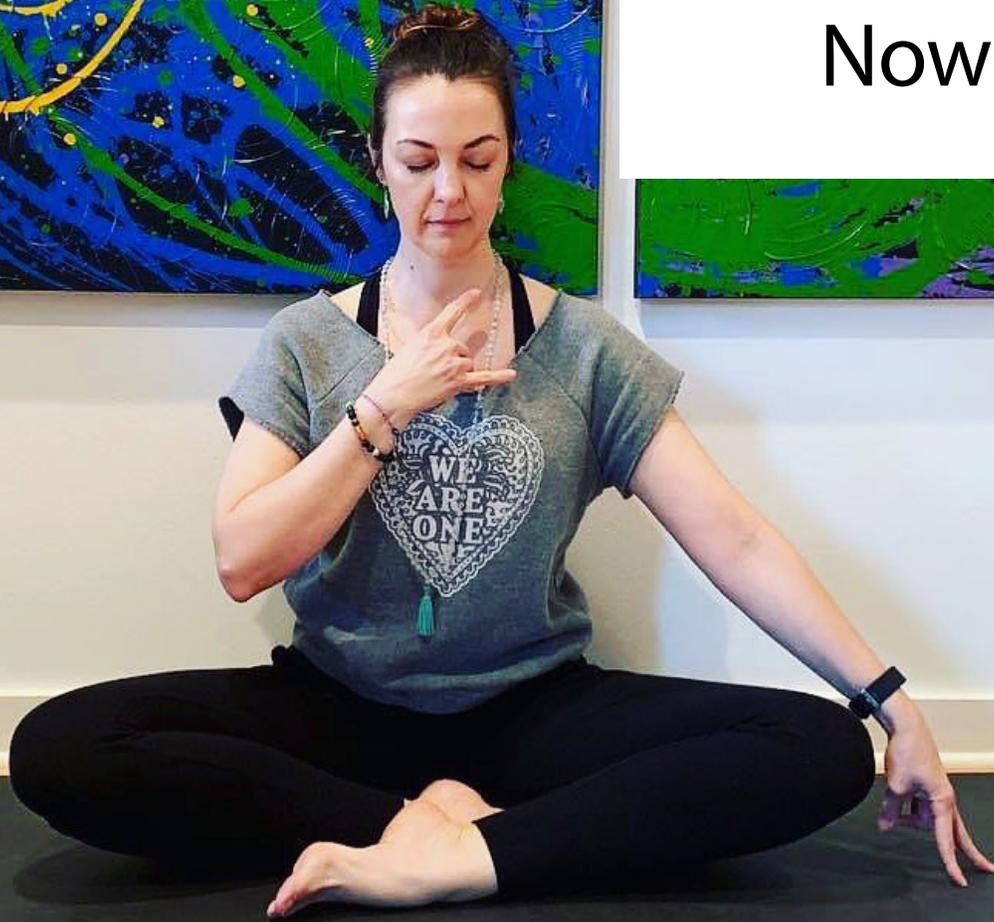


5 Easy Steps to Find More Peace Right Now



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When we think about everything that's going on in the world right now and wonder what will happen next, we might feel like peace has escaped us.

But it hasn't. Peace is right here, waiting for us to find it. So, what does it mean to find peace?

When you find peace within yourself, you are more balanced, more centered. The ups and downs of life continue, but your center does not feel like the wild Tower of Terror ride at Disney World. You will not experience the ups and downs as intensely as you would if you did not have peace within yourself.

How can you find this peace? Here are five guided steps.

1

PEACEFUL BREATHING

Find a nice, quiet space to sit and take 10 slow, deep breaths. Notice how your inhalation and exhalation create a gentle rising and falling of your chest.

As you breathe in, feel calm, and as you breathe out, release any worries.

Don't let the replayed story of what is upsetting you have space here. Simply breathe in calmness and release worry. When you just sit and breathe, there are no problems in the present moment.



2

PEACEFUL MANTRAS

This can set you on a journey of deep connection to your feeling body. Words have power and can invoke powerful feelings.

End a round of breathing by repeating a word or phrase that empowers or supports you. Examples: I feel safe, I am loved, I am supported.

Take these words or phrases to heart. Really feel the essence of them, as if a loved one is saying them to you.

3

PEACEFUL ACCEPTANCE

This step is huge, and hard to reach: acceptance.

When you experience deep feelings of despair, sadness or being out of your center, acceptance must happen before you can experience peace.

Being with these feelings is why this one is so hard. We tend to ignore them and distract ourselves through work, TV, numbing out, shopping, etc.

When you accept those feelings without judgment, you are ready for healing.



4

PEACEFUL HEALING

Once you have accepted a triggering feeling and what caused it, you can begin healing yourself through full acceptance.

Acknowledge and accept the pain and its cause, and it will lose its power. Let it go and focus on the present moment.

Deep emotional triggers were not created overnight, so are not healed overnight. You may need to repeat this process before it becomes fully effective. Go back to steps 1-3 and repeat as often as needed.

5

PEACEFUL CENTER

Be patient with yourself. As mentioned in Step 4, this is a process. The goal is to recognize your triggers before you end up a hot mess on the floor.

Identify when something you see or hear, or even your internal monologue, creates a tightness in your chest and breath and causes you to clench up.

These are the reactions to watch for, reminding you to come back to your peaceful center, knowing that Step 1 is only a breath away.



May you find your inner peace through acceptance. Wishing you success on your journey to peace!

Big Heart Love,
Cassandra



Interested in finding more peace? The Floating Lotus offers a [free online meditation class](#) via Zoom at 9 a.m. Tuesdays.

**“We can never obtain peace
in the outer world until we
make peace with ourselves.”**

DALAI LAMA XIV