

An introduction to:

THE PEACE PROCESS

Tools To Align & Prosper

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The PEACE Process

THE 5 STEPS OF THE PEACE PROCESS

The *PEACE Process* is a 5 step transformational tool that can shift any part of your life where old stories and beliefs are holding you back and stuck on the hamster wheel of dissatisfaction and despair. It is a repeatable process that you can do yourself over and over to ensure that you are continually evolving rather than stagnating.

The people who come to me for help often feel disillusioned with the fact that the inner work and personal development they do still leaves them feeling out of control once the honeymoon period around the peripheral change they might have felt has well and truly worn off.

You're reading this PDF because you've come to a place where you're ready for deep sustainable change to take place, with more ease and grace than ever before.

The outline of the 5 steps here will give you a taste of what the *PEACE Process* is all about and you can even begin to put some things in place for your own transformation.

If you would like to find out more about the book or working with me personally towards your dreams and vision please get in contact with me here:
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The PEACE Process

The 5 Steps of the PEACE Process

When I started working with this process, it was necessary to think about it a little bit differently to the way many transformational processes play out. I had to begin with the end because the end was in fact the beginning. What I mean by that is that the identity I embodied was creating the personality that was in turn creating the reality of my day-to-day existence. So, to shift that reality, I had to identify what the personality that would create the world I would experience through the eyes, ears, emotions, and senses of an abundant mindset would look like.

I had dabbled in this kind of thing before through other practices. In fact, on several occasions I'd written down who I wanted to be through identifying the characteristics I would embody if I was that person, and then I worked on becoming the person with those characteristics. The only problem was that it was me at the starting point, and then a 'different' me at the finishing line. The problem with that was that it had kept me in the mindset of reaching and struggling in the space of lack.

Whereas all I had to do in the PEACE Process was tune in energetically and vibrationally to that part of me that already existed, and travel to where this persona was 'real' for me across parallel realities. So rather than reaching, I was resetting and tuning in to a personality that did not have a story of rejection and blame running in the background because abundance was my reality.

Through using the tools and practices I've refined in the 5 steps of the PEACE Process you will free yourself of any old personas that are keeping you small, powerless, and playing the victim while you're struggling to get unstuck.

Here is a brief description of each of the steps.

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✓ STEP1: PERCEIVING PEACE AND PROSPERITY IN PARALLEL REALITIES

Who are you...really? Who is the personality that is running the blame game in your life, keeping you small and feeling insignificant, unworthy, poor, or unseen?

How did this personality get created, and what can you do to shift your reality and put an end to the suffering?

How does the personality that is creating the new story feel and look?

The apparent paradox is that the answers to these questions are the end results, and this is where we begin.

The thing is that we need to start with clarity around how the results feel so that we can change anything that is not in alignment with that result. This is important because how can we even know what changes need to be made if we are unsure of the result we desire?

I love taking my clients through this part of the process because they get to step into the persona they desire that already exists in a parallel reality. That's the reality they need to align with to achieve the results they want. The thing is that through imagination we can go anywhere. What I know after years of working in the field of transformation is that whatever we can imagine, is already true in a parallel reality.

So, my motto is - first imagine, then remember, then become.

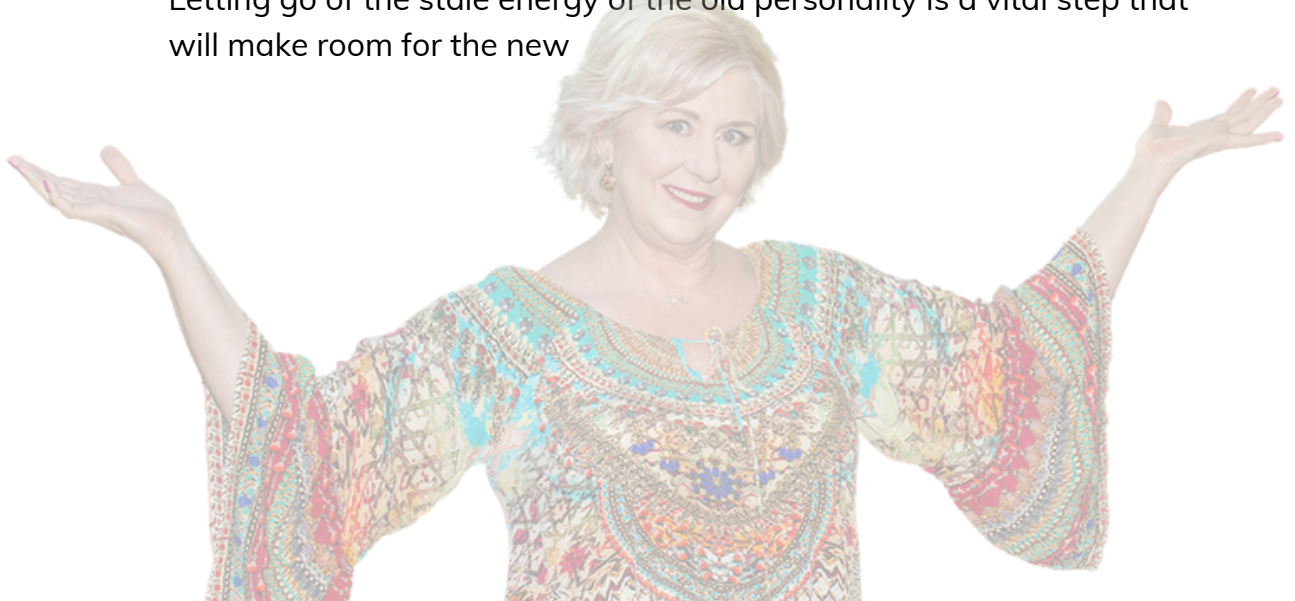
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✓ STEP2: EMBRACING FORGIVENESS AND ACCEPTANCE

Once you've established where you are and where you want to be, it's not uncommon for self-blame and anger to come into play as you look at how the old story that's been driving your decisions has influenced your life. You'll be crystal clear about the people you've allowed to control you, the opportunities that have evaded your awareness, and the trusted humans who turned out to be untrustworthy. What's more, the whole shebang might come up as anger and pain.

