

INNER PEACE

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SEED THE CHANGE

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Seed of Inner Peace

Not even a leaf stirs on the well-rooted tree that is your inner peace. Your inner balance is a pond without the slightest ripple. At your essence you are the silence of a star-filled sky — so spacious and radiant and yet still. Your inner peace knows that all things change, and yet it remains calm and grounded.

When inner or outer noise begin to overwhelm you, visualize a still pond and rest in the grace of inner peace that wants nothing for you but contentment.



Say to yourself: Inner peace is my true nature. I rest in her arms.