SUCCESS?

Notice. Are these beliefs REALLY true?

- * I'm recharged when I connect to inner peace.
- * My networth (success) in life is my inner peace.
- * I'm not deserving of inner peace, unless everything is in place.
- * I can access inner peace anytime I choose.
- * It's potent to use inner in pursuing success.
- * Not sure how to balance the being and the doing.
- * "If I'm really successful, my inner peace will eventually shake."
- * "If I'm successful, I'm separate from others."
- * "I need to minimize myself in order to not separate from others."
- * "My intention breeds inner peace. "
- * "The only way to be successful is to load my time."
- * "I can always experience inner peace when I come back to the present moment."
- * "It's challenging to have both, but possible."
- * "The more inner peace I have, the more successful I am."

* "When I hit inner peace, I may change my definition of success."

* "The more inner peace I have, the higher my energy vibration."

* "If I have inner peace, I can't have what I want."

KEY PRINCIPLES to ACCESSING INNER PEACE:

We'll be coming back to these again and again throughout the year.

Each of these offers a beautiful doorway to inner peace.

1. Being present (there is always peace in the NOW)

EMOTIONAL

2. Authentic expression (pursuing dreams, feeling feelings, speaking truth, integrity, needs)

3. Embracing reality (traffic, moving, victories, compliments, Mr. Grumpy, hot days, etc.)

4. Loving Yourself FULLY (the good, the bad, the ugly)

MENTAL

5. INQUIRY - Question your thoughts. Absence of mind chatter (stressful thoughts)

PHYSICAL

6. Physical Care – Choices, Willingness, Inspired Action, Self Care

SPIRITUAL

7. AWARENESS (dropping back into who you really are, being the witness)

YOUR INNER PEACE QUOTIENT:

**What interferes with your inner peace? What takes you out of your peace?
(GROUP DISCUSSION) What specifically?**

- * Overwhelm
- * Out of control
- * People
- * Conflict of interest
- * Fear of disappointing others
- * attaching to shoulds
- * stress
- * mental conflict
- * going into flight, fight or freeze mode
- * STRESS - artificially wanting to speed something up, or artificially wanting to slow it down
- * threat
- * doing something with adrenaline
- * conditioning from childhood - how I should protect myself, how I could lose love
- * being out of the moment
- * resentment
- * tolerating too much
- * saying yes, when I mean "no"
- * Believing "I have to be perfect"
- * physically being sick
- * Being attached to what other people are thinking
- * Wanting to control an outcome
- * "Attaching to a story" of HOW something SHOULD be -- "I should feel stressed in traffic. I should be upset at this situation. Moves are stressful. etc.
- * Being misunderstood
- * Breaking a value
- * Not living in integrity with myself
- * Focusing on worst case scenario
- * fear -- "can't do it all"
- * worry
- * attachment/expectations
- * busyness/distractions
- * resistance/reactions
- * not eating healthfully
- * not exercising
- * not being on purpose
- * CLUTTER
- * too much of anything
- * feeling obligated

- * thinking we need to know something already
- * unhealthy mind chatter
- * lack of energy
- * embarrassment
- * judgment of others
- * wanting to get more done than I have time for
- * feeling unable to connect with someone more deeply

What contributes to your inner peace? What brings you peace?

- * doing a routine task (shaving/showering, etc)
- * taking a walk - reconnecting with nature
- * breathing well
- * success of clients (knowing I'm making a difference)
- * meditative activities
- * intentional dance/yoga
- * gardening
- * love making
- * hugs - touch
- * connecting to feelings of love
- * Gratitude
- * Loving what is
- * Getting quiet and appreciation
- * Running
- * Being outside...
- * taking walks/nature
- * meditation
- * little furry animals and children and grandbabies!
- * knowing everyone in family is okay
- * Money - financial well-being - security
- * Good health
- * Telling the truth --- and not being afraid to do so
- * Being with others who tell the truth
- * Being authentic
- * Fully connecting to myself
- * Silence
- * Reading, journaling, growing

BAROMETERS (how to know you're out of "inner peace")

- 1. RESISTANCE to anything**
- 2. REACTIONS let us know where we have work to do inside.**
- 3. BEHAVIORS and FEELINGS reflect what is really going on inside.**

HOMEWORK

Answer the following and post.

Use the following questions to discover ALL the nooks and crannies in your life where

you may get taken out of peace. Do a complete brainstorm dump. Name as many **specific patterns** or items as possible -- that apply to YOU. These are your recipes for peace or lack of inner peace.

- * Where am I not present?*
- * Where do I resist reality?*
- * What stressful thoughts am I regularly playing in my mind? What are the key patterns?*
- * Where do I still judge myself? Where do I judge others?*
- * How do I not take care of myself? What needs aren't being fully met?*
- * Where do I hold back in being me? Where do I not fully share my truth?*
- * What haven't I handled in my life? Tolerations?*
- * What dream am I suppressing?*

1. What takes you out of your inner peace?? What interferes with your inner peace?

2. What brings me inner peace??

3. Identify THREE things that take you out of your peace that you're ready to handle. Write these down.

a. _____

b. _____

c. _____

**4. Identify THREE SOLUTIONS to each of the three items listed above.
What is the anecdote, strategy or strategies for handling this.**

a. _____

b. _____

c. _____