



# **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.**