

Place of Peace

1

Find a position that works for your body today. Let your eyes rest or close, whichever feels okay. Breathe in a way that feels natural, or take a slow breath in and out if that's welcome. Let yourself arrive here.

2

Picture a place of peace... a tree on your street, a beach with warm sand, a forest where sunlight comes through the branches, or a city corner that feels safe for you. If no place comes to mind, simply notice where you are.

3

Notice what you see, hear, and feel... the warmth of sun, a breeze on your skin, leaves rustling, birds, or the rhythm of waves. Stay as long as you like, then return to the room. Perhaps journal what surfaced, if at all.

