



Three Keys



to live your life from a place of
peace, power and purpose

By Jackie Trottmann

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Life in the fast lane, surely
make you lose your mind.

The Eagles

Introduction

We live in a culture that promotes speed. There is high speed Internet, microwave ovens to cook our food faster, instant mashed potatoes, speed passes at gas stations. There is an app for almost everything. App is the speedy term for application.

In the spirit of high speed, this is a quick reference guide to help you live your life from a place of peace, power and purpose by putting your attention on these three keys.

Marketers tell us, well, bombard us with 24 hour messages of what we need to be happy, beautiful, successful, healthy, sexy, fulfilled, superior, thin and any number of other desires we have consciously or unconsciously. The message is that we are not enough. We need more. Oh, and we need it fast!

At least in the fast lane you have a chance to make it somewhere. Perhaps you aren't in the fast lane. Maybe you feel like you are running on a treadmill (like I was). A treadmill doesn't take you anywhere but exhausted.

The demands of life vie for our complete attention. How else can you pay the mortgage, finance cars, pay all the bills, go on vacations and fulfill all those lofty dreams? That's why productivity, striving and achieving are admirable activities rewarded in our society.

You requested this guide because you are seeking answers. Answers that aren't gimmicks, but answers to help you live a life full of peace, power and purpose. When you can do that, you can experience true freedom. Freedom comes from within. Freedom comes when you live from your true essence, from your soul, the deepest part of you.

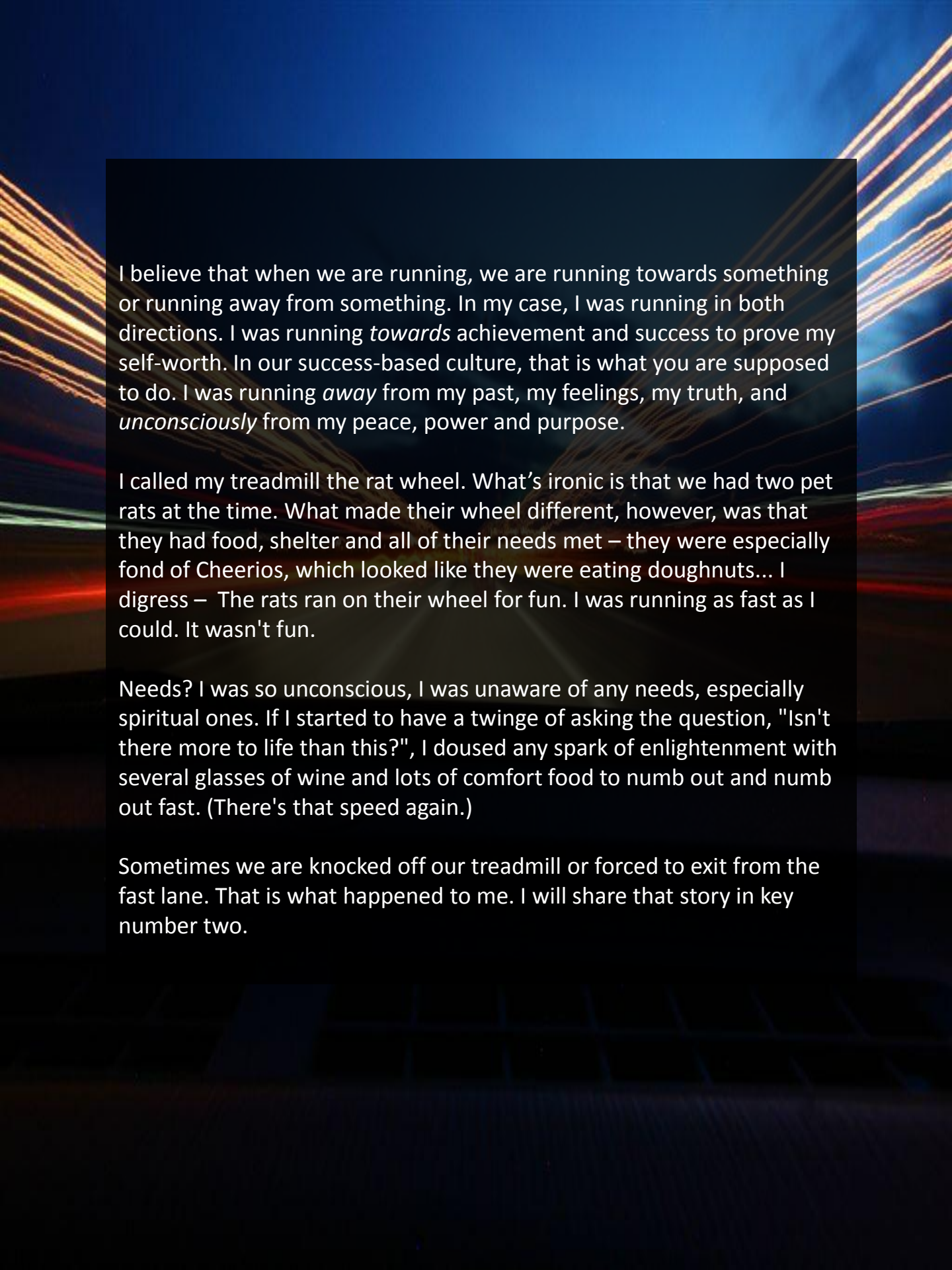
My Experience on the Treadmill...

