



Stay sealed.

Stay centred.

Allow no destruction\_no distortion\_no disturbance.

Respect destruction. Respect distortion. Respect disturbance.

Respect. Allow NOT.

Be You.

Be You Peace.



Peace be Me.

I Peace choose Me Peace.

More and more of Me I choose.

More and more of Me I become.

More and more of Me I AM

Peace be.

Peace AM

Ever(Y)NOWeAM

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