The Thirteen Steps to Inner Peace:

1) Understand your greatness
2) Approach life with gentleness
3) Choose what is mentally beneficial
4) Practice what creates serenity
5) Release attachment and aversion
6) Thoughts: See them for what they are
7) Everything depends on Attitude
8) Be vigilant of outside catalysts
9) Find refuge in that which supports your evolution
10) Respond mindfully
11) Realize all understandings are evolving
12) Cultivate wisdom
13) See your Self in others
Thirteen Days of Practice for Inner Peace

**Day One Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. That is my sufficiency and power.”

**Day Two Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. God acts through me as love and compassion.”

**Day Three Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. I see, hear and speak what is pure.”

**Day Four Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. Today I will experience silence and practice peace.”

**Day Five Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. I release my expectations and allow my day to unfold without attachment, with grace.”

**Day Six Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. I will witness my thoughts and remember I am not my thoughts.”

**Day Seven Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind yourself; “I am the light of God. This moment is grace, an opportunity to thrive.”
**Day Eight Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. I will feel what people, places and things support my peace and spend time with them.”

**Day Nine Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. I will remember where my spiritual support comes from and take refuge there.”

**Day Ten Practice:**
After breakfast, lunch and dinner, before you get up from your meal, remind yourself; “I am the light of God. Today I will not react. I will take a breath and respond in peace and love.”

**Day Eleven Practice:**
After breakfast, lunch and dinner, before I get up from my meal, I will remind myself; “I am the light of God. Today I will suspend judgment, knowing everyone is on their path.”

**Day Twelve Practice:**
After breakfast, lunch and dinner, before you get up from your meal, remind yourself; I am the light of God. All people and things are Consciousness, the light of God.”

**Day Thirteen Practice:**
After breakfast, lunch and dinner, before you get up from your meal, remind yourself; I am the light of God. Today I will give up my self-cherishing and love and support others.”