

Mary Allen: Let me officially welcome you to Momentum Mastery. Today is our inner peace call this month, and our topic is addressing inner peace culprits.

Of course, we know that the positive benefit we get when we address those inner peace culprits is ultimately a lot greater in deeper sense of inner peace.

So I want to first welcome everyone here to the call today. I know we have quite a few new subscribers join us through one of the telesummits I was a part of. So if you're part of that, just welcome to our community. It's a pleasure of having you here. One of the things that you'll learn here in Momentum Mastery is that there is an opportunity for being interactive and to chime in throughout the call, as well as get your questions answered at the end of the call.

If you're listening through the webcast, there's a place where you can enter questions as we go along. So you can actually be interactive with us as well. So I sometimes forget to look, but I will always be circling back to see what other comments or questions that you have in the forum.

So let's dig into where we're going to be going today. We'll just stand in the question about "What interferes with your inner peace?" Jim Carrey so eloquently described in one of his YouTube videos how he found that moment and described that really incredible, profound sense of inner peace and complete oneness with the universe and just how perfect everything is, and this peace and serenity that came along with it. Then, lo and behold, he found that he couldn't get back to that.

There's a certain kind of frustration that ensued in knowing that this place of inner peace is totally available and not knowing quite how to get back to it. So what we're going to be looking at here today is, number one, knowing what some other triggers are and being on watch and seeing what these certain patterns are. Most times things that trip us up, keep tripping us up again and again and again and again. We can just let it keep running at us or we can begin to make choices and decisions to where something that's an ongoing inner peace culprit can just be addressed once and for all.

Maybe, it's something we don't have to deal with. And in some cases, it really requires a huge perspective shift. We'll get into the sea of emotions that can rise and fall where some moments we have joy and other moments, we have things like anger, frustration or overwhelm that can creep into our world. We've got this dance of emotion that more than likely we're not going to hit some level of peace that just never ends.

So hopefully, as we leave here today, we will have some very specific strategies to gracefully transform your particular inner peace culprit back to the place of inner peace in a matter of minutes.

We're going to talk about **seven key principles to accessing inner peace**. So I was talking with a client today about a really profound experience at a personal growth event that he had had a couple of weeks ago. He had really come to some big realizations that dropped him into that sweet place of inner peace. Then, he proceeded to head to Florida this last weekend for a golf tournament. There was a lot of partying, time with friends, and not a lot of sleep. And he came back exhausted, tired and a little bit too much even in the system - that place to where we talk less.

How do we get back there? Some of the things that we talked about on his coaching call today we'll share here so that you've got big, broad brushstrokes that regardless of what's going on or which culprit is testing you this week, you're well equipped to get back.

Let's just put out a question. First off, really look at and ask yourself *what your beliefs are about experiencing inner peace*. What of those beliefs are about experiencing inner peace along with success, along with being active and participating in the world?

What are your beliefs around experiencing inner peace? Is it possible? Is it easy? Is it hard? Check in with yourself. What are your beliefs about experiencing inner peace?

Who'd like to chime in on that?

Stephanie:

Hi, Mary, Stephanie.

Mary Allen: Hey, Stephanie.

Stephanie: Prior to the retreat, I would tell you that I was really having difficulty accessing it. I would say that I didn't even think it was possible. But after the shift and really incorporating a lot of the activities and practices, I can get back there a lot quicker.

The funny thing is that there's part of me now that almost wants to go back to how I was, to almost test it.

Mary Allen: Yeah?

Stephanie: So the fun in that I haven't gotten back to where I was.

Mary Allen: Oh, so you haven't gone all the way back to the old ways yet.

Stephanie: I have not.

Mary Allen: Oh, darn.

Stephanie: This part of me wants to just really test it, and answer, "Am I really here for good?" When things do come up, I really catch myself. I find myself thinking, "Okay. Well, this is story. All right, move away from this," that I just go back to a natural flow of peace.

Mary Allen: Yeah. Yeah. Yeah. Yeah.

Great. So this is really good. We have this contrasting set of places. One is the one you'd like to make sure was possible. And now, it sounds like the belief is something that's easy and has become the new default state.

Stephanie: Right.

Mary Allen: That's pretty cool.

Stephanie: It is.

Mary Allen: I guess that Inner Peace Immersion Retreat was pretty good, huh?

Stephanie: Yes, definitely.

Mary Allen: Man, I'm going to have to attend next year. Oh, wait, I'll be there.

Oh, good. Who else? What are your beliefs about experiencing inner peace?

Gaile: This is Gaile. I'll jump in.

Mary Allen: Yeah.

Gaile: I had the pleasure of being at your retreat as well. And my beliefs have shifted because of that. The biggest one is that I used to have the belief that if I was connected to my inner peace, it would just be calm and sweet and lovely. It can certainly be that. But my experience since the retreat is I have a much wider range of emotional experience in my life now.