I was in the fast-paced business of radio advertising sales and management. A famous quote in sales is, "If you're not out selling, you're being outsold."

Accolades for achieving the prior month's quota quickly changed to, "What have you done for me lately?"

Each year I blew away my quotas. But as January approached, all of my accomplishments were old news. It was a new year with a big goose egg of zero dollars on the books. January meant starting over every year.

When I was new to sales, it wasn't frightening, but exhilarating. That's because beating the prior year's number was easy. I gained more experience and was a better salesperson. I worked smarter, not harder. By my 20th year, however, there was only so much I could do to beat the prior year's numbers. I didn't like the idea of starting over again. For the first time I began to ask the question, "Is this all there is?"



I believe that when we are running, we are running towards something or running away from something. In my case, I was running in both directions. I was running *towards* achievement and success to prove my self-worth. In our success-based culture, that is what you are supposed to do. I was running *away* from my past, my feelings, my truth, and *unconsciously* from my peace, power and purpose.

I called my treadmill the rat wheel. What's ironic is that we had two pet rats at the time. What made their wheel different, however, was that they had food, shelter and all of their needs met – they were especially fond of Cheerios, which looked like they were eating doughnuts... I digress – The rats ran on their wheel for fun. I was running as fast as I could. It wasn't fun.

Needs? I was so unconscious, I was unaware of any needs, especially spiritual ones. If I started to have a twinge of asking the question, "Isn't there more to life than this?", I doused any spark of enlightenment with several glasses of wine and lots of comfort food to numb out and numb out fast. (There's that speed again.)

Sometimes we are knocked off our treadmill or forced to exit from the fast lane. That is what happened to me. I will share that story in key number two.

Lack of Mind, Body, Spirit Connection

I've not mentioned God or faith or mind, body, spirit at this point of my story. That's because during the time I spent building my career in the advertising business, I was single-minded. I was entirely focused on outward material success and the self-esteem that came along with it.

Success meant earning lots of money to buy all of the material possessions that illustrated success in the material world; the big house, two-car garage, two luxury cars, designer clothes and a full social calendar. That was who I was on the outside, a successful advertising executive.

I had turned away from my faith and was out of touch with any physical needs. I didn't know that I lacked balance or, rather, that I was out of alignment.

Out of Balance, Rather, Out of Alignment

We hear a lot about balance. Having a healthy balance with:

- Work
- Family
- Our mind, body and spirit.

Balance is difficult. Imagine someone trying to balance three spinning plates in the air. It takes constant effort to keep one from falling. It's almost impossible to keep a perfect balance most of the time.



