

# Inner Peace For *Conscious Achievers*

6 Powerful Questions to Re-Ignite Momentum  
and Transfer Stuckness in Minutes



*with Mary Allen*

*Mary Allen:*

Let me officially welcome you to today's call, which is all about "Inner Peace for Conscious Achievers." I'm your host, Mary Allen. Many of you already know who I am; but for those of you that don't, my name is Mary Allen, and I'm a Master Certified Coach, also known as America's Inner Peace Coach. I am author of the "The Power of Inner Choice: 12 Weeks to Living a Life YOU Love," and host of "Conversations With The Masters" where I've interviewed different bestselling authors and speakers like Wayne Dyer, Byron Katie, Ken Wilber, Debbie Ford, Caroline Myss, and many others.

I coach entrepreneurs, business owners, transformational leaders, and even a couple of billionaires. I'm particularly focused on supporting "conscious achievers". These are individuals maybe like yourself who are on a path of consciousness. They may have had a profound awakening experience, who value having a sense of inner peace in addition to realizing your goals, realizing your dreams.

Today's call is really specifically designed for you, the conscious achiever. The one thing that I have noticed is that there are some unique challenges that go along with being a conscious achiever. Let me just get right to what that is. First off, virtually every one of us, as a human being, has experienced some sense of sweet inner peace. Maybe it's been a time in nature, time with a loved one, could be when you work out or exercise - you get tapped into that peace. Certainly, we all experience a little bit of that sense of peace right before we doze off and go to bed at night.

What can be really frustrating as a conscious achiever is to have those moments in time when you can randomly remember the times of inner peace, but you can't readily access them. Perhaps you know what I'm talking about, not exactly all that fun. So, what we're going to be focusing on today are **six questions to help you transform inner turmoil** in minutes, regardless of what is going on externally or internally. I say that wholeheartedly.

We're also going to be talking about **how to detangle an "emotional traffic jam."** This is when you're feeling a sense of overwhelm, frustration, anxiety, and we want to get you out of those emotional traffic jams, ideally without damaging anyone or anything in the process - that includes yourself. So, no chucking things across the wall, no breaking glasses, no harming yourself, even if only verbally, right?

We also want to address how you can **create fresh momentum** especially when your batteries are feeling drained, when your creativity is stifled, when procrastination is alive, or any other time that you're feeling just plain stuck. Maybe you're not in the throws of overwhelm or angst, but you're stuck. You want to move forward towards an important goal or project, and you're finding yourself not feeling like you can take action in that moment. We're going to be addressing that.

We're going to address what to do when you're inbox gets overflowing with emails and your to-do's and commitments become way too much to handle. We're also going to address how to handle immobilizing feelings of overload, uncertainty, and irritability without reaching for chemical substances of any kind (legal or otherwise) or even just considering that as an option. I want you to leave, feeling empowered, regardless of anything that gets thrown your way, that the six questions I'm going to empower you with are going to set you up to walk through in a matter of minutes and bringing you out of each of these situations.

There are *two key times* when you're going to want to apply this process. This process that we're about to get into is called the **Inner Peace Reality Check**. I developed this out of my own suffering and my own needs; because I, too, had an experience of profound awakening many years ago (about seven years ago). I knew that place of serene, inner peace, and in many cases, could find myself easily accessing it and stepping into the present moment. Maybe I'd do a list of appreciations to get in the high energy vibration or moving and shaking my body in a different way that could enliven my energy.

I have some really simple strategies that worked quite effectively most of the time. But then, there was a time when I may not have thrown anything, but I sure felt like it. The times when there were so many things going on simultaneously like the phone call that gives you some disappointing news. It's like the straw that breaks the camel's back.

There are so many things going on simultaneously; maybe it's 500 emails in your inbox. Maybe it's that time of the month since I am woman. The hormones are flaring. Maybe I haven't eaten well that day, or I've been dehydrated. And then, I get that one more piece of news, some kind of a disappointment. Maybe it's a client that decides to complete or bad finding out that a friend has been diagnosed with cancer. Maybe somebody that was going to come visit isn't going to be able to come and visit. Something, and then all of these situations together create this "emotional traffic jam."