What's exciting about it is that it doesn't impact my experience of peace for very long as I used to believe. I can get back to that more quiet, peaceful place. But I can be really passionate and really engaged in something and this whole wide range of emotion. And it still has a level of experience of being peaceful even though it doesn't look like I used to think it looked.

Mary Allen: Right, right, right. Yeah. I really get what you're saying there, which sounds like a bizarre concept. We have a certain definition of inner peace being calm, relaxed, mellow. It might not even be active like engaging in the material world or have an energy of success behind it.

But I'm hearing is what your present to is that part of yourself that is always at peace, even if there's a wider range of emotions, like frustration or fear.

Gaile: Yeah. It's like nothing gets stuck there. I mean, I've resisted those emotions in the past. Then, they would get stuck. I just move through them now.

So I guess the new belief around inner peace is that it's just available all the time, and it can look like lots of different things. It just doesn't knock me off my feet.

Mary Allen: Yeah, love it, love it, love it.

Gaile: You know, it's so interesting to hear Stephanie say what she said, because I've had similar moments. It's like both – there's got to be something wrong here that I'm having a fight with my man *and* I

feel peaceful in the midst of it and like it's all going to be okay. That's just what is being expressed in the moment, you know?

Then it just moves through it, and love is present again. It's like, "Wow, there was peace in that. There was something that needed to move." I've also wanted to step back and test it to see if it's really real. That's the experience I'm having and I'm claiming it as a new belief.

Mary Allen: Yeah.

Gaile: "It's all welcome, and it's all allowed to be."

Mary Allen: Oh, I love that as a belief. "It's all welcome." When we do welcome it all, there's nothing that can't be experienced peacefully in our existence.

Gaile: Yeah.

Mary Allen: Love that. That reminds of during one of my tumultuous times and I was doing a lot of *inquiry* - the work of Byron Katie on various thoughts as a tool - to get my self back to a place of inner peace. I remember one of the times in particular that anger was really arising. And I wrote down the thought, "I'm angry."

And then I took it through inquiry. "I'm angry. Is it true?" and actually, I was really surprised that the answer that rose was "no." I could find where the little "me" was very caught up and angered. But what answered the question, "Is it true?" was the part of me that's open and spacious and peaceful and just welcoming of the anger, too. That part was not angry at all. It's like, "Oh, that's an interesting discovery." But that's exactly what can happen. It sounds like several of you are already experiencing it.

Who else would like to chime in about what your beliefs are about experiencing inner peace?

Michael: Hi. This is Michael.

Mary Allen: Yeah, Michael.

Michael: My inner peace to me is achievable. I've achieved it on occasion. But for something that sounds so natural, it doesn't come very naturally.

Mary Allen: Yeah.

Michael: You have to work at it. I think that it does come naturally. However, throughout our lives, we've been programmed through our environment to clutter ourselves up.

Mary Allen: Yup. That's way more common, isn't it? Clutter ourselves up and then certain things happen, and you're supposed to respond in certain ways.

Michael: To achieve.

Mary Allen: Yeah.

Michael: Yeah. So achieving inner peace to me is a deep programming. It's not learning. It's an *unlearning*.

Mary Allen: I think you're absolutely right on the money. It is an unlearning of various conditioning, of the ways that we're supposed to be in this world. Yup, very well said.

We might even work also at the question or inquiry of, "*What are our beliefs about experiencing inner peace and success?*" Momentum mastery is definitely a program that holds a space for success and inner peace. What's our belief about those two existing side by side?

Other people have shared a variety of things. "If I'm really successful, my inner peace will eventually shake." How is that for an interesting belief? "If I'm successful, I'm separate from others," - maybe the not the greatest belief if you want to have both. Another belief, "My intention breeds inner peace." Here's another belief from somebody, "It's a challenge to have both, but possible." Here's one of my favorites, "The more inner peace I have, the more successful I am." Now we might be able to see how could this be true, because if we're living with a calm inner core, what's the impact of that on our relationships? What's the impact on that in allowing creativity to flow through us and those ideas to get expressed into the world? If we're not caught up in resistance of pushing against our actions or feelings, if we can really be present, how might that really contribute to our success? I've certainly experienced my success go up as a result of the more inner peace that I've welcomed into my life as well.

Here's another one, "I'm not deserving of inner peace unless everything is in place." Oh, would that be a nice one to have or maybe not so much? Okay, not so much.

Just make a little note and jot down for yourself what you really believe. Then, let's do a little brainstorming around what interferes with inner peace? For those of you that have most recently been at the Inner Peace Immersion Retreat and aren't really having that experience, you might need to recall in your memory banks back when you used to get ruffled. What interferes with your inner peace?

Stephanie: Overwhelmed is one for me.

Mary Allen: Overwhelmed. Good one. I bet you're speaking for a lot of other people. Who else would add something? What interferes with your inner peace? If you're listening to this as a recording or on the webcast, just begin to jot as you notes down, what interferes with your inner peace?

Stephanie: Mine was a bit categorical. "I feel out of control."

Mary Allen: Out of control.