Alignment Equals Flow

Rather than balance, I would ask you to focus on alignment. Alignment is allying with. It represents more of a **flow**. It isn't stressful and trying or juggling. It's more like allowing.

Think of your car. When the wheels are aligned, the drive is smooth and steady. Your car goes out of alignment usually by hitting unseen potholes or obstacles. When you are conscious or aware, you can see the obstacles coming and avoid them.

When you get out of alignment, you will realize it quickly and make adjustments to realign with the flow.





Exiting the Fast Lane

I've discovered what it means to live a life of peace, power and purpose. It's being aligned with spirit, my spirit and God's Spirit within me. Now, my purpose is helping others do the same.

These three keys will help you to exit the fast lane or step off life's treadmill. They are intentionally short so that you can remember them and lock them into your mind, heart and soul.

We live in a world filled with messages, images and outside stimulation. We are exposed to over 5,000 messages a day from advertisers and have 50,000-60,000 thoughts per day. While it seems like we are processing a lot of information at once, it's not true.

Studies of the brain prove that we can only remember small chunks of information at a time. A chunk can mean a word. It's virtually impossible to remember more than 7-10 words at a time.

With that fact "in mind," these three keys were created to be memorable so that you can apply them to unlock peace, power and purpose. The keys come in the form of an acronym.

The Three Keys

Think

BLT



No, it's not a bacon, lettuce and tomato sandwich. But it is "food for thought" and a way to remember these simple but powerful words that are spiritual principles.

Key #1

B



Be Still

Key #2

L



Let Go

Key #3

T



Trust

Key
#1

B



Be

Still

Be Still

The first key focuses on living your life from a place of peace. The Psalmist says, "Be still and know that I am God."

Be Still Physically

Peace comes when you learn to be still. That means stepping off the treadmill or exiting from the fast lane.

Not only is our society based on speed, it's based on constantly being connected. Electronic devices make us always reachable, always on call via email, instant messaging, connected to social media and more. For some reason, we don't feel the regular need to recharge. However, we make it a priority to recharge our devices when their batteries run low. If we don't, they will cease to work!

Unplug. Remove yourself from the demands and devices on a regular basis. Find a quiet place in your home, office or outside in nature.

Many people are intimidated by silence. Silence can cause you to address issues that you might be running from. It's easy to fill each day with busyness and then block out concerns through hours of mind-numbing television viewing, Internet surfing or reading books and magazines. None of these activities are bad. However, if they are used to fill a void that is not being filled, over time, the toll will manifest itself in the form of lost relationships, lost opportunities and lost dreams never being fulfilled.

Be Still – Quiet the Mind

The mind is filled with cluttered thoughts. These thoughts can be filled with judgments like, *I'm not good enough, I'm too old, I'm too young, I made a mistake, how can I be this stupid*, on and on. Add thoughts of doubt, criticisms, demands, to-do lists and you have one crowded mind!

When your mind is cluttered with these negative thoughts, it crowds out peace. What you need is to still these thoughts to create space in order to receive peace.

Many mornings at the radio station I was greeted with an announcement when turning on my computer. It said that I had run out of space in my email. I needed to delete emails in order to receive or send any more.

Our minds are like computers too. We need to free up space so that we don't shut down at some point.

The Hebrew meaning of be still in the aforementioned Psalm means to surrender or find shelter in God. The Greek meaning of be still in the New Testament, when Jesus said these words to calm the stormy sea means, hush! Or quiet!

When we learn to be still, we can surrender our stormy thoughts to God. That will clear out space to receive God's peace, clarity and direction in our lives. One powerful tool to quiet the mind is through meditation. (More about this later.)

Be Still – Listen

Learning to be still will connect you to the still small voice within you. “You” are not your height, your weight, the color of your hair, the color of your skin, or the clothes that you wear. These all describe the *outward* appearance or expression of you. *You*, the true essence of you, is your soul or spirit.

