Sow Good Seed

Peace Was Meant for You: Peace Is Your Birthright

A Gentle Guide to Mindfulness Meditation for Every Soul

By Satori Kensho

Founder, Sow Good Seed

WELCOME

Welcome Home

Peace is not earned it is remembered.

This book is a gentle invitation to come home to yourself. To your breath. To your sacred stillness.

Whether you've felt invisible, dismissed, or burdened by the weight of the world, know this: you were born whole. This is a space for everyone especially those often left out of traditional wellness circles. Here, peace belongs to you.

Welcome, friend. However you found your way to these pages — through a hard season, a quiet curiosity, or someone who thought you could use a softer moment — you are welcome here. There is nothing you need to fix before you begin, and nothing you need to believe. Bring your whole self, just as you are.

Take this little book at your own pace. Read it in order, or open it wherever your heart leads you. Sit with one page a day if that feels right. Peace is not a race, and there is no behind here. There is only the next breath.

THE HEART OF THE PRACTICE

What Mindfulness Is

Mindfulness is not about fixing yourself it's about noticing what's already here.

To be mindful means to sit with the present moment not to escape it or judge it. It is the conscious practice of breathing, noticing, and being. Whether you're in the kitchen, riding the bus, or sitting quietly in your room peace can greet you there.

> *"You can't use someone else's fire. You can only use your own. And in order to do that, you must first be willing to believe you have it."*
>
> Audre Lorde

You do not need special words or a special place to begin. Mindfulness meets you in the ordinary moments of an ordinary day — in the steam rising off a cup of tea, in the pause before you answer, in one honest breath. In the next few pages, we will practice together, one small step at a time.

THE PRACTICE

Five Simple Steps

Here is a simple way to begin. Find a few quiet minutes — early morning, a lunch break, or the still moment before sleep. Then follow these five gentle steps:

1. Sit comfortably a chair, cushion, or even lying down is fine.
2. Close your eyes gently or soften your gaze.
3. Breathe deeply in through the nose, out through the mouth (or naturally).
4. Feel your breath. When your mind wanders and it will gently return to the breath.
5. Start with 5 minutes and build up to more, if it feels right.

There's no perfect way to meditate. There's only practice.

If your mind wanders a hundred times, that is not failure. Noticing that your mind has wandered *is* the practice. Each time you return to your breath, you are coming home to yourself — and home is always worth returning to.

A REMINDER

You Are Not Behind

You are not behind.

You are not broken.

You are not alone.

Even one breath taken with awareness plants a seed of peace.

> *"Don't look for your dreams to become true; look to become true to your dreams."*
>
> Michael Bernard Beckwith

Read those three lines again, slowly. Let them be more than words on a page. Wherever you are in your life — whatever has been delayed, lost, or left undone — this moment is still a beginning. Your breath is proof of that. One breath, taken on purpose, can change the weather inside you.

FOR THE HARD DAYS

Words to Carry With You

On the days when peace feels far away, borrow these words. Say them aloud, whisper them, or hold them quietly in your heart. Repeat the ones that feel like they were written just for you — because they were.

I am here. I am safe. This peace was meant for me.

Peace lives in me.

I was born whole.

My breath is my altar.

I am not behind. I am becoming.

I can begin again with the next breath.

Peace belongs to me, too.

Choose one each morning. Carry it with you the way you would carry a small stone in your pocket — something steady to hold when the day gets loud.

THE PRACTICE

Making a Sacred Space

You don't need a sacred room or expensive cushions. Your breath is your altar. Your body is the temple.

Create little rituals:

- Light a candle
- Place a hand over your heart
- Whisper an affirmation: Peace lives in me.

> *"You wanna fly, you got to give up the things that weigh you down."*
>
> Toni Morrison

Your sacred space does not have to look like anyone else's. It can be a corner of a room, a chair by a window, or simply the few inches of quiet you create inside yourself. What makes it sacred is not what is in it. It is the love and intention you bring to it.

THE HEART OF THE PRACTICE

Your Story Belongs Here

This practice honors your lived experience. It doesn't erase it.

Whether you are navigating grief, trauma, racism, gender injustice, chronic stress, or simply exhaustion mindfulness isn't about silencing that truth. It's about creating space to breathe within it.

> *"We live in a spiritual Universe. God is in, through, around and for us."*
>
> Ernest Holmes, The Science of Mind

You belong here. Every breath is an act of courage and restoration.

Whatever road brought you here, it counts. Your story is not an obstacle to peace — it is the soil where your peace will grow. Tend it gently, and trust that even now, something good is taking root.

THE PRACTICE

A Guided Practice

Use this in your personal practice or share it with others.

Find a comfortable seat, or lie down if your body asks you to. Let your hands rest wherever they fall. There is no performance here — only presence. Read these words slowly, or have someone you trust read them to you. Pause between each line, and let your breath keep its own time.

Begin:

Take a deep breath in.

Exhale gently.

Feel your feet on the floor.

Place one hand on your chest, one on your belly.

Say to yourself:

I am here.

I am safe.

This peace was meant for me.

Stay here for a few moments.

When you are ready, let your breath return to its natural rhythm. Notice the sounds around you. Wiggle your fingers and toes. Open your eyes softly, and carry this quiet with you into whatever comes next. You can return to this practice whenever you need it — it will be here, and so will your peace.

REFLECTION

Sitting With What Arises

After you practice, it can help to put a few words on paper. There are no right answers and no grades here. Write honestly, write briefly, or simply sit with the questions and let them work on you gently.

- What does peace feel like in my body when I imagine it?
- What weight have I been carrying that I could set down, even for five minutes?
- When did I last feel truly still? What was happening around me?
- What would I say to a dear friend who feels behind in life — and can I say it to myself?
- What is one small ritual that helps me feel sacred and safe?
- Who helps me remember my peace, and how can I thank them?

You do not have to write every day. But on the days you do, you are planting seeds — and seeds grow in their own season.

COMMUNITY

You Don't Have to Do This Alone

You don't have to do this alone. At sowgoodseed.com, you'll find:

- Free guided meditations
- Spiritual guidance from Satori Kensho
- Tools to integrate mindfulness into everyday life
- A community rooted in love and healing

All offerings are free. Peace belongs to everyone.

Whether you come for a guided meditation, a word of guidance, or simply the company of others on the path, there is a place for you. No matter your faith, your background, or your story — you are welcome in this circle.

WITH GRATITUDE

Sources and Influences

Quotes and influence drawn from:

- Michael Bernard Beckwith
- Toni Morrison
- Audre Lorde
- Ernest Holmes
- Florence Scovel Shinn
- Eckhart Tolle
- SowGoodSeed.com meditation teachings

Images used in this eBook are generated royalty-free and intentionally inclusive and uplifting.

A CLOSING WORD

With Love and Light

You were born for this peace.

Let no one not even your own doubt tell you otherwise.

Come back to this practice as often as needed.

And when you're ready help someone else remember, too.

With love and light,
Satori Kensho
(Deborah Francis)
Founder, Sow Good Seed

ABOUT

About Satori

Satori Kensho — born Deborah Francis — is the founder of Sow Good Seed, her Philadelphia-based ministry. An ordained minister, she carries the title Magistrate of the Sacred Eternal Spirit.

As a meditation and mindfulness teacher, she creates gentle, welcoming spaces where people of every background and belief can breathe, be still, and remember their peace.

Through Sow Good Seed, she offers this guide freely, in the belief that peace belongs to everyone.

· · ·

Sow Good Seed · sowgoodseed.com



Peace belongs to everyone.

sowgoodseed.com