

THE PEACE PROTOCOL: BORN IN THE NICU

How Three Weeks of Darkness Led to Five Principles of Light

*If you want to become whole, let yourself be partial.
If you want to become straight, let yourself be crooked.
If you want to become full, let yourself be empty.
If you want to be reborn, let yourself die.
If you want to be given everything, give everything up.*

-- Tao Te Ching (Stephen Mitchell translation)

The Turning Point

After three weeks of being in a state of shock, I realized that I, too, wanted to live. I did not want to feel sad or scared. I did not want to hesitate at the entrance of the NICU, weak with dread at the thought of what medical drama might wait inside. I wanted to stop replaying the images of frail, feeble sick babies that haunted my dreams and waking hours. They took a toll on my body, my mind, and caused distance between me and my other two healthy children.

It was also at three weeks that I held my son for the first time since his birth. I felt the strength of his heart and the grip of his tiny hand on my pinky finger. I knew then that it was time to travel this NICU journey with the intention of being an inspired mother whose power was only matched by that of my twins.



Before & After Comparison

Before:

- State of shock
- Sadness and fear
- Haunting images
- Distance from other children

After:

- Desire to live fully
- Renewed strength
- Inspired motherhood
- Clear purpose

My Realization

"I had a clear picture of the person that I would need to become in order to provide the support, love, and protection that my babies needed in order to survive and thrive."



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THE PRINCIPLES OF P.E.A.C.E.

P Power of Intention is Greater Than Any Current Reality

Intention is an invisible force stronger than current reality, shaping what you want to create. Intention is one of the tools you can access to gain an emotional advantage over the NICU.

E Everything is Energy

Energy is a direct line from your body, mind, and spirit to the Universe. Everything and anything you think about manifests itself in some way... eventually.

A All Things Will Move Into Balance Eventually

No matter how disconnected you might be feeling or the amount of discord in your life, all things will move into balance. Each element of your life will right itself because it is the natural order of things.

C CARING FOR MYSELF PRECEDES CARING FOR ANYONE ELSE

Unless you are feeling whole and healthy, you will not be able to support your babies, your spouse, your children, or anyone who is relying on you for strength.

E EVERYTHING IS EXACTLY AS THE UNIVERSE INTENDED IT TO BE

Rather than push against unwanted things (which ultimately causes you to focus on them, activating the Universe), fill your head with images of what you would like to have, to be, or to do.



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