Place of Peace

1

Find a comfortable position, where you can relax and focus without distractions. Gently close your eyes, if that helps, while taking a deep breath in, and exhale slowly. Allow yourself to become fully present.

2

Now, visualize yourself in a place of tranquility. Picture a serene setting that brings you a sense of peace. It could be a flourishing tree down your street, or a secluded beach with soft, golden sands and gentle waves lapping at the shore. Or perhaps it's a quiet forest, where sunlight filters through the trees.

3

As you immerse yourself in this scene, engage your senses fully. Notice the warmth of the sun on your skin or the cool breeze brushing against your face. Listen to the soothing sounds around you, whether it's the rustle of leaves, the chirping of birds, or the rhythmic ebb and flow of the ocean.