



Peace Meditation

May the confusion in my mind be replaced by peace
May the aversion in my mind be replaced by peace
May the attachment in my mind be replaced by peace

May the confusion in my speech be replaced by peace
May the aversion in my speech be replaced by peace
May the attachment in my speech be replaced by peace

May the confusion in my actions be replaced by peace
May the aversion in my actions be replaced by peace
May the attachment in my actions be replaced by peace

May my inner peace bloom to empower my heart
May my inner peace blossom to empower my thoughts
May my inner peace thrive to empower those around me

May I be blessed by a sustained experience of peace
May you be blessed by a sustained experience of peace
May all beings be blessed by a sustained experience of peace

One observation for this meditation to indeed bring you peace: **mean every word you say**. As you repeat the words actually feel what you say, **know in your heart that what you say is true**. You will know you are on track when indeed you feel at peace.