

# The Inner Salam Method™

The Inner Salam Method™ is a simple, powerful way to get back to peace, when you're in the middle of experiencing painful or hurtful feelings like anger, sadness, fear, hurt, guilt or loss.

If you're in a relationship conflict, 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 peaceful again. Then, you can re-join the conversation without your own ego running the show.

## **1. Notice The Feeling In Your Body.**

Although it might seem strange at first, the actual feeling you're experiencing shows up as a sensation or energy field 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 – 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 won't be very helpful until this process is complete. In fact, all conscious thoughts are just a distraction from the feeling in your body. Gently re-direct your attention back into 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 I want you to give it your full attention – the same way you might give your attention to a crying baby.

## **4. Do Not 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.

## **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. Find the eye of the storm. Give it your loving acceptance & presence.

## **6. 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 deeply and keep your focus on the most intense part of the feeling.

## **7. Ask, “What’s Happening Now, In Your 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

## **8. 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 you can do than re-setting to inner peace, so you can ignore the clock. You’ll be more efficient & effective when you’re at peace with yourself & with Allah’s will. If it helps you to ignore the time, you can set a countdown timer to 11 minutes and put your phone on Airplane mode while you do this.

## **9. 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.

## **10. Welcome Back To Inner Salam.**

When the feeling has dissipated & you feel at peace, you are literally in the spiritual & psychological state of Islam that you were born into. Enjoy the inner-peace and harmony you now feel, irrespective of your situation & be grateful for it.