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a meditation practice

Raising Consciousness *through self-awareness*

# The Nafina Technique & seven principles for peace





## *The Nafina Technique & seven principles for peace*

Sit in a comfortable position and take a few deep breaths. Rest and repeat the seven principles for peace below to lead you into the meditation state and de-clutter your mind of the day's activities and thoughts.

Be still for 10, 20, or 40 minutes – or whatever time you have.

When you get distracted by a thought (which is perfectly normal) repeat one of the principles to bring yourself back to the stillness. This will become a natural response to random thoughts and over time you will lose focus less often and remain in the stillness for a longer period. In the stillness created, we heal and grow.

### *seven principles for peace*

*Allow everything to be* – resist nothing

*Watch the mind* – stay alert

*Stay present* – free from time, free from drama

*Remain fully conscious* – and forgive the unconscious

*Bathe in true peace* – inner freedom from external conditions

*Surrender to what is* – the flow of being, the joy of being

*Create no more pain* – end all judgement and thus all suffering