



✦ How to Use This Guide

Each day includes:

- A short meditation
- A reflection prompt or/and
- A faith-centered anchor


Best Practice:

Use in the morning ☀️ or before bed 🌙

Create a calm space (coffee, candle, blanket... your Blessed Zen
vibe)





 **Day 1: Breathe & Arrive**
"Be still..."

Meditation (10 minutes):

- Inhale for 4
- Hold for 4
- Exhale for 6
- Repeat slowly
- Place your hand over your heart

Whisper:

"I am safe. I am here. I can breathe."

Scripture:

"Be still, and know that I am God." — Psalm 46:10





✿ **Day 2: Release the Weight**
“Let it go...”

Meditation (12 minutes):

- Close your eyes
- Picture yourself carrying heavy bags
- One by one... set them down

Prayer:

“God, I release what I cannot control.”





 **Day 3: Protect Your Peace**
“Guard your heart...”


Meditation (10 minutes):

- Visualize a soft light surrounding you
- This is your peace... your boundary

Affirmation:

“Chaos may visit... but peace gets to stay.”





🌿 Day 4: Return to Center
“Come back to now...”

Meditation (10 minutes):

5-4-3-2-1 Grounding:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell

- 1 thing you're grateful for

Whisper:

“God meets me right here.”





 Day 5: Receive Peace
“Let it fill you...”

Meditation (12 minutes):

- Sit with palms open
- Imagine peace pouring into you like warm light

Prayer:

“Lord, fill my heart with Your peace.”

Affirmation:

“I am anchored in peace.”

