

The Inner Calm Method

with
Mary Strange





About Me

MARY STRANGE

Hi! I'm Mary. **So happy to connect with you here!**

As a coach I help people struggling with anxiety, overwhelm & worry to **reduce their stress levels** so that they can free up their minds and create space for more of what they want to experience instead.

I've always been interested in the mind-body connection however, it wasn't until I understood **the thought-feeling connection that I was able to experience more inner peace, joy & confidence.**

This is what I want for you too. As human beings we spend way too much time caught up in our heads overthinking and analysing our feelings.

It doesn't have to be that way. **Life can be much, much simpler and way more enjoyable.**

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Welcome



"The Inner Calm Method" is a simple yet powerful way to return to peace & calm, when you're experiencing stress or any other strong emotion like anger, sadness, fear, hurt, guilt or loss.

If you're experiencing intense feelings, I highly recommend you stop, **find a quiet space and sit on your own for a few minutes**, and follow these steps until you feel calm again.

The Inner Calm Method

1 Notice The Feeling In Your Body

It might seem strange at first, but **the feeling you're experiencing shows up as a sensation or energy in your body.** Notice exactly where it is located. If you have trouble noticing where the feeling is, bring up the thought that's upsetting you the most and you'll soon notice the feeling!

2 Let Go Of Any Thoughts

As soon as you notice where the feeling is in your body, **let go of any conscious thoughts about the situation.** Those thoughts aren't very helpful in this process. In fact, all conscious thoughts are just a distraction from the feeling in your body. **Set any thoughts to one side and gently re-direct your attention back to the feeling in your body.**

3 Put All Your Attention, Presence & Loving Energy Into The Feeling

You might have spent years avoiding this feeling. Now you want to give it your full attention – the same way you might give your attention to a crying baby. **So really focus in to where that feeling is. Give it your warm loving attention.**

4 Don't Try To Make The Feeling Go Away

Resisting the feeling or trying to make it go away is like trying to force a baby to stop crying. It usually only makes the baby cry even more. Instead, **focus your pure attention & loving presence on the feeling.** Accept it just the way it is. **Just BE with the feelings.**

5 Notice Where The Most Intense Part Is

You might notice that the feeling is spread out or there are different sensations in different parts of your body. Notice where the feeling is the most intense & focus your attention in that area. **Give it your loving acceptance & presence.**

Give The Feeling Space To Move & Breathe

As you keep your attention on the feeling, it may move around and it may get more or less intense. Whatever happens is totally fine. **Keep breathing slowly and deeply whilst keeping your focus on the most intense part of the feeling.**

6

Ask Yourself, “What’s Happening Now, In My Body...?”

Asking yourself this question can help you focus on the actual feeling, instead of being distracted by thoughts. **Notice where the feeling is located and how intense it is on a scale of 1-10 .**

7

Ignore The Clock

Sometimes when doing this process, it feels like it’s going on for ages, when in reality it’s only been a couple of minutes. **There is nothing more beneficial than re-setting to inner calm**, so you can ignore the clock. You’ll be more efficient & effective when you’re at peace with yourself & with what is in this moment.

8

Stay Present Until You Find Nothing But Peace, Love & Joy

If you feel anything other than peaceful neutrality, or even love & joy in your body, then **stay present to the sensation until it completely dissipates.**

This usually only takes a few minutes – sometimes a few seconds.

9

Welcome Back To Inner Peace & Calm

When the feeling has dissipated & you feel calm again, you have returned to the natural, innate state of calm that is your default setting.

Enjoy the inner peace and harmony you now feel, irrespective of your situation & be grateful for it.

10



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to help you live the life you truly desire,
visit my website: www.marystrange.com

Thank you for being here with me.

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