I found myself in those kinds of situations where I was very, very frustrated not knowing how to get myself back. There were some processes that I've had available to me in the past, maybe Byron Katie's "The Work," four questions and a turnaround. That didn't seem to really work as directly, because it wasn't really necessarily a person I was frustrated against. So, that process didn't seem to work so well. Other tools and resources seemed to fail me.

And so, I ended up creating this Inner Peace Reality Check Process, which is essentially six questions that can guide you out of emotional turmoil in a matter of minutes. And I've also found that it's particularly useful just to create some new fresh momentum.  
**Conscious achievers are always wanting to continue to move towards their goals and**

**into their highest potential; because it's fulfilling, and it's one amazing path for self-expression.** So, I found that these six questions are very powerful for that.

So, if you're listening to this as a recording or on CD, you've probably been given a worksheet that you can follow along with. So, it's not necessary to have that in front of you right now. I'll be naming those questions for you here.

What I'd like you to do, for purposes of today, is that I'd like you to think about something that you would like to transform right now. Maybe you're in an emotional traffic jam right now. Maybe there's an area in your life. Maybe there's an area of business or finances. Maybe it's in the area of relationships or health where you'd like to create some fresh momentum.

Either way, I'd like you think about that right now - what situation you'd like to apply this Inner Peace Reality Check process to. Bring on those questions.

I'll reiterate the **times we want to use the Inner Peace Reality Check process.** **One,** you want to create fresh momentum. **Two,** you're feeling stuck in any way, shape, or form, an emotional traffic jam. Maybe one way to describe it could be feeling a sense of procrastination, any kind of stuck-ness. **Three,** it can also be used as a quick relief. You don't necessarily have to use all six of the questions, but you can still use this as a structure, as a quick relief to have you move forward.

Okay, so drum roll...Let's get right into the Inner Peace Reality Check - the alignment formula. The **Alignment Formula** will allow you to come into alignment mentally, emotionally, physically, and spiritually.

So, here's **question number one, "What's the reality of the situation?"** With this question, we really want to do is distinguish clearly what's going on. We want to imagine intertwining your fingers. Ultimately, what we want to do is we want to separate everything out so that instead of it all being wadded up into a ball, we want to peel it out so that we can look at each one of the individual fingers that are contributing to your particular situation - the stuckness, the frustration, the overwhelm of your particular situation. We want to peel that out. We want to look at what the reality of the situation is.

So, I'll bring two different situations to the table, and we'll walk through how we might apply these questions to these two different situations. As I'm doing so, you may begin to make some notes to yourself about what the reality is of your situation.

One situation that affected me was that I found myself in my office on a Friday afternoon. The reality of the situation was that there were 500 emails in my inbox; that's a fact.

There were about eight projects I had on my to-do list. Part of the reality of the situation was I wanted them all to be done by Monday, and that was a fairly unrealistic situation. It was *that* time of the month, so there was some PMS going on. I was hungry. Another fact of the situation is that I'd already put in a full week. Maybe I'd already put in 60 hours that week, and gotten a piece of news that, "We want you to come back for a second mammogram." So, kind of all that, email overload going on, and all these situations tied in.

So, if I were doing the Inner Peace Reality Check process, I would simply start jotting down some notes. That's one of the most key things about this process. *We don't want to just do this process in your head*, you can do the process in your head for just very quick, simple thing. For the big, major, emotional, inner turmoil situations, we really want to have you *write it down*. Because when we do write down your answers, it has its way of slowing the mind down. It has its way of allowing us to observe our situation more effectively. That's really what we're trying to do. We're wanting to get into a place of awareness and just simply observe, "What's going on here? What's the reality of the situation?"

**Physically.** *"What are the facts? What's the physical reality without any story, without any meaning, or without any interpretation, just the objective facts?"* So, an objective fact, 500 emails to respond to, eight projects, PMS, number of hours already worked, operating on four hours of sleep, being invited back for a second look on the mammogram, that's a fact.

**Emotionally.** You can look at the next question: we might name this in the reality of the situation, but understand that as we get into *"What's the emotional reality of the situation?"* I might name some of the emotions that I'm feeling. I'm feeling frustrated. I'm feeling overwhelmed. I'm feeling defeated, perhaps. When I start getting into that, it's a little less objective in terms of reality; but it is part of reality so we name it as emotion.

