



# Entering the Deep Peace

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*It is useful to start your inner work by spending a few minutes emptying yourself of the stress and distractions gathered during the course of daily life. Below is a practice that many have found effective for entering a state of deep stillness.*

Sit comfortably with your back straight, one palm resting lightly on the other in your lap. Begin with controlled, regular breathing (four counts per in-breath and four counts per out-breath). Be aware of the rhythmic attunement of your entire being to your breath, and recall that the breath signifies the movement of Spirit.

Now allow deep peace and stillness to penetrate the levels of your being. Still your physical body first: your tensions dissipate, your muscles relax, your heartbeat slows, and all the internal processes of your body function in quiescent harmony.

Now still your desires and emotions, allowing them to become harmonized, to be absorbed into the great flow of Being.

Now let your thoughts too become still. Concentrate only upon your breathing. Empty yourself of all else. There is only the breathing, the rhythm of the Deep Peace.