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Relax your body, calm your mind, and soothe your spirit with this [Inner Peace Guided Meditation Audio Lecture](#). Practicing meditation can help with greater mental clarity, resetting, and rebalancing every system in your body. It has a profound, rich, and calming effect, promoting feelings of peace and a sense of awareness. This guided meditation lecture for 'Inner Peace' will take you on a journey of simply slowing down and cherishing the present moment. The state of inner pace eliminates anxiety, fear, worry, and doubt, leaving no room for negativity. It is a state of emotional and mental poise, happiness, confidence, and inner strength. This practice will lead you through gentle deep breathwork, which will slow down

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stress levels, increase self-awareness, focus on the present, and reduce the flow of negative emotions. This all contributes to an overall improvement of your physical and mental health. Inner peace is a deep human need – just like air, water, and sunshine. In order for your body to function at an optimal level, it is important that it remains in a harmonious balance. Your body functions best when it can exist in its natural state of peaceful flow, without the hindrances that stress, tension, and worry produce. Internal harmony considers the unrestricted progression of your’s body’s natural and balanced capacities. You will be encouraged to become aware of your present emotional state in order to use your emotions and feelings as an internal guidance system. Having an awareness of the state of your mental being can allow you to see the larger picture of your life, and whether it requires you to make any changes or adjustments in order to truly be content. For best results, it is recommended to practice meditation daily. Regular practice can help to reduce everyday anxiety and stress, improve your sleep, energise your body and mood, and ultimately improve your overall health and wellbeing. So breathe in, and may you find stillness within.

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