

Introduction to Thirty Seconds for Peace



The *Thirty Seconds for Peace* practice is a regular contemplation that helps entrain your awareness to the deeper levels of being. At regular intervals throughout the course of the day, you are making a conscious choice to bring your attention to the peace of Presence, and to the luminous qualities of love that arise from this stillness.

Every time you do this, you are bringing the 'real' into the world of your creations, and into the collective dream within which your life unfolds. This affects not only your personal world, but also the larger world-dream that you witness taking place around you.

With repeated practice, you will find it increasingly easy to immerse yourself in the felt-sense of infinite peace, and it will gradually become an abiding experience – always there, even in the midst of the ever-changing conditions of everyday life.

The Daily Practice

We recommend establishing a regular routine for the *Thirty Seconds for Peace* contemplation. The more often you rest in this state of awareness, the more powerful and abiding it becomes.

Suggested Foundation for Anchoring the Practice

You can use the contemplation...

- 1 When first waking in the morning (or whenever your day begins)
- 2 During your first 'tea/coffee break'
- 3 At lunchtime
- 4 During your second 'tea/coffee break'
- 5 Before bedtime

The last contemplation of the day can be extended for a greater length of time if the chance presents itself. You may wish to rest in this peaceful state of awareness for several minutes, or longer. Whatever feels best for you.

If you wish to perform the practice more often than suggested above, you might like to consider doing the contemplation hourly, as your schedule permits.

The outline for the practice can be found on the following page

Thirty Seconds for Peace

Short-Duration Contemplation

The breathing and relaxation process outlined here acts as a support throughout the practice. It can also be used prior, as a preparation for the 'body like sky' contemplation.

Breathing and Relaxation

Allow your in-breath to be a heart-uplifting and opening breath, your out-breath to be a relaxing and releasing breath.

Your in-breath is a receiving breath.

Your out-breath offers you a feeling of relief and relaxation.

Allow yourself to enjoy a feeling of warmth and brightness in your chest with each in-breath.

Allow yourself to let go, and sigh with relief if you wish, on your out-breath.

Allow a generous space for your breath, for your body to open and receive your breath.

Contemplation

Imagine now, that the space around you is like sky.
Clear sky, fine, transparent, like the atmosphere of Earth at high altitude.

This sky extends forever,
Spacious, peaceful.

The sky appears empty, yet it is filled with seamless awareness.
Transparent, edgeless, Presence.

Breathe the atmosphere of this awareness.
Allow it to fill you and extend in all directions around you.

The world, in all its entirety,
is carried within this peace.