Stephanie: Overwhelm falls in that or when people are being different than I want them to be. Things like that.

Mary Allen: Yeah. People being different than you want them to be. Beautiful. Michael, how about you? What interferes with your inner peace? What takes you out of your peace?

Michael: Others.

Mary Allen: Others.

Michael: **[Laughter]**

Mary Allen: Alright. What do others do that takes you out of inner peace? Something they say? Is it something they do? Is it something they don't do? They don't acknowledge you or appreciate you?

Michael: You know, the only word that keeps coming to mind, that I have to say because otherwise, I won't be able to get past it, is emergencies.

Mary Allen: Emergencies. Okay. So, we could say a.k.a. drama. I'm actually in the middle right now playing a referee as some friends of mine and their daughter who is getting married. It's really interesting to see just what's going from both sides from the perspective about adding to the drama or what's adding to the urgency. You know, the he said, she said.

Michael: No. In fact, in situations like that is when I would find my inner peace.

Mary Allen: Hmm.

Michael: Because for some reason in my head, I need to be in that inner peace place – for them.

Mary Allen: Ah. Okay. Okay. So when drama ensues you actually go through a place of being the calm, a grounding fork so to speak.

Michael: That's right.

Mary Allen: Okay. So when things are urgent -- so are you talking about when the pressure is on? Is that what the inner peace culprit is?

Michael: I think so. That's definitely closer than the drama.

Mary Allen: Okay. Okay, good. That's definitely different flavors for sure. I'll read through some of the other inner peace culprits that people have named before, "mental conflict." Here's a huge one "Attaching to *should*. Somebody *should* be acknowledging me, somebody *should* be responding more quickly through an email or a phone call. Somebody *should* be collaborating more. Somebody *should* have canceled their plans to come and be with me now because I need them now. Somebody *should* be there, *should* be that, *shouldn't* do this, *shouldn't* do that, right? A recipe for suffering.

"Stress," so stress is a big one. We might even name stress as either artificially wanting to speed something up or artificially wanting to slow it down, right? That's part of what creates stress. If we're not in sync with the reality of time unfolding, its like, "Oh,

I want this line to go faster. I'm at the post office. If I don't get all the way either through the line in time..." At some level we're believing that something bad will happen, right? So artificially wanting to speed something up. We can have totally a non-peaceful experience just sitting at a traffic light, right? We might also if we were resisting it and wanting to artificially speed up it turning green or if we are wanting to artificially slow something down.

So this where we might say *procrastination* - putting something off like there's something painful in stopping the natural flow of creativity. We've got an important project to get done. Even if we're busy doing other things, if part of this is really feeling called to work in a particular project and we're giving our attention elsewhere, that can be painful. Artificially, wanting to slow down that creative flow or action occurring.

Resentment can be an inner peace culprit. Saying "yes" when you mean "no." Maybe believing that you have to be perfect. Another big category is physically being sick or tired or hungry, thirsty, anything physical. Being misunderstood - some kind of fear or worry. A fear of, "Oh, I can't do it all." Attachments can be a big one. Attaching to things needing to be a certain way, right?

Busyness and distraction. Clutter, that can be a big inner peace culprit. Thinking we need to know something already. So when we're in, maybe we've completed a certain set of project or 2011 is right our the corner and really, "Okay, what am I going to do for the year? What do I want to put in my website?" Or "How do I want to present myself at a business meeting?" or "What's the next event I want to lead or the next keynote speech I want to give?"

If we resist not knowing at any given moment, that can be a huge inner peace culprit. Having come off my Inner Peace Immersion Retreat myself, I kind of knew that after the retreat was going to be space to beginning to get clear about what's up next for 2011. As I was describing to someone the other day, I came out peacefully hanging in the uncertainty - just trusting your knowing. It will emerge in its own time. I've got little glimmers of pieces that now are clear about what kind of things I want to include for next year. With the pieces that aren't clear, it's really just being content with not knowing what's behind the curtain. That can be a big one.

Embarrassment. There's another one. Judgment of others. Wanting to get more done than you have time for. Feeling obligated. Mind chatter. Any other inner peace culprits that I might have missed? Certainly, this by no stretch, there's an infinite number of potential inner peace culprits - mostly anything we resist.

Michael: This is Michael.

Mary Allen: Yeah. Michael.

Michael: Well, I can't say that you missed it. You did touch it on briefly. But while you're reading the list, one that really reminded me was "conflict of interest."

Mary Allen: Ah.

Michael: When I'm trying to get some work done and one of my kids needs my attention and my wife comes in and has a question, my inner peace just goes...

Mary Allen: Yep. Yep. Okay. Boy, that's a great to name. Yeah. Conflict of interest or being torn. Another one I'm seeing here on the list is about breaking a value. That can happen same as conflict of interest, maybe there's two things you value being a great parent and father and present for your children when they need you. You also value the integrity of your own work and that creative flow process. So, we can have a values conflict – somewhere we have to break that value.

Michael: That's very interesting. I never thought of that that way.

Mary Allen: Yeah.

