

What  
Inmost  
• Guidance •

Why  
Inmost  
◆ Peace ◆

Who  
Inmost  
■ Guider ■

Peace regards the Rules of People.  
Inmost Peace regards the Rule of Oneself.

To bring Peace to your Spirit:

Be Still.

Focus.

Be Now.

This is the Day.

Increase to days ago.

Your Past.

Increase to days ahead.

Your Future.

Remember actions. Remember people. Remember intentions.

As you increase in these number of days:

Increase calmness. Increase consciousness.

You are a continuum.

5

(~ One Week)

25

(~ One Month)

125

(~ Four Months)

625

(~ Two Years)

3125

(~ One Decade)

15625

(~ Four Decades)

78125

(~ Two Centuries)

As far in Time

Before

(Beginnings)

As far in Time

Beyond

(Endings)