

Dream Big & Bloom Episode #11: Restoring Peace and Healing Relationships in Troubling Times

Transcript

Hi, I'm Mardi Lynn, certified DreamBuilder Coach and owner of Dream Big & Bloom Coaching. I teach women over 60 like me, how to Dream Big and Bloom that means to envision what you **really** want out of life -- to follow your heart's desires and to not settle for just good enough. My 12 Week DreamBuilder Program is a proven, reliable system for creating whatever you desire and I love showing others how to use it. You can get more details about the program at my website DreamBigAndBloom.com

Although I specialize in helping women over 60 who want more fulfillment, financial freedom and fun during their retirement years, my program works for everyone. Everyone is welcome here and everyone can benefit from listening to this podcast and doing the practices.

My intention is to inspire you to go for what makes your heart sing and create a life you absolutely love.

It's especially important right now for you to know that you can achieve your dreams and live with peace and joy, no matter what the external circumstances.

Too many people think that they are the victim of circumstances and I want you to know that doesn't have to be the case. You just have to be open to a new way of thinking and be willing to grow.

To learn more about my DreamBuilder Coaching Program, listen to all my podcast episodes, read transcripts, post comments and questions and schedule a complementary discovery session, go to dreambigandbloom.com.

In today's podcast I'm going to show you 5 principles and practices that will empower you to restore your sense of peace after the rancorous US election...or in any situation where you are frustrated and agitated by circumstances or people that seem beyond your control.

In fact, these DreamBuilder practices can be used by everyone, everywhere...whenever you are upset with people or situations in your life.

Many of us in the United States have had our relationships with friends and family severely strained due to differences in opinion about government policies and who should be in charge. And I'm sure that people outside of the US face similar challenges

at times... so there is value here for everyone who is seeking peace of mind and more harmonious relationships.

So how are you doing? Are you feeling anxious about your future? Are there breaches in your treasured relationships because of differences of opinion on government policy?

I want you to know that there is an alternative to remaining disappointed, worried and bitter. There is a way to make peace with the results and successfully maintain your relationships with family members and friends.

#1. You are not powerless or a victim

The first thing you need to know is that you are not powerless and you are not a victim. Sometimes it feels that way, especially when it comes to the effect on our lives of large organizations and bureaucracy. However, when you think about it in the way I'm going to show you, you will realize that you have more control than you realize.

When people believe that circumstances and other people determine the results in their lives, they invest a lot of energy in trying to manipulate people and outside circumstances to give them what they want. OR they may feel completely overwhelmed and just give up entirely...act like a victim, remain unhappy and unfulfilled.

Well, I have good news for you! You don't need other people or the government to give you permission... or support you... in order for you to live your best life and make a difference in the world.

You have all the power and resources you need inside you. All you need is a vision...a clear blueprint for what you would love, and the faith and confidence to take action steps in that direction every day.

And **when you know how to connect with your higher self, you will be supported in seemingly miraculous ways.** I say seemingly miraculous because it's not really a miracle, it's the law of attraction in action. A better word might be awe-inspiring.

As Henry David Thoreau said after conducting his experiment at Walden Pond, "I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

You are not powerless and nothing can prevent you from living your dreams. There's a power and wisdom inside you greater than any circumstance, situation or condition.

Listen to “that still small voice” and you will receive creative ideas. You will experience synchronicities. Allow yourself to think “outside the box” to be open to new ideas and new ways of doing things.

Monitor your thoughts and be sure that you aren’t stuck in your old patterns of thinking.

When you are functioning from this position of power... when you know the truth about yourself, you will not feel threatened by other people and their actions. You will be able to forgive them and focus on living your best life.

#2. Forgiveness

And that brings us to Principle #2: Forgiveness

Forgiveness doesn’t mean that you agree...it means that you choose to release yourself from the mental anguish or resisting what is.

You realize that holding on to resentment is like drinking poison and expecting the other person to die. Or as Gandhi said, “throwing a hot coal and expecting the other person to get burned.”

You can choose to see people you don’t agree with with compassion or even pity.

You will be able to accept that everyone is doing the best they know how. If they knew better, they would do better.

Remember you haven’t “walked in their shoes.”

And ultimately, we all want the same things...to have loving relationships, peace and prosperity. We just have different ideas of how to achieve that.

#3. You Can Restore Your Relationships with Family and Friends

There have been breaches in family relationships and friendships during the political campaign.

One of my very successful clients said recently, “it could get ugly unless we have an understanding that family comes first. And that’s so true. It’s a matter of taking charge...of being proactive...of coming to an understanding.

I was so impressed with her wisdom when she said that she and her husband were going to have a conversation with their grown children before the election and discuss the fact that half the country and half of their family is going to be unhappy about the results no matter which way it goes... and it could get ugly and be really tough unless we

choose to remember that we are family... and family comes first... no matter what. We need to remember that we'll always love each other and we'll always take care of each other. Everyone's entitled to go to the poles. Let's just agree to disagree."

