

Helping you find happiness, health, and healing



**Spiritual E-card on being peaceful  
You are God's calm reflection**

## **“Peace, be still.”**

**King James Bible, Mark 4:39** *Peace (to 1<sup>st</sup>.)*

**God created you in His very own image and likeness.**

**He filled you with His peace and tranquility.**

**You are His calm reflection.**

**As such, neither fear, illness, nor  
danger can disturb your peace  
of mind. You can remain serene,  
- spiritually poised at all times.**

**If feeling troubled or ill at ease,**

**1. Rest in God's love.**

**2. Get thought calm.**

**3. Affirm: God made me calm  
and keeps me calm.**

**I am God's calm reflection.**



***Stillness, is an essential element of reflection.***

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