

# **Path of Inner Peace**

## **Chapter 1: The Beginning of Stillness**

Peace is not something you chase outside yourself, it is the natural fragrance of a calm heart. When you sit in silence, the noise of the world softens, and you begin to hear the voice of your own spirit. Every breath is an entry point into the temple of awareness. To walk the path of inner peace is to learn to pause, to notice, and to release.

## **Chapter 2: Breathing as Prayer**

Each inhale is a gift, and each exhale is a letting go. When the mind becomes restless, return to the breath. It anchors you in the present, reminding you that life is not found in yesterday or tomorrow, but only here, in this very moment.