This is the key to preserving your relationships -- to recognize that everyone's entitled to have an opinion...to live their lives the way they see fit, and then just agree to disagree.

Forgiveness is largely a matter of agreeing to disagree.

Forgiveness is largely a matter of agreeing to disagree. You release someone from the agenda you have for them. You allow them to be who they are and live their lives their way. And then, direct your focus to YOUR OWN LIFE and to doing what you can do to make a difference.

Forgiveness is a matter of releasing. When you release others, from the grip of your expectations and attempts at control, you free yourself. You free up your energy for more productive activities.

How to Negotiate the Holidays with Difficult People

This practice will serve you well during the holidays too. That's another common circumstance that can be challenging.

You can simply choose to not discuss controversial topics. Allow people to be themselves and don't let their behavior bother you.

If you choose to discuss controversial subjects, assume an attitude of curiosity. Be sincerely open to new ideas and be prepared to shift your perspective. Even if you agree to disagree, you will have a better understanding of why they believe the things they do.

The bottom line is that you can choose to be bothered and upset or not. If you want to have fulfilling relationships then choose to forgive...to release and let go.

Remember the serenity prayer? "God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."

#4. Follow The Example Of People Who Have Been Successful

In addition to understanding these principles and practices, it helps to know that others have experienced success while using them.

One of the most inspiring examples of faith, empowerment, forgiveness and compassion is Holocaust Survivor, Dr. Edith Edgar. I'm currently reading her memoir, *The Choice, Embrace the Possible*. <https://dreditheger.com/the-choice/>

Dr. Edie, as she is fondly called, was a teenager in 1944 when she experienced one of the worst abuses the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the notorious death camp. Her parents were sent to the gas chambers, but Edie's faith kept her and her sister alive.

Dr. Edie is a respected clinical psychologist in San Diego, and now in her 90's, she has written two books, *The Choice: Embrace the Possible* and *The Gift: 12 Lessons to Save Your Life*. Her books have profound insights and amazing stories of survival and healing that will motivate and inspire you.

She is truly the master of healing, forgiveness, and living your best life in spite of challenging situations, circumstances and conditions. I'll put links to her books on the blog page for this episode.

So...are you ready to forgive and release and move forward in your life with joy and peace?

#5. Managing Your Mind

There may be a part of your mind that's going to resist these ideas. You may be hearing messages from it right now.

And that brings us to Principle #5 Managing Your Mind

There is a primitive part of your brain that is designed to protect you from potential hazards...like getting eaten by a saber tooth tiger. It's constantly looking for potential danger and grabbing your attention.

It doesn't know your power...it isn't using logic... and it can scare you with vivid visions of catastrophe.

So you need to monitor your thinking and don't let fear get into the driver's seat. Engage your rational mind to focus on your vision, hear that still small voice and take action.

The good news is...you don't need to worry about overcoming Fear. Fear will always be a companion on your life's journey, but you and your Higher Power are in the driver's seat.

What you resist, persists, so don't resist fear, just acknowledge it's good intentions and substitute a better feeling thought.

You might just say "thank you for sharing but I've got this" and then focus your attention on what brings you peace. Put your attention on your vision for the amazing life you are creating and take an action step.

Your feelings of peace and joy are your guidance system...the breadcrumbs on the path. So choose a better feeling thought, focus on your vision of the life you would love, and keep taking baby steps every day.

Conclusion

So to recap...here's how to maintain your peace of mind and have loving relationships in spite of external conditions.

#1 Remember that you are not powerless or a victim...there is a power within you greater than any circumstance, situation or condition.

#2 Choose to see others with compassion or even pity rather than tying up your energy trying to control them.

#3 Manage Fear by acknowledging it and then taking action on your vision for the life you would love.

#4 Follow the example of people who have accomplished what you desire and are living lives of freedom and fulfillment like Dr. Edie.

And...a bonus tip...Invest in mentoring and support. It takes time and practice to establish these DreamBuilder principles and practices as your natural mode of living. I've been at it for about 40 years.

And there are many negative influences in society that can distract you.

You will accelerate your results and have a lot less struggle when you join a group of like minded people and get mentoring and coaching from me. I wish I had had the DreamBulder Program and coaching earlier in my life! And that's why I'm so passionate about sharing it with you.

If you're ready to invest in yourself, to achieve your dreams and inspire others by your example, please...schedule a complementary strategy session to find out more about how I might help you. I'll put the link to my calendar on the blog page for this episode. Go to dreambigandbloomblog.com

Conclusion

Have you found this helpful? Do you have questions? I hope you will head on over to my blog at dreambigandbloomblog.com and post your comments and questions there.

And, if you'd like to be a guest on this podcast and have me answer your questions and coach you personally, click the link in the show notes that says be a guest on the podcast.

Thanks so much for listening.

Here's to living a life you absolutely love!

Bye for now!

