

7 Simple Steps to Stay Peaceful and Calm Every Day

This process is a powerful, valuable way to transform your entire life into something quite magical and to reclaim your greatest self – your inner peace. Observe yourself carefully and NOTE that your Mental Thoughts frequently drive you to have Emotional Feelings.

You can be trapped with your thoughts that may be creating feelings of fear, judgment, blame, sadness and so many others. These feelings typically create more thoughts which create more of the same feelings of fear, judgment and blame, etc. and the loop or cycle continues.

How do you break this cycle? You need a way to move into being neutral when you notice that you are getting this type of emotional feedback.

Step 1: Find the Feeling

All feelings are in your body. Think about the situation that is upsetting you and notice where in your body the feeling is the strongest. Perhaps it will be in your throat, or your chest, or your stomach (these are the most common). But it could be in your hands or your head or anywhere in your body.

Step 2: Give It Attention

Instead of distracting yourself from the feeling or trying to mentally solve the problem or trying to make it go away, just be present to the physical sensation of the feeling in your body.

Step 3: Be Unconditionally Loving (or Accepting or Allowing)

This feeling is here. It's a fact. It won't be here forever (though it might feel that way in the moment). For now, as long as it's here anyway, accept it, allow it to be there. And if possible, send love to that feeling. Reach out to it and say, "Hi it's okay that you're there and I love you and allow you as a personal gift to me in this moment."

Step 4: Focus on the Eye of Storm

Inside the feeling in your body, there's an area of greatest intensity. Put your attention on it and stay present to it (in an unconditionally loving or accepting way or just allow it to be there and don't resist it being there).

Step 5: Let it Breathe

As you focus attention on the feeling, it may shift in some way. It might get more intense, or less intense. It might move to different parts of your body. Stay with it and let it run its course. It's like an oil candle. It takes oxygen to burn the oil, but once the oil is burned out -- it's over. Your attention is the oxygen and the feeling is the oil. We never know how much fuel is in the feeling. Breathe into it. That's why we never know how long this process may take. Sometimes seconds. Sometimes minutes. And on very rare occasions, you might need several hours (or separate focused sessions). The more you do this process, the easier it gets for you to BE with these feelings that don't serve you. And the more you do this process, the quicker these feelings will DROP away.

Step 6: Get to Peace

Stay with the feeling. Let it live and breathe and grow. Let it move around if it needs to. Keep your attention on the most intense part, again in an unconditionally loving way. Remember this is a gift to have this feeling and we love gifts. And eventually you'll be at Peace. Again, this will usually happen in a minute or two – sometimes faster, sometimes a bit longer.

Step 7: Permanent Peace or Calm

After the feeling has run its course, you'll be left with a neutral feeling. That's peace or calm. You might also be filled with joy or love. It's fun when that happens, but usually it's just sort of a neutral feeling of peace or calm.

To make sure that you've cleared this up completely, think again about the situation, problem or fear that was bothering you. Notice if you feel anything other than calm, peace, love or joy. If there's anything that isn't peaceful yet, repeat this process over again. Sometimes you'll find several layers that need to be processed and released.

In most cases you're now FREE of the FEAR or angst that was keeping you from being at your best. Sitting with it while in a neutral space allows you to see the lesson this feeling has brought you. Decide what right action you might take now that all the emotions engulfing the issue at hand have begun to dissipate. Your best decisions start here.

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