**Mentally.** We might start looking at, *"What's the reality of the situation mentally? What am I believing right now? What am I focusing on?"* So, mentally, in that situation, it could be, "I'm imagining or believing that I need to respond to all of these emails right away. If I don't, people are going to be disappointed at me. Then, they're not going to like me, and they're going to stop doing business with me. Then, I'm going to be broke, and life is going to be over as I know it." That's where, mentally, I start going down the story path.

We might mean what we believe, but we also want to be really clear, *"What's the objective reality?"* So, anything where it's not a fact in reality is something we want to stay away from.

Let me give another reality of the situation. In New York City last weekend, we flew out on Thursday on a red-eye arriving Friday morning. We took the bus into the city, and as we were waiting for the bus, it looked like it was going to be another 20 minutes. It was warm, and we looked on our iPhones that the hotel was about a mile away. I was like, "Okay, well, that's not too far. Why don't we just walk?" My husband was like, "Oh, I love some exercise."

We started walking, and all of a sudden, both of us started feeling a little bit of stress and frustration. Maybe it was my husband that might have been a little bit of angry and pissed off because he was carrying a very heavy bag. "What's the reality of the situation?" He was carrying a heavy bag with a shoulder strap that didn't have very good padding, so even with his shirt padded underneath, he said it was very painful.

Other reality of the situation was that he was soft of dragging the sound equipment and his computer. I had a big suitcase, and then also was carrying a bag that had my laptop. | So that was also pretty heavy. It was warm and muggy, and about 9 A.M. so there was plenty of traffic there in New York City. The reality of the situation is this bag started feeling heavier and heavier the more and more that we walked. We weren't a hundred percent certain where we were going.

So, the other reality of the situation is that we hadn't eaten food in quite a while, so that was adding to the situation. Another reality of my situation is that I was witnessing a husband who was a little bit annoyed and irritable. I like my husband to be more, you know, happy, grounded, focused, and connected, right?

So, that's the reality of the situation. So, there are two different scenarios. Hopefully, as we talk here, you can be jotting down a few notes about, "*What's the reality of your situation?*"

Then, we go to the second question. This is where we want to bring out our metaphorical magnifying glass. We want to ask the **question number two**—"What am I resisting?" So this is where it may not seem super obvious that you're resisting anything. It's like, "I'm just feeling frustrated and da, da, da."

Here's the deal—if you are feeling any kind of stress, frustration, any kind of emotion that is not peaceful, then there's some level of resistance going on. We want to get curious about what that is.

If we come back to my email overload situation, I might look at, "What am I resisting?" I'm resisting the idea of disappointing others. I get attached to an idea that if I don't respond to these emails by the end of the day, then I'm going to disappoint others. It's

actually a story that I'm resisting, but it is what I'm resisting. We resist stories all the time; things that are made up.

I could be resisting letting some work go. I have eight projects – seven projects to work on resisting and letting go of the idea of getting one of them done in a certain time period. I probably at that time was resisting self-care. I was resisting picking myself up from the desk, getting myself some water and some nourishment, or even just laying down and being kind to myself. Resisting taking a hot bath.

I could've been resisting my own sense of neediness. Sometimes when we females get hormonal, we get a little more needy. When that feeling arises, sometimes we resist that neediness. Instead of allowing ourselves to get the support we need and to be nurtured, we just resist it. So, then we create more frustration. We're stressed—not so good. We might also be resisting letting someone down. Certainly, in that situation, some of my commitments and projects involved other people whether it was my team members waiting on something from me or even getting something back to a client. So we might resist letting someone down.

We go over to the situation with New York, “What are we resisting?” Well, I could tell you, for one, I was resisting the heat. We can think of when we're in a place where we're feeling warm, sometimes if we can remember a time when we were really, really cold, feeling the heat actually feels really good, right? But when we're in the heat, we begin to resist it. We're focusing our attention on resisting that heat, all we're doing is creating stress for ourselves. I'm sure we've resisted at least one bump or two on New York City's sidewalks. Maybe resisting a sense of uncertainty, "Ah, how much longer? How long is this block? Are we going the right direction?"

