

### 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, just be present to the physical sensation of the feeling in your body.

### Step 3: Be Unconditionally Accepting

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. And if possible, send that feeling love.

### 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).

### Step 5: Let it Breathe

As you give the feeling attention, 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. The fuel needs oxygen to burn, but once it's burned out it's over. Your attention is the oxygen and the feeling is the fuel. We never know how much fuel is in there. That's why we never know how long the Peace Process will take. Sometimes seconds. Sometimes minutes. And on very rare occasions, you might need several hours (or separate focused sessions).

### 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 in an unconditionally loving way. And eventually you'll be at Peace. Again, this will usually happen in 5-10 minutes – sometimes faster, sometimes a bit longer.

### Step 7: Permanent Peace

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

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

However, in most cases you're now FREE of the FEAR or angst that was keeping you from being at your best.

THIS is the place that you want to make decisions from. This is the place that you want to take action from. This is where you can achieve your highest potential. This is how you have permanent peace around a situation that may have totally owned you in the past.

The Peace Process is a very powerful and valuable way to transform your entire life into something quite magical and to reclaim your greatest self.

To get even more great tools like this, go to [christianmickelsen.com](http://christianmickelsen.com).