I believe that we all have a still small voice within us. This voice leads us and guides us when we listen and pay attention. It is our own built in GPS system. We can crowd out this voice by paying attention to the outside voices. These are voices of our culture, parents, teachers, clergy, bosses, friends, marketing and others. These voices tell us what we are supposed to do, have and be. They are not always the voices of truth.

Jesus said, “You will know the truth, and the truth will set you free.” Our truth lies deep within us. It is also the voice of God within us. It has been said that stillness is the language in which God speaks.

Learning to be still allows you to listen, to be in a state of peaceful yet heightened awareness. You can listen to what expands you and brings you joy. You can also listen to what makes you feel shutdown, anxious, or fearful.

Being still, you can listen to your body. Your body is quietly supporting you. You can listen to what your body needs in the way of food, water and rest.

Taking just ten minutes out of your day to be still will enhance your well-being. That’s why being still is the key to peace.

**Key
#2**

L



Let

Go

Let Go

When you start listening to the still small voice and the voice of God within you, you may have to do some spring cleaning from your soul.

If you have harbored hurts, resentments, doubts, fears, past mistakes, shame, anything that is disturbing your spirit, surrender it to God to take away this burden. It may be painful to bring up these feelings, but until you do, you won't be able to live from a place of peace, power and purpose. You need to let these hurts go.

Why I Was Running

What was I running from? I was running from my past. It was weighing me down physically and emotionally. I had stuffed down my still small voice with food, busyness, and alcohol to numb the pain. I had built up walls of self-protection to keep others out and to keep God out.

Since I was a little girl, I attended church. It was a refuge from the violence and shouting at home. My father suffered from alcoholism and bipolar disorder. His outbursts were confusing and terrifying. No one talked about it.

I have heard that the mantra of a child of an alcoholic is, "Don't speak, don't feel, don't trust." I can truly say that I lived most of my life this way.

I took great pride in not being an alcoholic or being abusive. I had left the past behind. At least that's what I thought.

That was a complete lie (remember, the truth will set you free). I didn't become an alcoholic, but I did become a *workaholic*. I was addicted to achievement and had to prove my self-worth through my paycheck, sales contests, and material possessions.

My drug of choice was food. I used alcohol to change my state and numb out.

While I didn't abuse other people, I beat myself up on an hourly basis. I wasn't thin enough, beautiful enough, smart enough, rich enough, good enough.

The God I grew up learning about was the great score keeper in the sky. I felt that if I stepped out of line, I would be squished like a bug. Prayer was groveling, not gratitude. I got tired of hearing what a miserable sinner I was from the pulpit and abandoned church and any faith for twenty years.

After my son was born, I searched for a church where I would find the God of love that I was seeking. I found it. That's when I was knocked off the rat wheel.

Getting Knocked Off the Rat Wheel

The choir director was working personally with me with one-on-one voice lessons. One day he was extremely frustrated with me and barked, "Why won't you let go?"

