

Peace Was Meant for You: Peace Is Your Birthright

A Gentle Guide to Mindfulness Meditation for Every Soul

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Peace is not earned it is remembered.

This book is a gentle invitation to come home to yourself. To your breath. To your sacred stillness.

Whether youve felt invisible, dismissed, or burdened by the weight of the world, know this: you were born whole. This is a space for everyone especially those often left out of traditional wellness circles. Here, peace belongs to you.



Mindfulness is not about fixing yourself it's about noticing what's already here.

To be mindful means to sit with the present moment not to escape it or judge it. It is the conscious practice of breathing, noticing, and being. Whether youre in the kitchen, riding the bus, or sitting quietly in your room peace can greet you there.

"You cant use someone elses fire. You can only use your own. And in order to do that, you must first be willing to believe you have it."

Audre Lorde



1. Sit comfortably a chair, cushion, or even lying down is fine.
2. Close your eyes gently or soften your gaze.
3. Breathe deeply in through the nose, out through the mouth (or naturally).
4. Feel your breath. When your mind wanders and it will gently return to the breath.
5. Start with 5 minutes and build up to more, if it feels right.

Theres no perfect way to meditate. Theres only practice.

You are not behind.

You are not broken.

You are not alone.

Even one breath taken with awareness plants a seed of peace.

"Dont look for your dreams to become true; look to become true to your dreams."

Michael Bernard Beckwith



You dont need a sacred room or expensive cushions. Your breath is your altar. Your body is the temple.

Create little rituals:

- Light a candle
- Place a hand over your heart
- Whisper an affirmation: Peace lives in me.

"You wanna fly, you got to give up the things that weigh you down."

Toni Morrison

This practice honors your lived experience. It doesn't erase it.

Whether you are navigating grief, trauma, racism, gender injustice, chronic stress, or simply exhaustion mindfulness isn't about silencing that truth. It's about creating space to breathe within it.

"We live in a spiritual Universe. God is in, through, around and for us."

Ernest Holmes, *The Science of Mind*

You belong here. Every breath is an act of courage and restoration.



Use this in your personal practice or share it with others.

Begin:

Take a deep breath in.

Exhale gently.

Feel your feet on the floor.

Place one hand on your chest, one on your belly.

Say to yourself:

I am here.

I am safe.

This peace was meant for me.

Stay here for a few moments.

You dont have to do this alone. At sowgoodseed.com, youll find:

- Free guided meditations
- Spiritual guidance from Satori Kensho
- Tools to integrate mindfulness into everyday life
- A community rooted in love and healing

All offerings are free. Peace belongs to everyone.

Quotes and influence drawn from:

- Michael Bernard Beckwith
- Toni Morrison
- Audre Lorde
- Ernest Holmes
- Florence Scovel Shinn
- Eckhart Tolle
- SowGoodSeed.com meditation teachings

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You were born for this peace.

Let no one not even your own doubt tell you otherwise.

Come back to this practice as often as needed.

And when you're ready help someone else remember, too.

With love and light,

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