


**There is only
one Presence and one Power
In the Universe and in my life...
the all-loving Goodness of God.**

A serene sunset over a misty lake. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the calm water. Silhouettes of trees are visible along the shoreline, their forms mirrored in the still water. The overall atmosphere is peaceful and tranquil.

Inner Peace

A serene sunset over a misty lake. The sky is filled with soft, warm colors of orange, yellow, and pink, with a bright sun low on the horizon. The water is calm, reflecting the colors of the sky. Silhouettes of trees and bushes are visible along the shoreline, adding depth to the scene. The overall atmosphere is peaceful and tranquil.

**Nothing can disturb the
calm peace of my soul.**

**How do you
become
PEACEFUL?**

A serene sunset over a misty lake. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The water is calm, creating clear reflections of the trees and the sky. The trees are silhouetted against the bright sky, and their reflections are visible in the water. The overall atmosphere is peaceful and tranquil.

Inner Peace

**Come away to a
deserted place
all by yourselves
and rest awhile.**

Mark 6.31

A serene sunset over a misty lake. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky transitions from a bright yellow near the sun to a soft orange and then a pale pink. The water is calm, with the sun's reflection clearly visible. Silhouettes of trees and bushes are visible along the shoreline, their forms softened by the mist. The overall atmosphere is peaceful and tranquil.

Experience

Peace

C – Come to a complete stop.

“I am completely stopping.”

c'mon, inner peace.
I don't have all day.



C – Come to a complete stop.

E – Empty yourself of expectation.

“I expect nothing.”

C – Come to a complete stop.

E – Empty yourself of expectation.

N – Name your work.

“I am doing this work with Spirit.”

A serene sunset over a misty lake. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky transitions from a bright yellow near the sun to a soft orange and then a pale pink. The water is calm, with the sun's reflection clearly visible. Silhouettes of trees and bushes are visible along the shoreline, their forms softened by the mist. The overall atmosphere is peaceful and tranquil.

Experience

Peace

C – Come to a complete stop.

E – Empty yourself of expectation.

N – Name your work.

T – Trust your resources.

“I trust my divine resources.”

C – Come to a complete stop.

E – Empty yourself of expectation.

N – Name your work.

T – Trust your resources.

E – Embrace the moment.

“I embrace this sacred moment.”

Being present is committing to an undistracted, authentic encounter with whatever is next in life. When you breathe and think you are choosing to encounter life in an aware way. Presence is the beautiful actualization of your potential; a centered pregnant state full of the richness that is you. When anyone looks at you they can tell you're not on the run.

Eric Maisel – *Ten Zen Seconds*

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E – Empty yourself of expectation.

N – Name your work.

T – Trust your resources.

E – Embrace the moment.

“I embrace this sacred moment.”

C – Come to a complete stop.

E – Empty yourself of expectation.

N – Name your work.

T – Trust your resources.

E – Embrace the moment.

R – Return with strength.

“I return with inner strength.”

C – *I come to a complete stop.*

E – *I expect nothing.*

N – *I am doing my work with Spirit.*

T – *I trust my divine resources.*

E – *I embrace this sacred moment.*

R – *I return with inner strength.*

A serene sunset or sunrise over a body of water, with trees silhouetted against the bright sky. The sky is a mix of soft pinks, oranges, and yellows, with the sun low on the horizon. The water reflects the colors of the sky, and the trees are dark silhouettes against the bright background.

**Inner peace always dwells in my Center.
When I am centered, I am at peace.**