



## A Queen's Peace Process: 11 Steps To Surrender

1. **BREATH:** Practice the breath of a mother's unconditional love.
2. **TRIGGER:** Think of the trigger; an event, topic, word, story, etc.
3. **DISCOVER:** Find the place of discomfort in the body- if it shows up in two places, identify the most intense area.
4. **IDENTIFY:** Name the bodily feeling. (ie. Tight, warm, tingling, pain, etc.)
5. **RATE:** Number the intensity of the sensation from 1-10 (1 being extremely low, 10 being extremely high).
6. **FOCUS:** Breathe into the center of the most intense area of sensation without trying to change it or judge it.
7. **EXPLORE:** Explore the sensation- size, shape, texture, color.
8. **SPACE:** Let "it" breathe, give it space, and see if you can just be with it.
9. **RE-EVALUATE:** Keep checking in to notice any changes in intensity, quality, size, etc. (If another area of the body begins to speak more loudly, then bring your breath and exploration into that area).
10. **COMPLETE:** When you feel complete, thank your body. Choose your favorite flower, and place it in the location of the original distress.
11. **CONTINUE:** Continue this practice until the uncomfortable sensations can no longer be found or triggered by a thought. This might occur in one session or several over a period of weeks or months. The healing and integration are not dependent on the intensity or duration of the original trigger.

*Inspired by Christian Michelson's work*