Michael: It's not a conflict of interest at all. It's conflict of values.

Mary Allen: Conflict of values, yep. Those are important.

Michael: Thank you.

Mary Allen: Yeah. You're welcome. Along that line is not living in integrity with yourself. How you can be resisting your own inner values and how you're choosing to live in the world that's breaking a value. Or

focusing on the worst-case scenario, that's another favorite pastime of longtime sufferers. So, for today, I'd love to have you do that brainstorm of what takes you out of peace. What interferes with your inner peace and see if you can identify three things that take you out of your peace that you're really ready to handle, that you're really ready to address. What are those?

And I'll tell you one of mine - probably because I'm present to it right now is really with a neighbor above us. I've gotten present to the bass in his stereo that gets played at various times in the evening, and I really value my silence and so forth. It didn't bother me so much in the beginning, because our place is so much more quiet compared to before. But I started to notice the resistance to the sound which feels intrusive into my space, right? So that would probably be something I would put down on my list as - a situation that is interfering even if mildly. I mean if it's a huge one, often times I express myself as a way to move through that resistance. But, there are some other ways that we can address that.

I'll check and see if anyone is adding anything on our webcast. Here's a couple here. "Another inner peace culprit, releasing my power to others." Yep. Here's another one, "When disconnecting from owning my own feelings." Yep. Disconnecting from owning your own feelings, so sort of a resistance to that feeling - that's a huge inner peace culprit, absolutely.

So, anyone else be open to sharing what might be an inner peace culprit that you're ready to address?

We've got a couple of people that are already resting in a lot inner peace, so there might not be anything. So you might even look if currently you feel like you're dancing with inner peace pretty well, you might look at something in the past that has pushed a button and even bring that into your space for tonight.

Gaile: Hi. This is Gaile.

Mary Allen: Yeah. Gaile.

Gaile: Yeah. I really resonated with that conflict of values one.

Mary Allen: Mm-hmm.

Gaile: I think the way that I would have language that in the past with feeling like I am or might be a disappointment to other. That's a place where in past I've lost my inner peace.

Mary Allen: Hmm.

Gaile: But I think it's the conflict of values like I value wanting to be of service and not be a disappointment to others. But sometimes, because as that other gentleman mentioned, there are two things going and I might have to do this or something, it can occur that somebody is disappointed in my choice or something.

Mary Allen: Uh-hmm. Yeah. Yep. I definitely see that.

Gaile: There's a place where I feel kind of trapped like there's no way to escape that.

Mary Allen: Yep. Well, and it is a bit of a trap because - is it even possible for us to go a year without disappointing another person?

Gaile: **[Laughter]** Not if you're with anybody at all.

Mary Allen: Right. Right. That was anyone that's alive, right?

Gaile: Right.

Mary Allen: Like it may actually happen. Even if we were so committed to pleasing other people and trying to do everything. But of course we run into other problems, because all of a sudden, we're resisting parts of ourselves and we may run into a different type pain arising.

Gaile: Absolutely.

Mary Allen: And I remember a period of time when I use to run relationships that way, where it was all about pleasing the guy and pleasing the guy and I don't know, three years into the relationship, I would start to have a little resentment. It wasn't their problem. I was the one modifying my behavior out of a desire to be liked and loved. Then, of course, it comes bubbling to the surface.

Gaile: Yep.

Michael: You disappointed yourself.

Mary Allen: Right. Exactly. Exactly.

Michael: I was just about to ask you the question about going a year without disappoint anybody, does that includes disappointing yourself?

Mary Allen: Uh-huh.

Michael: Because you can avoid contact with all other people for a year, but will you still end up disappointing yourself?

Mary Allen: Right. Now, can you do that? This actually gets into how we can really address some of these. Let's do a little bit of a barometer factor – it's not like we need any big scientific equations to know when we're out of peace. But I just want to give you a couple of measurement points to get some new language.

So, one is just **resistance** to anything. So if we noticed we're pushing against anything, that can be a little trigger that you're out of your inner peace. Certainly, let's say number two is any kind of **emotional reaction**. Of course, the tone of our voice changes. If all of a sudden, we start feeling contracted and want to shut away and pull away from a situation. We want to avoid something, there are all kinds of elements of reaction. Then three, as another barometer of knowing when we're out of our inner peace is just to look at our **behaviors and feelings** – and how that's really reflecting what's going on the inside. So, very often, it might seem like, "Oh, everything is fine. Everything is fine," until we notice a little isolating or some kind of feeling or emotion that we're not quite wanting to be with. So let's give ourselves some guidelines.

Here's the cool thing: there's essentially four big categories. I think actually, we listed here the seven key principles to accessing inner peace. We'll go through the seven, but really they all really fall within four big categories. Regardless of what's going, we can always come back to these four that are super, super easy to remember and usually find that really any one of them has the capacity to bring us back into a place of alignment, back to a place of inner peace.

