



Weekly Peace Decree



Anchored Joy

I no longer wait for joy to arrive —
I become it.

I let light bloom in ordinary places.
I let laughter find me mid-task.

I let the ache pass through me without
stealing the gift of now.

I do not need perfection to feel peace.
I only need presence.

And in presence, I discover joy that holds.

“I am allowed to feel good —
even before it’s done.”



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