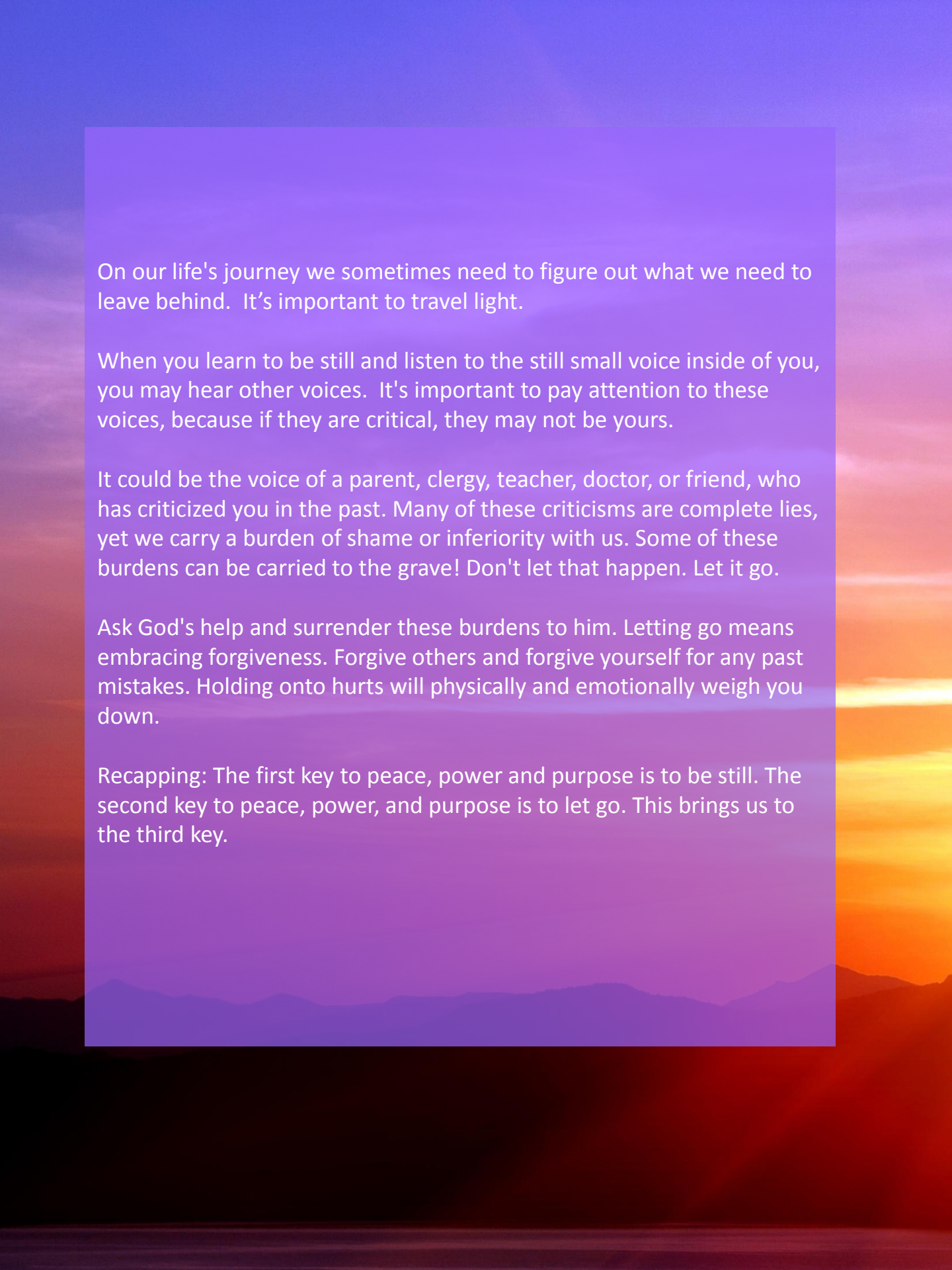
That's all it took. It was as if my choir director threw a bucket of ice water in my face. I knew why I wasn't letting go. I was living my life from shoulds. The essence of Jackie had checked out. I was a hollow shell going through the motions in everything. After that day, my life changed forever.

Initially, this awareness was overwhelming. To still the anxiety and stress, I turned to yoga and meditation to find peace and clarity.

I sought out people that I could trust to talk out my situation. After much prayer and soul-searching I let go of what was not working in my life. I let go of my marriage. I let go of my dream home and most of my possessions. I let go of the dysfunctional job that I had at the time. My soul, my true essence was dying. I chose to set myself free.

My situation called for taking some pretty drastic actions, but I didn't make hasty decisions. If you are faced with letting go of some major situations in your life, make sure you are prayerful and that your still small voice is telling you what to do.

Letting go has become a continuous practice. Each time I let go of something that is not authentic, my soul becomes lighter.



On our life's journey we sometimes need to figure out what we need to leave behind. It's important to travel light.

When you learn to be still and listen to the still small voice inside of you, you may hear other voices. It's important to pay attention to these voices, because if they are critical, they may not be yours.

It could be the voice of a parent, clergy, teacher, doctor, or friend, who has criticized you in the past. Many of these criticisms are complete lies, yet we carry a burden of shame or inferiority with us. Some of these burdens can be carried to the grave! Don't let that happen. Let it go.

