

A REFLECTIVE COMPANION TO COURSE TEACHINGS

YOUR MEDITATION JOURNAL FOR PEACE, HARMONY, AND JUSTICE



HATHA YOGA | ASHTANGA YOGA | ACRO YOGA
You can journal your answer, share it in the comments,
or simply hold it in silent awareness.

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Introduction

Welcome to this meditation journal — a sacred space to center your mind and awaken your inner light. These teachings are designed to elevate your consciousness and reconnect you with divine peace. Each meditation is paired with reflection prompts to deepen your insights and integration.

Use this journal in your own rhythm. Pause where you feel resonance. Return often. Let this become your personal sanctuary for inner alignment, healing, and revelation.

Meditation 1: Peace, Harmony, and Comfort

"My Subconscious Mind, I Desire and Command You to Have Peace, Harmony and Justice Reign in the Hearts of Men Everywhere."

Thought is energy. Constructive thought holds far more power than destructive ones. By radiating peace, love, and harmony — even toward those who may oppose us — we transform and dissolve negative currents before they can touch our consciousness.

As you hold the inner command for peace to reign, know that every loving thought returns to you, uplifting your soul and restoring balance in the world.

Affirm and feel: "I send out peace. I receive peace. I am peace."

Reflection: Peace, Harmony, and Justice

Take a few moments of silence. Let the energy of peace settle into your being.

Reflection Prompt:

In what ways can you embody peace, harmony, and justice more consistently in your daily thoughts? Who comes to mind when you think of sending peace to someone you once resisted?

Write freely below. This is your sacred space for clarity and healing.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Closing Affirmation

I am at peace within.

I radiate peace to the world.

I hold no grievances, only understanding.

I bless those who cross my path.

I trust in justice, harmony, and divine timing. I align with the Higher Will of love and unity.

"My Subconscious Mind, I Desire and Command You to Have Peace, Harmony and Justice Reign Everywhere Throughout the World."