

# **“Peace Begins With Me”**

## **Simple Meditation Practice**

This is a simple yet effective meditation to quickly change your state from stressed out or upset to relaxed and peaceful in a matter of moments.

You can do this anywhere but I like to have my eyes closed so please take this into consideration. This practice is not unique to me, I did not create it. Nor is it new, it has been around a long time and has been found to be effective, so why not give it a whirl?

You will repeat the mantra "Peace Begins With Me" either in your head or aloud. You can use one or both hands for this practice.

Touch your thumb to your index finger when you say the word "peace".

Touch your thumb to your middle finger when you say the word "begins".

Touch your thumb to your ring finger when you say the word "with".

And touch your thumb to your pinky finger when you say the word "me".

Repeat as many times as you need until you are in a more relaxed peaceful state.

I like to start with four or five repetitions and go from there. See what works for you.

~Namaste