

## **MODULE 36 EFT SERVE INNER JOURNEY TO PEACE QUESTIONS & ANSWERS 11<sup>TH</sup> OCTOBER 2024**

### **MAIN TOPICS COVERED:**

#### **1. What is the definition of peace?**

Peace is a state of mind where one feels calm, untroubled, and at ease, free from any worries or disturbances. It is when the brain is not engaged in conflict or stress, allowing the individual to experience a deep sense of inner calm. In this state, the person remains composed and unshaken by external challenges or internal pressures. Peace does not mean the absence of difficulties; rather, it means being able to face life's ups and downs with a stable and unruffled mindset. True peace involves being in harmony with oneself and the world around, allowing for clarity, better decision-making, and a deeper connection with one's surroundings.

#### **2. How can you shift yourself into a state of peace?**

To shift into a peaceful state, one must stop feeling as though they are in constant conflict with themselves. True peace comes when we accept the present moment as it is, much like how animals do in their natural surroundings. For instance, observing a fish calmly swimming in an aquarium, unbothered by the world around it, shows how we too can find peace by being fully comfortable in our environment. While animals can live in this state effortlessly, humans often struggle because our minds are

preoccupied with thoughts, worries, and responsibilities. Peace, for us, lies in learning to quiet the mind and embrace the moment without trying to control everything.

### **3. How do thoughts and emotions disrupt our natural state of peace?**

Our peace is frequently disturbed by the regular barrage of thoughts and emotions. With around 60,000 thoughts passing through our minds daily, it's easy for these thoughts to dominate. This continuous chatter in the mind prevents us from being at peace. Here are key aspects to consider:

- A. You cannot control your mind by simply commanding it to "be more peaceful."
- B. Fixating on emotions, such as grief, can allow them to dominate your mental state, making it even harder to cope.
- C. Suppressed emotions intensify over time, often stealing your calm and control.
- D. Emotions are pivotal in either disrupting or enhancing your peace of mind.
- E. The challenge lies in solving the "jigsaw puzzle" of life, fitting together imperfect pieces while striving for a peaceful state.
- F. It's okay if life feels out of sync or peace isn't immediately present. Sometimes, distractions or difficulties can lead us to a deeper understanding of what true peace means.

G. Mindfulness is key, but letting go of preconceptions about peace and focusing on awareness, or even moments of mindlessness, can help shift us back to a place of calm.

#### **4. Why is peace important?**

Life is unpredictable, and most of what happens is beyond our control. However, we can take charge of how we respond by staying calm, collected, and peaceful. When we manage to maintain a peaceful state of mind, we are able to make better decisions and operate with clarity. This, in turn, helps us handle stress more effectively, which brings both physical and mental benefits. Ultimately, peace allows us to navigate challenges with greater resilience, ensuring that we stay grounded even in difficult situations.

Here's why peace is so essential:

- A. Most days are unpredictable, no matter what we do, and life events are often outside our control.
- B. The one thing we can control is how we manage ourselves and our reactions.
- C. If we can stay calm, collected, and cool, we can make the best possible decisions with a clear mind.
- D. Keeping this sense of balance can help reduce stress, which benefits both mental and physical health.
- E. Peace allows us to navigate challenges more effectively, enhancing performance in both personal and professional life.

## 5. What disturbs your peace?

There are several factors that can disrupt your peace, and each of these can affect you on different levels - emotionally, mentally, or physically. Below are some of the common disturbances that can rob you of inner calm:

- A. **Financial challenges:** Worry over finances, whether it's debt, lack of income, or economic instability, can cause significant stress and make it difficult to maintain peace of mind.
- B. **Health problems:** Dealing with health issues, either for yourself or a loved one, creates worry and stress, which disturbs your peace. Ongoing health conditions can drain your energy and distract you from focusing on anything else.
- C. **Family issues:** Problems within the family, such as conflicts, miscommunication, or the emotional burden of caring for others, can disrupt your peace, causing you to feel anxious or stressed.
- D. **Relationship troubles:** Whether in personal relationships or professional ones, tensions with others can disturb your peace. When we carry the energy or emotional burden from our interactions with others, especially clients or close relations, it adds to our stress.
- E. **Work-related issues:** Stress from work, whether it's due to deadlines, overwork, or job insecurity, can make it hard to stay peaceful. Worrying about career advancement, dealing with a difficult work environment, or trying to meet unrealistic expectations can be mentally exhausting.