I don't believe we actually had the address of the hotel. We knew one of the hotels, but not the other one. Resisting some uncertainty there; maybe resisting receiving support. But there can be other things. There are things like worry. Worry is resisting a future that hasn't happened yet. So, I might be anticipating my worst-case scenario; and as I resist that worst-case scenario, of course, it hasn't happened. I'm noticing that I am resisting a story, not reality. It's a great way to build stress and angst inside of our bodies. So, I can imagine the worst-case scenario.

Anyone that has children knows this one well. Anticipating worst-case scenario, "Oh, my child's starts driving. They're in a car accident. They haven't come home yet. Something's happened to them." You begin thinking worst-case scenario. Your body begins to tense up. You end up completely consumed by a future. And then, what happens? You know, Johnny or little Susie comes walking in with a smile on their face, totally fine. Yet, you've wasted all this time and energy and suffering on a future that hasn't happened. So, that's another way to resist – we can resist an alternative. Sometimes we get real set in a

certain path happening, and we resist the alternative. Sometimes, we resist certain feelings popping up.

I would say that frustration and overwhelm are generally emotions that people don't really want to feel into. But in a few steps, we'll notice that that might be something we want to reconsider. Maybe we do actually want to feel into our overwhelm or whatever feelings - anger, whatever feeling is arising. We can resist "what is," of course that's a big catch-all. We can resist the past, that's called regret. We can often resist our own worthiness, resist our own sense of abundance. It particularly happens when we're in a financial situation, maybe we're sitting down, and we're paying our bills and so forth. Often, the scenario I hear is that it's the downward spiral.

Taking this situation and assuming it's only going to get worse, right? In a way, we resist our own abundance, our own worthiness instead of saying, "Okay universe, let me open myself up. We need some more cash flow here." So really, let's open ourselves up to receiving. Let's know that I'm totally 100% completely taken care of shifting that energy vibration.

Other forms of resistance—we can resist disorder. Sometimes, we can resist solitude, that time alone. This can happen while maybe a husband or spouse is away; or maybe you're single and you're finding yourself in a situation where you're really, really resisting the aloneness.

Again, all we're wanting to do here is observe. We're not going to want to judge the resistance. We're just wanting to name it; because in the naming of it, it gives us more power to be able to move through it. And most of us, when we're in any kind of a not-so-good-feeling place where we're emotionally in a traffic jam, we're not aware of what we're resisting.

What other ones have we not named? Resisting imperfection, resisting not being in control—that can be a big one for many of us. Resisting a particular deadline, maybe resisting your self and some strengths that you have. Maybe you're resisting taking a particular action or making a tough choice or decision. Maybe you're resisting some aspects of the truth. Maybe you're resisting the idea of failing in the future. Again, that would come back to kind of resisting a future that hasn't happened yet. It could be that there is a disappointment that occurred; and believe me, I've taken on so many things this year. I could certainly say that many things were failures this year. And I could also look at each failure, if I don't resist it, as it's a really great learning opportunity.

But, you know, we could definitely resist failure or a potential to fail. We can resist loss. We can also resist other people and their humanity. That gives you lots of ideas of what you can potentially resist. So, that's question number two—"What am I resisting?"

Question number one, “What's the reality of the situation?” Question number two, “What am I resisting?”

So, let's move on to question number three. **Question number three is, “What if I continue resisting?”** I will you, of all the questions, I find this question the most annoying when I'm in the middle of trying to detangle myself. When I'm in the middle of all of this inner turmoil (we'll call it that just to give it a name), I like to refer to these six questions as "the six annoying questions". Certainly, question number three is the most annoying in my book. And that question is, “What if I continue resisting?”

So, here, with this question, we want to look at the potential cost to you if you continue resisting. **How would you feel? How you'll be affected? How will this impact others?** Almost across the board, we can say that when we are in a place of resistance, inner turmoil, suffering of any kind - number one, right off the bat, we can add to the list: we're aging ourselves, and we're impacting our health.

It is absolutely a proven fact that as little as five minutes of intense stress lowers your immune system for the next six hours. Kind of a sad, but a true fact. This makes us more susceptible to disease; it makes us more prone to picking up a cold or an ailment. It makes it more difficult for a body to heal an injury of some kind. It also raises our cortisol levels which makes it difficult to lose weight. It can also interfere with fertility. Very often when we're in a big place of resistance, allowing creativity, productivity, accessing your intuitions—all of those things become much more difficult. So, not a fun question to step into—“What if I continue resisting?” Take inventory of all of the bad consequences. Here's what we're doing—we're creating a little leverage for making a shift from here. That's really what the purpose of this question is.

