The Gift of Peace

The gift of peace just breathe and relax and feel your body keep breathing and relaxing, letting go into the peace of your own being. Keep feeling for peace as you let go of everything and everyone you have been holding.

Give them back to their own light. Every one of us has our own direct connection to source. Give everything and everyone back to themselves just for now. Let go and feel the vast expansiveness of you, your spacious, timeless living being.

You vibrating with peace. Peace that is energizing you from the inside out. Feel the purity and innocence of your own being. Breathe in and relax a little more just feeling for peace. Listen for the silence, the silence under every sound.

Listen for the silent background of everything. Be curious as you experience and feel peace and silence. Feeling peace and silence as you breathe. Feeling peace and silence as you feel your body. Allow yourself to deepen into feeling peace.

Letting go releasing relaxing feeling peace.

Opening allowing receiving giving yourself the gift of peace.