This is an important step because among other things, it enables us to let go of the 'what if's' and the 'if only's'. An important thing to note here is that things like acceptance and forgiveness do not exonerate the actions of yourself or others who have done you wrong. This approach is about allowing us to move forward from an old story and personality into a more empowered state.

Letting go of the stale energy of the old personality is a vital step that will make room for the new



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✓ STEP3: ALLOWING SELF-ACTUALISATION VS SELF-SABOTAGE

Self-sabotage often emerges when we decide to create change in our life. We don't mean to stymie our progress and we're usually not even aware that we're going back into the old blame mindset which is creating the perfect disguise for self-sabotage.

Awareness of the fact that we're allowing the old story to come back with its sabotaging ways is one way we can take our power back because we can see how, when and where the old story is still showing up.

It could be manifesting in comparison stories, in procrastination, in fear, in health issues, relationship problems and more. Learning to flip your perception and take full responsibility for the outcomes you get will allow your transformation to really take hold.



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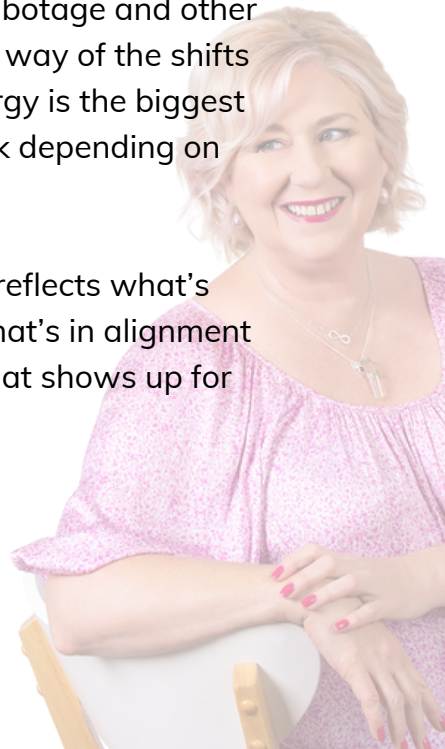
✓ STEP 4: CONNECTING WITH YOURSELF AND OTHERS IN A DEEP AND AUTHENTIC WAY

Just like minding your own business is a good piece of advice, so too minding your own energy is the best way to stay in your own lane and avoid the traps that will make it hard for you to create the life you desire.

Moving into the energy of a new personality in any area of your life creates energy waves into the unknown. It's worth being aware that these new vibrations can feel a bit daunting at first, and it can be tempting to shrink back into the state that we've known for a very long time because it feels comfortable.

That's why minding your own energy is the state you need to be in to remain aware of your choices and notice when self-sabotage and other limiting thoughts and actions are starting to get in the way of the shifts you are trying to make. This is important because energy is the biggest part of us, and it can either support us or keep us stuck depending on the state we're in.

Your Chakra system is your body's energy portal that reflects what's going on in your life. Having a strong chakra system that's in alignment makes a huge difference to how you show up, and what shows up for you



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STEP 5: ENGAGING WITH THE POWER OF THE NEW NORMAL

Until we start living as if it has already happened, it won't happen, and unless we keep acting in alignment with our new reality, we'll be vulnerable to slipping back into old habits that we finally got to move away from.

So, the final step in this process is to keep living the reality you desire.

With the clarity of the new traits you've brought in from a parallel personality, together with a clear mind and your energy in alignment, it's important for you to make sure that your daily practices, mindset, actions, and words reflect the life you want to be living that is now possible because of what shifted during the previous steps.

This step is important because creating your new normal is one thing, but maintaining it is what's key. The things you used to say, do, and feel in your old personality and story won't work here.

The old saying of: 'When I see it I will believe it' comes out of a blame mentality. It displays a total lack of trust, in yourself and the Universal forces.



As the late Dr Wayne Dyer so aptly stated:
"You must believe it to see it".



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ABOUT TRISH ROCK

Trish Rock is a Peace Coach, Best Selling Author, Holistic Counsellor and Psychic who helps people to improve their lives through breaking down the barriers to true freedom and holistic wellness. Her clients call her the Queen of Calm because of the peace and clarity she brings into their life.

Trish always says that the possibilities are endless, as she guides her clients through her propriety PEACE Process. Among other things, this teaches them how to harmonise the energies across their body, mind, and spirit.

With a client base that spans the health and wellness space, all the way through the corporate and business worlds, she has seen amazing results with clients who have been able to achieve a lot more when their energy is unblocked, and their clarity of direction is increased.

Trish is also a sought-after international speaker who delivers everything from workshops, one on one coaching sessions, and bespoke programs that she develops on demand.

With over 40 years' experience as a trusted intuitive guide and adviser, the work Trish does has never been more important than it is now, with the ongoing turbulence that is everywhere and so many people are on a desperate quest to find solid ground, and a sense of safety and security.

As Trish says, all you need to do is find your natural genius flow and turn inward toward your own strength to remember who you truly are and reconnect with your destiny. With all the white noise out there, having a trusted guide like Trish on your side makes the difference between feeling lost and alone, and moving forward in a positive direction.

You can find out more about the new book *The PEACE Process: Tools To Align &*

Creator & Author of
The PEACE Process:
Tools To Align & Prosper