So, let's see which one of these that we start with. See, let's start with this one - **being present**. Try this as another tool if you're feeling momentarily overwhelmed. Maybe you're feeling annoyed

with somebody. Even, let's say, my neighbor's music upstairs. If I stop and actually just get present without resistance, get present into all of my environment as opposed to present to even just music – I could be present to music in a way that is just welcoming and inviting. Just take something that might be in front of you and focus on it. Maybe notice what's on your desk. I've got a candle here. There's a calendar here. I just stop and focus in on this calendar. Just you know, just being with the calendar noticing the shape, the colors, the words. Just the act of being present is a great neutralizer into coming back in here in the moment.

I suspect part of what's going on for anyone that was at the Inner Peace Immersion Retreat really dove into being present in a really big way. It makes it more as a default instead of just something you do on occasion with some concentrated attention. So being present is one the keys to accessing inner peace.

Another big one is **authentic expression**. So this one is really about when we're in action around pursuing our dreams, when we're speaking our truth, when we're feeling our feelings and welcoming those. It's when we're honoring our sense of integrity or our needs, when we can be in alignment with ourselves - that authentic expression - that's a point of inner peace. Gaile, you shared a really awesome story at the retreat about authentic expression. Would you be willing to share that here on the call?

Gaile: Share again?

Mary Allen: Yeah.

Gaile: Oh, I love sharing when I breakdown and cry.

[Laughter]

Mary Allen: Well, it's a great – is a great illustration of getting yourself right back to inner peace. It's just so perfect.

Gaile: It's so funny. I worked with you for years, and I always consider myself to have a certain proficiency with getting back to my inner peace. Here I was driving to an inner peace retreat, and it was getting dark. It turned out that my GPS did not really know where I was going. I was in the middle of the desert, and I have a phone. I call, and no answers. It's like "We're gone for the day." I'm like, "What?" So I literally pulled over on the side of the road and I'm

just like in tears, and having this experience, "I'm never going to find it. I don't want to sleep in my car." I was making all sorts of stuff up. Then, I took a deep breath, and decided, "Well, I'll just drive this way for a while. It's got to be down there." And I did eventually find it and got into my room, which I had to literally crawl through the shrubs to find it. I mean it was an incredible 20 minutes.

Mary Allen: And you ended up with scratches and everything, the whole nine yards.

Gaile: Grass all the way up my legs. It wasn't setup so that people would know I was coming. You have to get there and call somebody. What if I hadn't had a cell phone. Anyway, all this stuff in my head, and I was kind of shaking and didn't feel like peace was anywhere around. I think I sat down, and I pulled out my phone and I knew that you were on your way the next day, but I just texted you and I just said, "You know what? I'm not feeling peaceful, and I'm at an inner peace retreat so I'm just going to express this so that I can let it go."

Mary Allen: Ah.

Gaile: And I shared what had happened and that I have taken me to this place. It wasn't a long thing. It didn't take nearly as long as I shared it here. And then I could just feel it leaving my body. It was like, "Oh, okay." Now, I expressed it. I'm in my room, and it's warm and dark. I could get a good night sleep before the start. That's one of my ongoing ways, which is to find somebody that I can just speak to – I know it's a story when I'm saying it. But just to speak it so that I can release it and not be attached to it.

Mary Allen: Yeah. Yeah. Perfect. Perfect. Love that story and thank you for being willing to share that here in another public venue. It's just one of the big back to peace pieces. It's one of the reasons why coaching is so powerful as a medium. People have that opportunity to come to a coaching call in full self-expression where it's a very safe. You can say anything to your coach - the good, the bad, the ugly, the messy. And in that, part of the magic that occurs is that authentic expression. So, I'm a big, big fan of speaking it out and let it to transform. One of the gals in Ultimate Impact just sent a email to her mastermind team today - and in the same context and I have to keep that confidentially.

But same principles just to really speak to it. So by the end of the email it was like, "Oh, yeah. Okay. I'm already feeling better. Great." So that's one avenue - a great little path back to peace. It kind of bridges in with the third key and this one of the big four.

Think of the number three as the emotional pathway and the key to emotional peace, which is about **embracing reality**. It's about recognizing reality for what it is, and embracing it whether it's traffic or whether you're in the middle of a physical move. You're embracing the reality of maybe an upset significant other.

I'll share the story of when we first moved in together. We actually end up moving in a super duper hot day in Los Gatos, California, where we live in northern California. There were all of these steps to get down to where John was living at the time. And it was a hot, hot day. Of course, he's carrying all the heavy stuff, because he is a strong guy. At the end of the day with the last big hauling whatever into the place, all of a sudden, I meet a new personality of John that I've never met. I was refer to him as Mister Grumpy. Mister Grumpy likes to come out when he is not fed, when he is very tired and hot.

There was that initial story of, "Oh, my gosh. We're just moving to our brand new living situation together, and we just had gotten engaged. This isn't living into the fantasy of how I wanted things to be." But as soon I could just simply recognize reality for what it was and embrace it, it's like, "Oh, he's mister grumpy. He needs some food. Maybe we should just give some food." So just responding to the situation and embracing really allowed a quicker return back to inner peace. I actually didn't have to leave my inner peace. I was not willing to pick a fight for how he was being on our very first night moved in together, which I very easily could have done probably many years ago. We ended up having a really enjoyable evening.