Ask God's help and surrender these burdens to him. Letting go means embracing forgiveness. Forgive others and forgive yourself for any past mistakes. Holding onto hurts will physically and emotionally weigh you down.

Recapping: The first key to peace, power and purpose is to be still. The second key to peace, power, and purpose is to let go. This brings us to the third key.

**Key
#3**

T



Trust

How Trust is Broken

To trust is not always easy. Why can it be so hard to trust? That's because you've trusted someone only to be let down, or worse, betrayed.

Throughout our lives trust has been broken. As a result, we learned not to trust. How does this happen?

Trusting the Outside Voices of Authority

Parents – the biggest blow to trust is having those who gave you life, who are supposed to love and care for you, shatter your trust. There's a popular saying, "Fool me once shame on you. Fool me twice shame on me." It's not easy to keep being fooled. It *does* heap on shame, and that is a terrible weight to bear.

Ministers or clergy – men and women of God are supposed to operate from a place of love, confidentiality and trust. When that fails, the consequences are worse than not trusting people. The consequences are not trusting God. The question becomes how could God let this happen?

Teachers and doctors – both are supposed to have our best interests at heart. Inaccurate teaching or an inaccurate diagnosis will shatter trust.

Politicians – the political climate is riddled with broken promises casting a huge negative cloud questioning whom to trust.

Every violation of trust represents a brick. With each brick we build up walls of self-protection. Trust becomes harder and harder. The lack of trust in others can also lead to not trusting our selves to make good decisions.

Trusting in You

Trust at its starting point starts with the still small voice inside of you.

Anytime you are confronted with a problem or challenge when you need to seek help, you immediately know whether that advice resonates and feels right to you. It's been described as your gut instinct, or what you feel, or what your heart is telling you.

God gave us powerful instincts like all animals. It is the fight or flight instinct. When an animal is confronted with danger, it will either fight if needed or take flight.

When you trust your instincts, you will know what to do. When you meet with an authority figure, parent, clergy, doctor and your instincts tell you that you don't trust what they are saying, you need to listen to your inner voice and not the outside voices. It's important to ask questions and speak your concerns.

If your truth is telling you that the end result will be a confrontation, remove yourself from the discussion. If the person in authority is not operating from a place of love; if the person does not have your best interests in mind, you need to discern what is best for you.

Trusting God

"Be still and know that I am God." Psalm 46:10. Learning to be still will allow you to listen to and trust the still small voice, the voice of truth inside of you. Learning to be still will also allow you to listen to and trust God. We can trust God because God created us to love us.

1 John 3:1 says, "See what great love the Father has lavished on us, that we should be called children of God!" Because God's love is perfect, we can trust God. "God is love, and those who abide in love abide in God, and God abides in them." 1 John 4:16 "There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love." 1 John 4:18

Surrender your burden to God. Ask God to help you discern how to handle a situation. When you block out all of the outside voices and listen to your own voice, you will learn true trust. When you combine your voice with the voice of God, you will discover peace, power and purpose.

Proverbs 3:5 states, "Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track." From The Message

Trust those in authority who are operating from a place of love and with your best interests at heart. Trust in the still small voice within you, the voice of truth. Trust God to help you live a life of peace, wholeness and victory.

Key #1

B



Be Still

Key #2

L



Let Go

Key #3

T



Trust

BLT – Be Still, Let Go, Trust

When you find yourself overwhelmed,

If you start running too fast,

If anxiety is creeping in stealing your peace,

When you are faced with some decisions to make,

Be mindful of these three keys. Take some deep breaths and repeat:

Be still, Let go, Trust

These are the keys to unlocking your peace, power and purpose.

Learning to be still will help you to listen to the still small voice within you and the voice of God. You will live from a place of truth and authenticity. You will be aware of what fuels you and gives you a sense of purpose.

Living from a place of authenticity gives you tremendous peace and power. Life will take on more meaning and purpose.