So, let's take and apply this question. We'll take it back to your own situation. Hopefully, you've discovered some points of resistance for yourself, in your particular situation. But let's ask, “What if you keep resisting?” Write down some of those answers for yourself.

Now, for my email overload situation, if I keep resisting, I'm going to be unproductive and end up wasting the time that I do have. Certainly, the quality of my responses in email aren't going to be nearly as connected if I'm in a place of resistance, right? So, that's not good.

If I keep resisting, I'm probably not going to be very inspired to take care of myself. So, that's not good. If I'm not tending to my own hunger that could mean that I'll consume twice as many calories the next time, because I'll be famished. So, that's a situation for email overload situation.

Let's take it back to New York City. What if we keep resisting? I'll just take *my* situation. I'll leave my husband out of it. If I were to have kept resisting the situation in New York, I could've been annoyed the rest of the day. So, it would have impacted how I was communicating with John, my husband. I'm just getting ready to lead an Awakening Beyond Achievement event, and it could very well affect my ability to impact at that event. If I keep resisting, it's just going to be a miserable. My back's going to feel heavier. I'm probably going to sweat twice as much. It's going to be quite annoying.

Okay. So, there we go. Here's the key with question number three, "What if I continue resisting?" I want to really associate and emotionally connect into those feelings. The feelings of being unproductive, the feelings of the impact on our relationship. How do I feel when I communicate to my husband in a way that's cranky or bitchy in any way? I want to be feeling into the damage that I'm doing to my body or the lack of productivity and how much work there'll be to do later, because I'm not getting anything done now.

I want to fully associate to that. Here's the truth. You want to write this down. If you can't feel it, you can't heal it. That simply means that if we're not willing to go into a feeling of overwhelm or a feeling of frustration or feeling the sense of disappointment, we can't ultimately transcend it and move through it.

This is really particularly true with grace. If we're not really willing to feel the depth of our grace, whether we've lost a loved one, whether we transitioned out of our relationship, or any other losses we've had, if we're not willing to feel the depth of the pain, it's going to run us until we do. This is why some people stay stuck in a grieving for a spouse for years. I've seen people in situations even longer than 10 years, and it's not because they're feeling grief, it's because they're not feeling it fully. They're feeling maybe 90% of it, but it's that last 10%, or that last 1% that really gives us the freedom.

If anger is alive for me, one of the quickest ways through it is to get it expressed. Get into it fully. It actually is more transformative than just trying to brush them to the carpet. Okay, so that's question number three, "What if I continue resisting?" So, I hope you've felt into your answers fully.

So let's go on to question number four. This question feels a lot better, especially in contrast to question number three. **Question number four is, "What can I appreciate?"** What can I appreciate? Given your current situation, exactly as it is right here and right now, what can you appreciate about this situation? What could be the gift, the opportunity, or the benefit of this situation as it is, all tangled up and everything? What could be the gift of these immobilizing feelings of overwhelm or uncertainty.

I know for a fact that if you're really in it, that often times the very first thought that comes out is, "Well, nothing! I don't appreciate anything about the situation. This is a

ridiculous question. Who is this Life Coach Mary person, who thinks this is a good question?" Now, I understand that might be one of the responses, but you can always come back with the question. If you could appreciate something about the situation, what would it be? Just be a little bit more patient with yourself.

Let's go back to email overload. Well, I could appreciate that I'm in demand, that there are an abundance of opportunities available to me. I could appreciate that my body's giving me signals to slow down and take a break. I could appreciate all the work that I've accomplished up into this point in time. I might appreciate that this is an opportunity for me to learn how to navigate through an emotional traffic jam so I could inspire other people. What could I appreciate about getting a phone call to come back for a second mammogram? Well, I could appreciate that they caught something that maybe could end up saving my life.