WE talked about embracing reality, we could say it goes kind of hand in hand with "feeling your feelings" and "authentic expression." Embracing reality and authentic expression are really close cousins. But the whole key is about embracing 'what is.' Embracing mister grumpy. Embracing hot days. Embracing even the sense of tiredness, let's say. Embracing the overwhelm. "Wow. There's so much I want to take on, that there's so much I care about." Even embracing the out of control feeling. There're some people that pay lots of money to go into a place where they

get to feel out of control like on an amusement park. Where you're on these rides and upside down – people pay good money to have this experience of being out of control, in a kind of controlled way. So really embrace that. Often in those moments of out of control is when creativity flows through.

This is particularly big with other people, not living into the fantasy of who we want them to be. Very easy to in family situations. I know I did this. As it relates to my mother and wanting her to show up and respond to me and have conversations with me in a way that I wanted and imagined. When she wasn't living into that fantasy, it was very easy to have an emotional temper tantrum otherwise known as stress, right?

So embracing reality, we can always just look at, "How can I embrace this? Is there a way that I can just love this situation as it is? As messy as it is, can I really looking for the opportunity?" Now, even being in a "conflict of interest," it's embracing the fact that both of these things are important to me. Just allow yourself to choose, to pick right now that you're going to just fully embrace. Maybe that is the son or the daughter. Maybe it's embracing the reality of "we're going to come back in another moment."

That leads to the next piece which is also kind of an emotional category, and that's **loving yourself fully** - the good, the bad, the ugly. This is a great practice when those sticky emotions can pop up, judgment, sense of overwhelm, frustration, and really, you know, what is it to really love ourselves in that emotional experience. So, when we're loving ourselves, we may be even be in tears. Can we love ourselves into tears? Can we love ourselves into frustration? Can we love ourselves into not knowing? Another code for embracing reality, but a little bit more specifically focused right on you, and that's the fourth key. Really loving yourself, the good, the bad, the ugly.

Then, let's go to the fifth which is really a mental component. Where there's an inner peace culprit, I'm almost 100 percent sure there's a **thought** lurking nearby. And when we can get curious about what that thought is. What are we believing in this moment? What do we believe will happen if I disappoint others? What are believing will happen if I'm out of control? What I do believe will happen, you know, by being in overwhelm? And really looking at what those thoughts are. So first, *identifying the*

thoughts and then secondly, (and this is really the main path back to peace) here is really taking whatever thought is arising and *question it*.

For example, it seems like a silly experience, but the loud bass music up above. So one thought could be that I'm going to just have to tolerate this. "I'm a victim that I don't have a choice here. I'm powerless. I'm going to be subject to this forever." I might have some judgments about if I make a request, he might not change his behavior or maybe he won't like me, or maybe he'll play his music more. I can make up all kinds of stories. I can have all kinds of thought associated with that particular situation and take something where there's a little bit of background noise and turn that into a whole lot more inner turmoil.

Question the thoughts. "Is that really true that I don't have a choice here?" There's probably all kinds of choices available here in this moment. I can go make a request. I just slide a note under his door. I could send my husband up there. I could call the office and have them call. Right, there's so many additional choices.

Another one, - this is a good one to question thoughts - anytime there's a *should* involved. "Somebody *should* be collaborating with me more." Is it true that they really should be collaborating more with you?" How do we know something should be happening? As Byron Katie says, "It is..." If it is not happening, well, maybe it shouldn't be happening. That's what reality is saying right now.

So, another example is that my friends have a daughter that's getting married, and really want to be included in the wedding plans. They really want to be involved and want to see their daughter totally happy. It's this great event where a lot of their friends are coming and how they want to feel important. The fact is that they're not getting as much input in the way that they like' there's a big *should*. There's all kinds of *should's* going on in their particular situation.

As I was taking to my sister-in-law, Tracy, the other night who had a big *should* around how every year they do a Christmas party for their circle of friends. It's kind of a big deal finding the day that everybody can get together. Tracy has been doing some part-time work, actually as movie extra, kind of fun. She's been in a movie with Brad Pitt and in *Desperate Housewife's* and *The Event* - all

kinds of fun things, but she's a lot busier. She was feeling the resistance about holding this party this year. We talked on the phone, and she's like, "I just really don't feel like I'm up for it. Do you think we could eat at a restaurant? Do you think.... da, da, da?" And I'm like, "You know, I suggest you drop the should." She was like, "Drop the should. Oh my God, that's such a great idea. I love that. Okay. I'm going to do that. I'm going to drop the should." So, perfect. It could be just, "I should have a Christmas party." Well, just because you should actually doesn't mean it should this year. This is a very good one as we're getting ready to go through the holiday seasons, because all kinds of *should's* love to creep into the scenario. So that's the number five.