- F. Toxic people in your environment: Being around people who drain your energy, create negativity, or cause conflict can significantly affect your ability to feel peaceful.
- G. Habitual behaviour: Overthinking, dwelling on the past, holding onto resentment, jealousy, or comparing yourself to others can cause inner turmoil, making peace elusive.
- H. Neglecting self-care: When you neglect your own needs, whether it's your physical health, mental well-being, or emotional care, it interferes with your ability to maintain peace. Self-care is crucial for preserving inner calm and balance.

## 6. How do disruptions to your peace show up?

When your peace is disturbed, it tends to show up in both physical and emotional ways. The effects can sometimes be subtle, but they have a big impact on your overall well-being. Here are some common signs that you are not at peace:

- A. Sleep disturbances: Losing peace can disrupt your sleep, making it hard to fall asleep, stay asleep, or wake up rested, affecting your mood and energy.
- B. Fatigue and low energy: A lack of peace drains your energy, leaving you feeling tired or unmotivated even if everything seems fine on the surface.

- C. Aches and pains: Stress from lost peace can cause physical issues like headaches, muscle tension, or unexplained aches.
- D. Stomach and gut issues: Peace disturbances often show up as digestive problems, like stomach aches or nausea, sometimes linked to stress.
- E. Anger and irritability: A disturbed peace makes you more irritable and reactive, causing small frustrations to feel overwhelming.
- F. Lack of focus and concentration: Stress clouds your mind, making it hard to focus or make decisions, slowing personal and professional growth.
- G. Professional stagnation or poor growth: A lack of peace can make you feel stuck or unmotivated in your career, hindering progress.
- H. Relationship tensions, conflicts, or failures: When inner peace is lost, it leads to more conflicts and strain in your relationships.
- I. Hard to be at peace with others: Without inner peace, maintaining peaceful relationships becomes difficult, often filled with tension or misunderstandings.

## **7. What are Adverse Childhood Experiences (ACE)?**

Adverse Childhood Experiences are traumatic (ACE) or negative experiences in one's upbringing that can have long-lasting effects on mental health.

These events may include emotional neglect, abuse, or family dysfunction, leading to difficulties in achieving peace as adults. For example, a child raised in a turbulent household may struggle with feelings of anxiety and emotional instability, which can persist into adulthood. The impact of these

early experiences often shapes an individual's ability to cope with stress and maintain healthy relationships later in life.

## **8. How do ACEs affect our ability to find peace?**

Adverse Childhood Experiences (ACEs) can profoundly shape our understanding of peace and how we navigate life's challenges. Take my story as an example of how early experiences can shape our journey towards peace. I grew up in a small family, with a driven mother who pushed me to excel and a father whom I loved dearly but struggled with his alcoholism and anxious nature. Though my basic needs were met, I often felt emotionally neglected, which left me feeling lonely. My father's behaviour created anxiety and fear, and I didn't seek peace at that time. My first real encounter with emotional pain came in 2003, when I lost my younger brother in a road accident. This raw grief, compounded by later challenges like my father's suicide and my husband's cancer diagnosis, led to physical and emotional burnout. By 2018, I realised I needed peace, not just relief from my problems. ACEs can deeply influence our relationship with peace, shaping how we cope with stress and trauma throughout our lives. Recognising this connection can be the first step toward healing and finding inner calm.

