



Candace Pedicord, MS, coaches from the heart. As an interfaith minister, hypnotherapist and trauma therapist, her blending of spirituality, psychology and energy work creates a safe and vibrant space to heal lifelong issues of loss, neglect and abandonment. She is a Master Grief Coach and past life regressionist and enjoys using elements of EFT, EMDR and visualization in her work.

By Candace Pedicord

"The mind's natural condition is peace. Then a thought enters, you believe it, and the peace seems to disappear...Peace is who you are without a story, until the next stressful story appears. When there is no story, no past or future, nothing to worry about, nothing to do, nowhere to go, no one to be, it's all good." Byron Katie, A Thousand Names for Joy

We are, by our nature, storytellers. Our lives are defined by moments and experiences that give a shape and narrative to our lives. Our childhoods were traumatic, blissful, uneventful, normal, a struggle. Our hearts have been broken, opened, bruised, healed. Our relationships, our careers and a myriad of life experiences gave us defining moments that we have interpreted and filed away as proof of who we are and what is right or wrong with us and with life.

We pull these stories out in a heartbeat as our default navigation system for understanding how to live.

Unfortunately, these stories limit our potential and keep us from becoming the extraordinary creators we are meant to be. They demonstrate an unconscious adherence to a set of beliefs or patterns that have been in place for a very long time and no longer serve us.

When we are little, being part of, or attaching to, the group, family or

tribe is a matter of life and death, literally. We need others to care for us as we are unable to care for ourselves. This need is so strong that we suppress our authentic and spontaneous selves in order to be accepted and acceptable. That suppression then becomes part of our emotional wiring as we grow up. We continue, on a largely unconscious level, to sacrifice authenticity into our adulthood.

At some point, we realize that life is not working as we'd hoped. We feel stuck or have a feeling that surely there must be more. We begin to be aware of ourselves as autonomous, self-sufficient and wholly sovereign beings. Our authentic selves are bursting at the seams to be free.

How do we let go of the stories that have become our unconscious guidance system? It begins with self-awareness. Conscious and deliberate reflection when we are NOT experiencing our core inner peace and joy.

When you are triggered or uncomfortably reactive, perhaps a younger part of you has been activated and does not know how to handle the current situation. **Consciously,** take a breath, acknowledge that the adult in you temporarily fled the room, and reassure the younger part that you will figure out how to handle the situation. Whatever story they are operating from is not part of the current situation.

When There Is No Story

When you blame someone else for your discomfort, it could be that you are hiding from yourself. Whatever you are blaming someone else for is most likely alive in you.

Consciously look within. If you blame someone for not listening to you, perhaps you may not be listening to them or hearing your authentic self. You will find, surprisingly, that the blame dissipates when you inquire within, and there is a feeling of freedom.

When your expectations are not met, there's a good chance you've made some assumptions and have created a story that will often lead to disappointment. **Consciously** create agreements in your relationships, including with yourself, instead of holding onto unfounded expectations. This means you ask for what you need

and you hold yourself accountable for what you have agreed to. People honor agreements; they resist expectations.

When you hesitate to step outside of your comfort zone, maybe you are trying to stay safely within the confines of the familiar, a familiar that is often from your distant past. **Consciously** invite new experiences into your life, knowing that each one will allow you to grow beyond the unconscious landscape of your past.

When you tell yourself you are not good enough or you can't do something, that is most often very young thinking, from your past history of interpreting or hearing those messages from others around you. **Consciously** challenge the notion with an "Is it true I'm not good enough?" inquiry and self-reflect on how or why you are letting that notion run your

life in the present. The younger you needs your reassurance and courage. The present you is ready to live on her terms.

This is the gift our stories can offer us - a way to look inside and release old patterns, beliefs and traumas. We learn to love the young parts that try so hard to live our lives without the benefit of our wisdom and experience. And then, miraculously, the stories disappear and we show up. Curious, creative, empowered, bold, generous and loving. Who, in fact, we have been all along.

This is the beginning of your awakening, that most delicious state of being in which you organically feel connected to all that is. There is ease in your life and pursuits, and a level of acceptance for all of life and what it offers. There is no story, after all. There is just delightful and perfect you.

Spirited
Life Coaching
Intuitive Guidance

Candace Pedicord, MS
Personal Awareness
Forgiveness and Grief Coaching
Doylestown, PA
215.815.5011
candace@spiritedlifecoaching.com
www.spiritedlifecoaching.com

"Life does not happen to us, it happens for and through us. Transforming the energies of fear and loss into compassion and forgiveness is not only recommended, it is essential. The world needs beautiful, loving and strong women...now."