

1. BODY

- Get grounded physically. Lie down on the ground with your belly down, feet apart so legs can relax, forehead resting on forearms. Let the earth to hold you. Belly breathe.

2. BREATH

- Practice the centering breath.

3. SENSES

- You get to choose how and what you let into your senses. How might you balance facing and acknowledging how things are with sensory impressions that support an inner sense of peace and love and stability?

4. MIND

- Guided meditation.

5. CHOOSING HOW TO TAKE ACTION

- From this place of dynamic stability, what is yours to do to create the world you really want? What is an action step you can take toward that world?

Cultivating Peace During Constant Change

PEACE DAY PHILLY 2020

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