## **9. What are the steps to achieve peace in the present moment?**

To cultivate peace in your life, it's essential to assess your current state and emotions. Here are some steps to guide you through this process:

- A. On a scale of 1-10, how calm and peaceful do you feel today? This self-assessment helps you understand your current emotional landscape.
- B. Are you aware of the unrest that is currently being created? Recognising disturbances is the first step toward addressing them.
- C. What are your current thoughts? Take note of your thought patterns; they often influence your emotional state.
- D. What kind of emotions are you experiencing at this time? Identifying your emotions can help you process them effectively.
- E. How would you describe your emotional state right now? A more detailed description can provide insights into what you need to feel more peaceful.
- F. What physical sensations or discomfort are you aware of? If you have any discomfort, note where it's located; our bodies often hold onto stress.
- G. How is your breathing? Pay attention to your breath, as it can reveal a lot about your emotional state.

### **10. What does inner work mean when it comes to peace?**

Inner work involves addressing the mental clutter that can cloud our minds and create stress. Many of us wake up with long to-do lists or aspirations that feel overwhelming, leading to a sense of chaos. By prioritising what is within your control, you can gain mental clarity and focus.



Sometimes, our beliefs can hinder our peace. For example, if you unconsciously believe you don't deserve happiness, this can sabotage your sense of well-being. Identifying these patterns, both positive and negative, can be transformative. By recognising what has helped or hindered you in the past, you can take steps toward developing a more peaceful existence. Techniques like Emotional Freedom Techniques (EFT) can aid in addressing these patterns, promoting healing and peace.

### **11. What actions can be taken to promote peace?**

Cultivating peace requires intentional effort and practical strategies to create a more harmonious life. To develop peace in your life, consider these strategies:

- A. Slow down and breathe: Taking a moment to slow down and focus on your breath can significantly lower your stress levels.
- B. Take a break: Whether it's a holiday or a simple pause, stepping back allows you to reassess and declutter your mind.
- C. Engage in meditation: Finding time for meditation can help centre you, providing clarity and calm.
- D. Look for the silver lining: Try to reframe your situation positively; focusing on the good can help restore your peace.
- E. Find the positives: Acknowledging what's good in your life helps shift your mindset.
- F. Don't let others drag you down: Surround yourself with supportive people who uplift you.

- G. Eliminate unnecessary drama: Reducing drama in your life can create a more peaceful environment.

## 12. What are some quick methods to achieve peace?

Finding moments of peace amidst the chaos of daily life is essential for well-being. Here are some quick techniques to help you reconnect with your inner calm:

- A. Connect with nature, pets, or children: Engaging with the natural world or spending time with loved ones can ground you and bring joy.
- B. Practice spiritual activities: Find your own Zen space through practices that resonate with you, such as prayer or mindfulness.
- C. Express yourself through journaling or hobbies: Writing or engaging in creative activities can help clear mental clutter.
- D. Stay focused on the present: Concentrate on the here and now, avoiding past traumas or future worries. This mindfulness can enhance your sense of peace.
- E. Embrace acceptance: Allow your thoughts and emotions to coexist with your current reality, developing a more balanced state of mind.
- F. Practice forgiveness: Letting go of grudges, both for yourself and others, can lighten your emotional load.
- G. Utilise finger holds: Holding specific fingers while identifying your emotions can help centre and relax you, even in high-pressure situations.

### **13. What should be remembered in the practice of maintaining peace?**

Maintaining inner balance requires ongoing effort and mindfulness. Some of the important points to remember are as follows:

- A. Inner balance needs practice: It's not achieved overnight; consistent effort is crucial.
- B. Stay focused on the now: Concentrating on the present moment enhances your sense of peace.
- C. Create time rather than live by schedules: Allow yourself flexibility to enjoy life.
- D. Prioritise better sleep: Good rest is vital for maintaining emotional and physical health.
- E. Care for your physical health: Taking care of your body supports your emotional well-being.
- F. Let your breath guide you: Practise breathing exercises, visualising your breath as a shape; be it a circle, triangle, or any symbol. Notice it expand as you inhale and exhale.
- G. Recognise the link between mind and body: Your breath is a powerful connection between your mental and physical state.
- H. Regular breath work enhances concentration and calm: Incorporating breathing exercises into your routine can bring peace.
- I. Breath is a precious source of life and energy: It plays a key role in meditation and self-expression.
- J. There is magic in breath: The way you breathe can reveal your true nature and affect your emotional state.