We're going to look things *emotionally, mentally, physically* and *spiritually*. So these are going to be our four big categories. So we've got some emotional ones. It's all about embracing it, feeling the feelings, loving yourself, loving reality, embracing. We know the mental side is really about inquiry, questioning our thoughts, finding the thoughts and then questioning them.

The sixth key here and that is around your physical well-being. So this is really around **physical care**. It's around your choices. First and foremost, it's about the willingness to act. We can take any given situation with that overwhelm going on. We might really look at, physically, what do I need to do here? Physically, I might need to focus on just one single task. Physically, as the case with my client this morning, I might need to get some rest. Do some stretching and something physical. It could be as simple as getting a drink of water or having a meal. So really looking at the physical side and really looking at your willingness to do something physical to move back to inner peace. In my case, it's a willingness to go up and knock on the door of my neighbor and say, "Hey, can we talk about how it sounds like a disco in my apartment?"

Then finally, this is the last big one around **awareness** and that's the spiritual component. When we drop into a place of awareness, that place of witnessing, that part of us that is witnessing emotions arise, is perfectly at peace and welcoming of every single one of them. That is witnessing actions unfolding. That is witnessing you resisting or embracing. That is alive and available and accessible. That is whole and complete. This is available anytime. This is one of the reasons why both Gaile and Stephanie and those that were at the Inner Peace Immersion Retreat are really having an easy time here in the weeks following

the retreat accessing inner peace, because you've got the grand daddy of them all.

When you really know where this place of inner peace is, when you can keep refocusing your attention back to that place of awareness, the witnesser, it's just life revolving. It's the ultimate perspective. I invite you to take even an out of control moment. From an out of control moment, come back to the place of awareness. The concept of control actually often melts away.

So those are the big categories. As we check in with our listeners, any questions or comments?

Michael: Mary?

Mary Allen: Yeah, Michael.

Michael: Hi. For number seven, is there any way you can condense that down into a single sentence?

Mary Allen: A single sentence. So simply, dropping into awareness.

Michael: Dropping into awareness. Thanks.

Mary Allen: Yeah. A really easy way to identify that is to just check in, as you're listening here, do you hear the sound of my voice? Does it require any effort to hear the sound of my voice? And just notice, does it require any conscious thought to hear the sound of my voice? Do you notice any time delay between the sound arising and hearing of my voice? So it might be true to say that hearing my voice is timeless, effortless and thoughtless. And would it be okay to relax into that which is hearing sound now? Would it be okay to relax even more deeply into that which is hearing the sound? And if you're eyes are closed, open your eyes and look before you and notice, does it require any conscious thought to see what is before you? Does it require any effort to see what is before you? Do you notice any time delay between the looking and the seeing of what is before you? So it might be true to say that seeing is timeless, effortless and thoughtless. And would be okay to relax into that which is seeing now?

So I invite you to relax and as you're resting here, simply drop into the question of who or what is experience this moment? Who is hearing the sounds? Who is seeing? Who or what is here? You

may answer for yourself what qualities are present? As you rest here in this place of awareness, just notice, are there any edges to this place of awareness? Is there any beginning? Is there any end? Notice, is there any path? Is there any real so-called future? As you're resting here, in that what you are, is there anything here that should not be here? Is there anything not here that should be here? So simply relax into that which you are and just take a deep breath in **[inhales]** and then exhale **[exhales]** Let's do a quick little check in as to what that experience was like? What was discovered? What was experienced?

Michael: It's Michael.

Mary Allen: Yeah. Michael.

Michael: Hi. One thing I noticed is that the closer I got to inner peace the more aware I started becoming.

Mary Allen: Ah. Uh-hmm.

Michael: That was very unexpected. That comes to mind.

Mary Allen: Yeah. Beautiful.

Michael: You would think that inner peace would be quiet, but I just noticed that I was relaxing. As I relaxed and cleared my mind, I became aware of the tension in my shoulders.

Mary Allen: Uh-huh. Yeah. What's beautiful is this place of awareness. The way we're living life everyday is our tension is in the experience. We're in our bodies that are tight. We're in the movie of life or in our emotions. There's less attention, if any, placed on that part of us that is aware of all of this unfolding. So this last key, which is really in the spiritual component, is really resting in this place of awareness. The more time, we spend here, we can get really good to the point where ongoing inner peace is more of a default as opposed to something that just occasionally comes across the radar screen.

Michael: So if as I approach inner peace, I'm becoming more aware, is it also true that the further away I am from inner peace, the less aware I am? Although, I feel like I'm more aware?

Mary Allen: Well, discover for yourself what's true. Less aware often goes with less inner peace, but there's a lot of people who have no idea about the idea or concept of awareness and do they have moments of peace? Sure, if they're just totally present to watching a sunset or maybe in the moment of giving a speech on stage or really speaking openly with the coach or a good friend. Can they experience inner peace? Sure. You don't even have to know about these ideas in order to access it. So I really invite you to look and see what's true for yourself. You might have an experience where you are as they say, you know, "blissfully ignorant." It's not such a bad thing. I'm kind of a big fan of this conscious stuff, but does that answer your question?

