



Mindfulness: Finding Inner Peace

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1. Four steps to create inner peace in daily life

- a. Sensitize the brain by stimulating the body
- b. Feel the body through active, conscious breathing
- c. Stay in the present moment through physical sensations — “feel, here and now”
- d. Connect to your life’s purpose by asking, “What do I truly want?”

2. Three conditions that disrupt inner peace

- a. Unhealthy physical condition
- b. Disorganized or unsettled mental state
- c. Disharmonious relationships

3. Common reactions to inner conflict

- a. Physical reactions: muscle tension, shallow breathing, digestive discomfort, headaches
- b. Mental and emotional reactions: overthinking, confusion, anxiety, uneasiness
- c. Relational reactions: avoidance, withdrawal from others, compulsive behaviors

4. Fundamental reactions to inner conflict

- a. Energy imbalance
 - Draining energy by not eating
 - Gaining excess energy by overeating
- b. Practices to resolve inner conflict in daily situations
 - Chewing-water meditation
 - Walking meditation

Conclusion

- Inner peace is cultivated through awareness of the body, breath, mind, and relationships.
- When we recognize our reactions and respond with mindful practices, balance and clarity naturally return.