#### **14. What can peace look like? What is finding peace in chaos like?**

Finding peace means experiencing a sense of ease and self-compassion, allowing you to navigate daily worries without becoming overwhelmed. It's about building a connection with yourself and your breath, which can help you regain balance whenever you feel lost.

Finding peace amid chaos involves cultivating clarity and inner balance, regardless of external circumstances. It doesn't mean being free of emotions but rather managing them effectively. Self-awareness and healing from past traumas are essential components of this process. Techniques such as EFT, body-wise programmes, and silencing the inner critic can develop kindness towards yourself and others.

Rebuilding yourself involves setting boundaries and distancing yourself from toxic relationships. Focus on becoming consciously calm, confident, and courageous. Prioritise what is available to you in the present moment.

#### **15. What is the maintenance dose of peace?**

Maintaining peace requires regular attention and effort. Here are some steps to keep in mind:

- A. Invest in your spiritual health daily: Dedicate time to activities that calm and soothe you.
- B. Regularly check in with yourself; Assess your mental state and declutter your thoughts as needed.
- C. Invest in emotional and body work: Self-care is crucial, and seeking help can help in healing.

- D. Cultivate an attitude of friendliness: Approach yourself and others with kindness and compassion.
- E. Consciously seek out joy: Experiment with activities that uplift your spirit.
- F. Be kind to yourself: Acknowledge your limitations and celebrate your achievements.
- G. Silence your inner critic: Regularly challenge negative self-talk to build a more peaceful mindset.

## **ADDITIONAL QUESTIONS:**

### **1. How do you define peace in your life?**

Peace may not always align with its traditional meaning; perhaps I have misunderstood it. Today, I realised that true peace comes from trusting the process, regardless of the uncertainties that life presents. I have two daughters living in different parts of the world, and I can't control what happens to them daily. Instead of worrying or overwhelming them with calls and messages, I choose to trust that the universe has a plan for us. To me, peace means embracing trust without surrendering to fear. It's essential to recognise that peace can mean different things to different people and can change for the same person at various times.

## **2. What are the current challenges affecting your peace?**

I face several challenges, including financial worries, health concerns, and relationship issues. Recently, I was diagnosed with Auditory Processing Disorder (APD), which adds another layer to the complexities of my life and relationships. In moments like these, it's crucial to take one step at a time and centre yourself, moving forward with peace guiding your way.

## **3. What other issues, aside from helplessness, are troubling you, and how does your sense of helplessness relate to your peace?**

In addition to helplessness, I'm grappling with various personal challenges, including relationship dynamics. These issues often create a sense of overwhelm, making it difficult to maintain peace in my life. As I cope with the helplessness I feel about my children's choices, I am also faced with the intricate dynamics of my relationships. Each of these challenges contributes to a sense of instability, reinforcing the idea that personal peace requires continuous effort and self-awareness. Acknowledging these challenges is the first step toward reclaiming my peace and understanding how they interconnect.

## **4. I've been facing health challenges for the past few months, affecting my gut and causing hormonal imbalances due to menopause. With these changes in my body, uncertainty about the future, and feelings of breathlessness and anxiety, how can I find peace amidst this confusion?**

Emotional Freedom Techniques (EFT) Tapping, can be a helpful way to find calm during these challenging times. This technique involves gently tapping

on specific points on your body while concentrating on your feelings and concerns.

You can acknowledge your emotions by saying, “Even though I feel uncertain about my health and experience these fluctuating emotions, I love and accept myself anyway.” This approach allows you to release some of the tension and anxiety you may be carrying.

Many people find that this practice not only helps to reduce stress but also creates a sense of clarity and peace. As you work through your health challenges, EFT Tapping can support you in navigating this journey with a more positive mindset, allowing you to focus on what you can control rather than the uncertainties ahead.