

## Meditation 3 - Seed of Peace

You're in the heart of the ancient forest. These trees have been standing peacefully on the earth for hundreds of years. The atmosphere is humming with peace. The tree in front of you is an ideal spot to sit. As you sit and rest your back against the trunk, it's as if the tree gives a little, moulding itself to the shape of your back. Be still, and absorb the environment of peace.

Your attention is drawn to the forest floor by a silvery sparkle. It's a little silver seed. This is a seed of peace. Just as these great trees grew from tiny seeds, great peace will grow from this peace seed. Pick up the seed and hold it in your hand. It's starting to glow. The peace seed is awakening. Hold the seed close to your heart. Sense it radiating a lovely peaceful feeling. Allow the peaceful feeling into your heart.

Through the canopy of leaves overhead, golden sunlight is shining down. It warms the top of your head and shoulders. Soft rays of sunlight nourish the seed of peace. Peace radiates from the seed into your heart. And spreads into the environment around you. This peace is so nurturing. Right now you don't need anything. You're content, just sitting quietly, holding the seed of peace. Relaxing in the golden sunlight.

From the middle of your beautiful silver seed, comes a silvery fine thread. It reaches up towards the light and a thought of peace plays across your mind. I am peaceful. Each time you think the thought, you feel even more peaceful. I am peaceful. I am peaceful. I am peaceful. I am peaceful. I am peaceful.

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