Okay. So now, I can begin to look for what I can appreciate about the situation. Maybe your child is sick; maybe there's a little frustration that, "I have plans all week and this is going to interrupt my work flow, my work schedule." But, what could you appreciate about the situation? "You know, this is an opportunity for me to really connect with my child and have them feel the love and the nurturing that is alive for me all the time but doesn't always get expressed."

So we can also go back to New York City, we're walking a mile with four heavy bags, nine o'clock, during rush hour, and it's rush hour on the sidewalks as much as it is on the streets, of course. What can I appreciate about the situation? I will say I actually did apply these questions as I was walking. This is one situation that I actually didn't write down my answers for obvious reasons. But what can I appreciate about the situation? I can appreciate really how people in New York City can feel a sense of stress and overwhelm. For me as a Californian when I came and visited New York, it was always a tourist-type thing. So, it was exciting and fun. It was like Disneyland. I really didn't have the experience of stress in New York City. So, it actually made it hard for me to really relate to people that have that stress and weight from living in New York City.

You know, I now have a real sense of compassion. I understand what it must be like to do this and not just on a one-time basis but on an ongoing basis. I also recognized how important sleep is to my sense of inner peace. We've been on the red-eye and maybe got an hour and a half of sleep on the first leg, because I was doing some work on the plane. Then, maybe I got two hours on the second leg. In total, that was even at best, maybe four hours of not really perfect sleep. You're sleeping upright and cramped; I could just feel my body just screaming for sleep. I get how important sleep is to my sense of inner peace.

What else could I appreciate about the situation? What else? “Nothing else.” Okay. That might be this situation where you run across a couple of answers; then, okay, maybe that's it. It doesn't have to be a huge list. But for you right now, really step into, “What can you appreciate about your situation?” I know in asking clients this question, sometimes, I need to sit there and hold a space for them to find really what the gifts are. I will say there was one more gift in the situation with New York. In retrospect, we walked by a place called Bryant Park. Because I was noticing what was around me and paying attention to surroundings, I later went to meet a girlfriend, and I actually had a feeling for where that was. I probably would have been clueless had we not had that experience of walking through that area. So, there we go. Question number four, what can I appreciate about the situation?

So, then we go to **question number five**, and this is a question of abundance, “**What are my options?**” That's the question—what are my options? One thing to get here is that options are neutral. They're just options. As we're exploring this question, we want to write down as many possible answers as we can. Some of these options are going to be really amazing options. Some of them might be ridiculous. I encourage people just to do a complete brain dump so that we can really explore options.

So, let's go back to email overload situation. What are my options? I could delete all of my emails. I could just hit the delete button. I actually know people that teach email overwhelm, and one of their strategies is actually to hit delete on everything. So, okay, it's an option. Other option is that this really could be the time to develop a system or strategy around managing email in a more effective way. I could reach out to friends and find out how other people that are dealing with large quantities of email handle it and see what they do. Another option is that I could say no to needing to response to all these emails now. I could just start handling things one at a time, right?

What are my options – I could actually name my very next action step. So this is particularly useful if you're applying this to some kind of an overwhelm situation. What are my options? Well, I could reach out to so and so. I could sit down and write this email. I could go to the gym and workout. I could get myself a meal. I could make this particular phone call. What are my options? Maybe another option is that I take an inner peace timeout. I lay down on the bed, close my eyes, maybe I do a meditation. Get myself unplugged for a few minutes.

So there are a variety of options. Here I am in New York City. What are my options? Well, we could keep walking and just appreciate the exercise. There's something else that we could appreciate about the situation. Another option is that we could just call a cab at this point.

Another option that's always available is that we could continue resisting. This is a good one to explore. We can continue resisting and fighting against. Just recognizing that that's one of the options is going to be very useful, because it's going to bring you to a place of choice.

This is that resisting is bad. There might be some situations where you want to resist. Another thing to get is that you can do nothing. These are situations. Maybe it's just about stopping and waiting until there's some divine guidance about what to do next. Just stopping and doing nothing.

So, what are my options? This is a good time to go ahead and write down what some options may be for your particular situation.

Ideally, with this question, we're ultimately looking at "What would it look like to align with the situation?" So, we might consider that. You know, what's an option that would help me align with the situation?

