

Peace Invocation

Use this invocation anytime you need to return to peace — when anxiety rises, when your mind races, when the world feels heavy. Three simple steps to still the storm within.

1

Physiological Sigh

Two inhales through the nose.
Long exhale through the mouth.

(Stanford-backed → instantly calms the brain + body)

2

Heart Drop

Place awareness in your chest for 2 seconds.

3

The Invocation

*"In the name of the Most High,
I enter this moment of holy peace."*

"I breathe in Your presence..."

(inhale)

"...and I breathe out all fear."

(exhale)

"Peace, be still in my mind."

"Peace, be still in my heart."

"Peace, be still in my body."

"Let every anxious thought fall silent."

"Let every burden be lifted."

"Let every storm within me be calmed."

"I rest in Your nearness."

"I receive Your quiet strength."

"Peace, fill me now."

"Peace, settle over me."

"Peace, guard my heart."

"I am still."

"I am held."

"I am safe."

"Amen."