

CHAPTER 7

FINDING THE STILL POINT OF PEACE

Overview:

When peace is our constant reference point for decision making, we make our best choices. Peace is an empowering state filled with the essence of love, acceptance, trust, safety, balance, freedom and Oneness. This is a core induction that should be followed up with developing an assignment that integrates these new possibilities.

FINDING THE STILL POINT OF PEACE

As you close your eyes and place your attention on your breath, I'd like you to feel the rise and fall of your chest as the air fills your lungs and then releases it...that's right...watch how the air enters through your nose or mouth and moves into your lungs bringing your system the vital oxygen it needs and then having absorbed what it needed letting go of all that is no longer useful...and while you begin to watch this normally unconscious process that happens without thought over thousands of times a day, I would like you to notice that brief moment between the exhalation and the inhalation...that instance of transition between the two...the still point. For as you become aware of that point of stillness...between the motions out and in...down and up...back and forth...this awareness will lead you deeper and deeper inside to a wonderful sense of deep relaxation and peace.