In the case of New York City, we might have stopped and called a cab sooner, right? But the reality is that we are also resisting. Let's go back to another piece of resistance, resisting having to pay maybe tons of money to just go a mile when we felt like we were physically capable of getting there. We didn't actually know how expensive a cab was so resisting a price tag that we didn't even know. All right, so that is another point of resistance.

So, here's another way to use the "what are my options" question. If we find ourselves in a situation where we can real quickly recognize the reality of the situation and let go of resistance as soon as we name the reality. We might go right to the options question.

For example, I'm thinking of a time that I ran out of gas. Not a particularly fun situation, but I had run out of gas, sitting in the mall. I felt that initial moment of, "Oh, you know, darn it. I can't believe this is happening," and a little bit of that initial moment of resistance, which caught my attention as all resistance should catch your attention.

So, ask yourself the question, "So, what's the reality of the situation?" Out of gas. Other reality, cars need gas to run. Here I am at the mall, many miles from my home. As soon as I sat there and let go and even just in the recognizing of the reality, all the resistance sort of melted away, right away.

So I went right to, "Well, what are my options?" I can call my husband John and create a little drama. I could tell him what's going on and try to get some empathy, which he probably won't really dish out. And, of course, he's miles away. What's he going to be able to do, anyway?

Another option, I could get out of the car, and I could go see where the closest gas station is. In that particular situation, that's exactly what I did. I got out of the car. It was a nice warm, balmy Santa Ana winds afternoon in Southern California. So, it was really pleasant. I hadn't worked out that day. So, here I am walking to the gas station. I recognized one immediately, which was really, I mean, maybe a block or two away. It was just across the long parking lot.

And here I am stepping into appreciation, "Wow, I'm getting some exercise in for the day. I'm just being really present with everything going on around me. I don't spend time usually in this part of town very often." So, just as appreciating the hustle-bustle and getting to see how other people experience life and just experiencing this moment.

This was what was available to me, just going from what's the reality of the situation, "Oh, out of gas, " to "What are my options? Well, let's go get some gas from the nearest place." As it turns out as I came walking back with my gas in hand, because I was in such a peaceful place of alignment, of course, there was a nice guy from Texas in a car right next to me who then offered to help. I didn't even have to figure out how to put the gas in my own car. I had this great guy help me out, a great conversation and off we go. So, that's question number five, and another way that we can use the Inner Peace Reality Check process.

So, let's go to **question number six—"What will I consciously choose?"** This is a coaching question, and it's an action question. It's not good enough just to brainstorm your list of options. We really want to look, but we want to look at all of our options and actually make a choice.

That choice might be to do nothing. That choice might be to continue to resist. Remember, options are neutral. We might choose something that came out of our result of brainstorming, right? What will I consciously choose?

So, as it turns out, it was the email situation, what I consciously chose. I didn't delete all my emails, but I did choose to reach out to a colleague, and learned about how she was using filters and folders in her email system to really manage the large quantity of email. As a result, I ended up creating a whole hierarchy system of filing my email, and setting up some automatic filters. A lot of newsletters that I don't read real-time but that I definitely want access to them when I'm ready to look for a particular type of idea, I ended up going through and creating all kinds of filters.

If you have a Mac, they're called "rules". If you go under preferences, there's a little button that says "rules" and you basically can tag an email that if it comes in then it goes

to a certain file. So if you have a Mac, it's "rules". If you have a PC, it'll be probably "filters" and "folders".

That's what I ended up doing around email, but that moment ended up really being the catalyst and the turnaround for me managing email in a whole new way. And that's just going to dissolve quite a bit over time.

I, probably, also made the choice. Usually, in those situations, I also make the conscious choice to do something kind for myself. So, I will go and get some water, feed myself, take an inner peace time-out. Sometimes, in those situations, it is about just picking a choice, or maybe there's three different choices that I want to make, and maybe I'll let divine guidance pick it. That simply means I'll step back and see what I felt drawn to do. Even without making the conscious choice, by surrendering to divine guidance, I've actually allowed myself to go into action.

Back in New York City, let's take that scenario. What will I consciously choose? Well, we consciously chose to muscle our way through and make it to the Doubletree Suites in Time Square. Then, we ended up choosing from there that we were done with our walk. We actually paid the \$10 to go two and half blocks in a cab.