Trusting in yourself to make good decisions, trusting in others to help you, trusting in God to guide you will also bring peace, power and purpose into your life.

Sound good, but don't know how to Be Still, Let Go and Trust?
I can show you how. Keep reading.

**Resources to Help You Step-By-Step to
Be Still and Let Go**

**Thank You for the Opportunity to Share
Our Spiritual Journey Together**



A photograph of a stone path leading through a forest. The path is made of irregular stones and is bordered by a low stone wall on the left. The trees are lush and green, and the sunlight filters through the leaves. A semi-transparent green rectangular overlay covers the middle portion of the image, containing white text.

Thank you for wanting to learn the Three Keys to Live your Life from Peace, Power and Purpose and for wanting to live The Guided Life.

Join me and others all over the world who are learning to be still and let go and let God.

Using an audio guided meditation is the fastest way to quiet the mind, be still and let go of thoughts and actions that weigh you down.

The next two pages will give you details about the Be Still and Let it Go meditation digital downloads and CDs and the additional free resources that come with them.

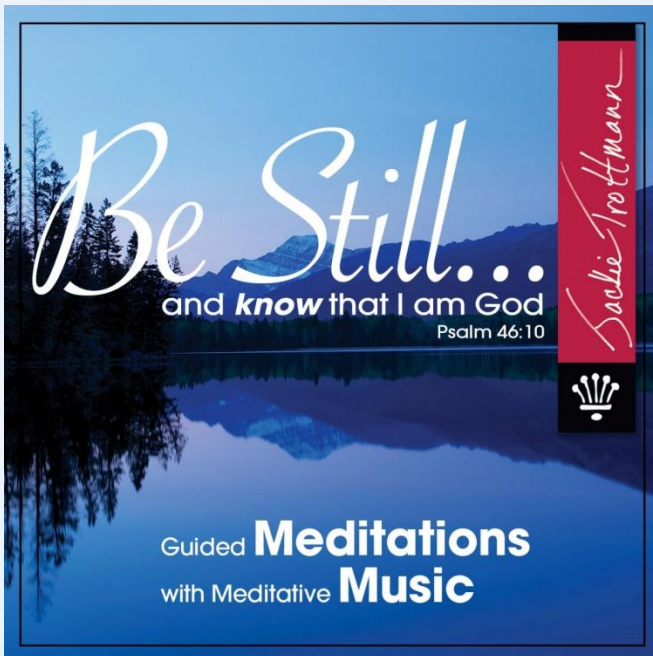
There is also a prayer for letting go.

On the author page is my contact information. I love hearing from my readers. Sometimes it's in the form of comments, sometimes it's sharing their own stories, and sometimes it's a prayer request or request for guidance. Please feel free to contact me. I'd love to hear from you.

Step-by-Step Guided Meditations

Be Still and Let it Go CDs and MP3s

“Be Still and Know that I am God” includes a short and long guided meditation using Psalm 46:10. Using this guided meditation allows you to clear the cluttered, anxious and fearful thoughts from your mind. In their place, you will be filled with peace and clarity.



Testimonials

“The CD not only taught me how to meditate to stop my depression and panic attacks, but I learned how to be still and listen for God’s answers.”

“The level of inner peace and calm that I experience especially is indescribable.”

“Since I have been using the meditation, I have noticed that I NOTICE so many things and feel more aware. Another change is that even the inconvenient things and upsetting things don’t seem to bother me, and even seem to just be cause for a smile.”

What you Receive:

Be Still CD or MP3s:

1. My Transformation Story (8:11)
2. Preparation – Getting the most out of your practice (2:35)
3. Guided Meditation – Short Version (9:22)
4. Guided Meditation – Long Version (14:39)
5. Meditative/Relaxing Music (14:35)

Transcript of recordings and e-Guide to get the most from your meditation practice.