Michael: Thank you. I'm not sure that actually answers my question, but it leaves me with a question to be answered.

Mary Allen: Okay. Good. Good. Good. To go and explore for yourself.

Michael: Yeah.

Mary Allen: Yeah. Gaile's definition of peace used to be much more like this peaceful, calm, lovely. And now, her definition of inner peace includes a wider range of emotional experiences, like it includes the whole rainbow. So, it can be quite a spectrum. It just depends. Where is our point of attention. Are we resisting emotions? Are we attached to thoughts? Are we unwilling to take any action? Are we able to just simply drop into a place of awareness? I guarantee that when we're really in that place of awareness, that place of inner peace, it is really tough to go and run that old pattern of turmoil.

I'll share one last case, and then we'll do a couple of shares and sign off for tonight. I was reading the feedback forms from the Inner Peace Immersion Retreat. People had dropped into consciousness and the deep breakthroughs that they had and so forth. And to be honest, it was a sticky day for me – I wouldn't say that I was in massive inner turmoil, but I was a little more irritable than I would normally be. I read through all of these feedback forms, and then afterwards, I was feeling a little like I wanted to be a pill to John in a way. And so, I'm witnessing myself – somewhere in a place of awareness. Witnessing myself sort of being a little bit annoying to John and almost everything out of my mouth, I started laughing because I was so connected to this place of awareness. Partly being reengaged with what occurred at the

Inner Peace Immersion Retreat that I think after the three or four rounds of trying different things, something petty like criticizing John for something. And I couldn't even go there. So this is the power of awareness. It's really the power of all of these simple tools that we do anytime with just a little bit of willingness.

So let's just do a little quick check for our live listeners of: what is something of value you're taking from today's call? And Ann and Claude are commenting in our forum and said, "Seems to be easier to see a feeling from a place of relaxed peace." Absolutely, absolutely. Beautiful. Who would like to share what you've taken a value from today's call?

Stephanie: Hi. Mary, this is Stephanie.

Mary Allen: Yeah. Stephanie.

Stephanie: For me, peace is about loving yourself and acknowledging yourself through all the good, the bad, the ugly.

Mary Allen: Uh-hmm.

Stephanie: And embracing the whole spectrum of emotions that I feel.

Mary Allen: Uh-hmm.

Stephanie: And so it leads to my inner peace without being in judgment, without feeling that I have to have a reason even for feeling what I'm feeling, but just to feel it. Then I find that it passes.

Mary Allen: Yep. Yep. It's one of the great truths, anything fully felt transforms. Uh-hmm. Thank you for sharing.

Stephanie: You're welcome. And there's something I'm going to continue to watch and inquire into the value conflict. My sense is that that happens a lot of my life and just having the awareness to see it when it comes up, I think is going to give a great sense of peace and freedom and choice in those moments that I may not have experienced in the past.

Mary Allen: Beautiful. Beautiful.

Michael: This is Michael.

Mary Allen: Yeah. Michael.

Michael: I like your definition for stress being an emotional temper tantrum.

Mary Allen: Uh-hmm. Yeah.

Michael: You just went over that really quick. It just really caught my attention, and I also liked your list of seven ways on how to bring back inner peace.

Mary Allen: Uh-huh.

Michael: Looking over the list, I used each and every one of them at one time or another. However, I've never really seen it as a list of tools. It's just been a random way of dealing with it and having an actual list that I can refer to and know that this is actually a toolset, instead of being just a wrench or a screwdriver.

Mary Allen: Yep.

Michael: It's like a toolbox. It's no longer just one tool.

Mary Allen: That's exactly right, because in any given situation, even that we could, for example, love ourselves in any moment. That could work almost anytime, but sometimes we really need to authentically express ourselves or it may be more useful to question the truth of a thought. For each one of these, I've certainly found in my own path back to inner peace again and again and again that really it's the combination of tools that's really most useful - as opposed to any one.

Michael: The difference between one instrument and an orchestra.

Mary Allen: Uh-huh. Love that. Love that.

Well, let me just check if anyone else wanted to share something before we break? Okay. So, so **your assignment** for tonight if you choose to take on is for those three things that take you out of your peace that you're ready to handle, I want you to identify three solutions to each of the three items listed above. So you really are clear what the pathway is back to inner peace. So even if it's not alive right in this moment that you make that conscious decision now that when this arises, here's what I'm going to.

So with that, I just want to thank everybody for your time and attention and being part of the inner peace conversation here in Momentum Mastery and to all of our listeners here at home that are listening to this on a CD. We look forward to seeing you next time. We'll see you next time, and everyone have a great evening.

Stephanie: Thank you, Mary.

Gaile: Thank you, Mary.

Michael: Thank you, Mary.

Mary Allen: Bye now.

Michael: Bye-bye.

End of Audio