It's kind of funny now that we know how much further it was; but actually in retrospect, I'm really glad we did because my husband was immediately happier. We got really clear about exactly where we were going. And you know what? It was a happy \$10 expense.

As in the case with both of them, I consciously chose to make them both a story to use as examples for the Inner Peace Reality Check process.

So, those are the six questions. I'll just run through them one more time so they can begin to get anchored into your own psyche.

**So, question number one, what's the reality of the situation? Number two, what am I resisting? Question number three, what if I continue resisting? Remember, here is where we want to really feel into our answers fully. Number four, what can I appreciate about the situation? Number five, what are my options? Number six, what will I consciously choose?**

So, those are the six questions to help you transform inner turmoil in a matter of minutes. As we've gone through this process, I'm confident you'll come up with, maybe, a few more options than you originally were thinking about before. And, perhaps, you're feeling lighter and freer as a result of that.

At this time, we've got some live listeners here on our call and on their webcast so, hello to them. I'm going to just check here in the Q&A and see if there're any questions. Okay, beautiful.

So, here's a question—**“What is the reality of the situation if I'm frustrated with judgment of senior management who's coming from ego?”**

Okay, beautiful. Love that, love that, love that. So, what's the reality of the situation? You're frustrated. So, first off, I would get a little bit more specific about what the reality of the situation is. What is senior management doing specifically that you're frustrated with? Are they not acknowledging you? Is it a rule that they've put in place? What is it specifically that they're doing? Is it their personality? You're saying they're coming from ego, so are we frustrated because they're in a place of ego?

That's the first thing I would do, is look at that situation. If you're listening via webcast, either you can respond and give me a little bit more information about what specifically is frustrating you about them, or let me know if you're on a live line, and I'll un-mute your line. I'm going to assume right now that just the frustration is that they're egotistical.

I mean, let's face it. Sometimes, we can all find it annoying when people are being arrogant and full of themselves in coming from a place of ego and control. So, let me just give you some ideas on that.

What am I resisting? Their ego, their egoic arrogance? What if you continue resisting? Well, if we continue resisting somebody that's going to be who they are, this is just part of who senior management is. They come from ego. It's what they do. Just as a dog barks or cat meows, sometimes, senior management comes from ego.

If we were to continue resisting that, we might have found that it's going to have an impact to your health, to your own inner sufferings, right?

What can we appreciate about the situation? It's an opportunity to find a place of peace even in the face of arrogance. So what are my options? So, if somebody is being arrogant, what are our options in the face of that? We can just treat them with kindness. We can just simply accept them for who they are and for who they aren't.

So, instead of being attached to this idea of them living into the fantasy of who we want senior managements to be, we just simply accept that, "Oh, here're senior management doing their ego thing." What are my options? Maybe we need to ask for some support, or a question. Is there somebody else that you could go to that could help coach this person to respond in a different way?

If it were me, this is a great opportunity to really practice accepting what is - any kind of personality. Accept what is instead of trying to change ego. It's just easier to, "Oh, there they are."

Think of it this way. If somebody's arrogant and coming from ego, dominating and controlling, does it really have anything to do with my sense of inner peace? Actually, the answer is no. I really has to do with their inner environment.

If I simply observe it, I'll tell you what, observing egoic behavior can be quite amusing when we just recognize it for what it is, instead of wishing that it should be something else. It's a great question. Thank you for that.

So, you've just heard the Inner Peace Reality Check process, six questions that you can ask to transform inner turmoil at any moment to create fresh momentum any time you need it, and to address immobilizing feelings of overload, uncertainty, or irritability. Anytime you want to shift from an icky, sticky, uncomfortable, not-feeling-so-good emotional state to a place of inner peace, remember to pull out these six questions and put them to use.

**There's only one thing that you really need to put these questions into play, and that is a sense of willingness.** When I'm in the most stuck places, sometimes, I even don't feel so willing at times, but I'm always grateful that when I allow myself to shift into a place of willingness. Walk yourself through these six questions, ideally writing down your answers, you're going to find that there's no situation that you cannot create new fresh momentum, and a transformation on the inside by just looking at these questions—100% guaranteed to work.

So that's it for our call today. You're welcome to access more information from [www.lifecoachmary.com](http://www.lifecoachmary.com), and I look forward to playing with you in the future.