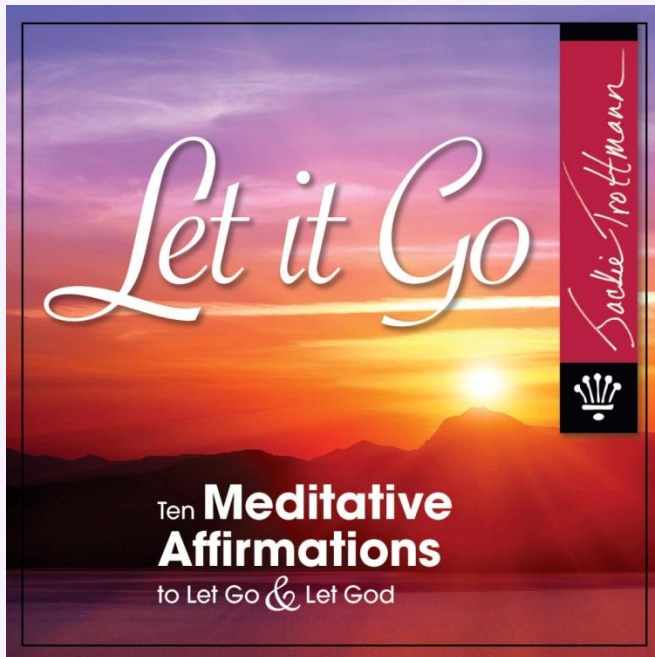
The beautiful music is performed and composed by Steve Schenkel, staff guitarist for the St. Louis Symphony Orchestra and composer of many PBS film scores.

BUY NOW

(Listen to Samples)

**BUY BOTH AND
SAVE**

Let go of emotional and physical weight that you may carry – weight
From the past, past mistakes, failures, fearful, judgmental thoughts – and replace
those disempowering thoughts with kind, loving, empowering thoughts. Letting go
and letting God will help you step into the ultimate person God created you to be.



Testimonials

“I love the Let it Go 10 Meditative Affirmations. The variety lets you pick which affirmation is right for you.”

“I love the prayers and related affirmations. These are the kind of prayers I was trying to find for meditation.”

“The affirmation prayers contain bite-sized nuggets of truth we need always tell ourselves to live a more positive life.”

BUY NOW

(Listen to Samples)

**BUY BOTH AND
SAVE**

What you Receive:

Let it Go CD or MP3s:

1. Introduction (7:36)
2. Awareness (7:23)
3. Acceptance (8:16)
4. Letting Go of Judgments (8:07)
5. Letting Go (6:05)
6. Letting Go of Cravings (7:30)
7. Discover your Strengths and Talents (5:03)
8. Start Loving Life (5:52)

9. Invest in Yourself (6:05)
10. Letting Go of Clutter (6:23)
11. Embracing Unlimited Potential (6:47)

**E-book (delivered via email)
explaining the meditations
including 10 prayers.**

**CD purchasers will receive a
prayer booklet inside of the CD.**

A Prayer for Letting Go

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

When my hands are formed into tight fists, I cannot open my hands to receive anything.

When I hang onto tight control,

When I close off my heart and my spirit,

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment, I receive your loving presence around me and within me.

Help me to let go when I am feeling overwhelmed, so that I may receive your peace.

Help me to let go when I feel fear so that in fear's place I may receive love and courage.

I let go of problems and challenges in order to receive your guidance and clarity.

I let go and trust you.

I will not fall.

You will catch me.

I let go and trust in the still, small voice inside of me.

Help me not to struggle but to surrender my struggle to you.

I gladly receive this gift of letting go and letting you lead me and guide me.

Amen

About the Author: Jackie Trottmann

You've read a little bit about me already in this ebook. I'm married to Robert Trottmann. Thanks to God the matchmaker, we met at church and have been together 12 years. We share our faith, love for fitness, love for cooking (he preps, I cook) and love for travel.

I am happiest when I am creating. The process I describe is taking dictation from God. It not only means creating new resources to help people on their spiritual path, but it's creating deep, spiritual relationships with others.

I feel blessed to shine God's light into the darkness. Now that I am happy and whole, I want to help others find their way out of the darkness into their light.



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