Peace and Quiet:
A FOCUSING-INSPIRED PRESENCE PRACTICE

- Choose a **quiet place** to sit or to lie down.
- Experience the **outer quiet**.
- Slowly bring your awareness **inward** by softening your gaze and gently closing your eyes if you feel safe enough to do so.
- Experience your **breath**, however it rises and falls.
- As you breathe, invite the **Spirit of Peace** to fill you, to enfold you, and to flow through you.
- **Inhale** peace.
- **Exhale** peace.
- Feel your **heartbeat** in your chest.
- Let your **heart** guide you as you wonder:
    - What is the **weight** of inner quiet?
    - What is the **texture** of inner quiet?
    - What is the **temperature** of inner quiet?
    - What is the **color** of inner quiet?
    - What is the **scent** of inner quiet?
    - What is the **taste** of inner quiet?
    - What is the **motion** of inner quiet?
    - What is the **emotion** of inner quiet?
    - What is the **sound** of inner quiet?
- Let your wondering dissolve in Mystery as you **deepen** your experience of inner quiet.
- **Inhale** peace.
- **Exhale** peace.
- When you are ready to **share** your peace and quiet, you can gently open your eyes.

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