

PEARLS *of* WISDOM *from* PEACE

A SOULFUL GUIDE TO
MEDITATIVE REFLECTION



AUMARA SATYA RA



PEARLS OF WISDOM *FROM* PEACE

*Reflections and Meditations
for the Awakening Soul*





Introduction

Welcome, Awakening Soul,

This sacred bundle of channeled messages from the Voice of Peace is offered as a gently companion on your path of remembrance. Each Pearl invites reflection, and each meditative step anchors the truth of your Divine nature. Let them speak to your soul.

With Love,
Aumara Satya Ra





PEARL
OF WISDOM
FROM PEACE

*“Catch the light of day and
hold it deep within so it may
light all of your tomorrows.”*

~ Peace

Meditative Action Step:

Each morning, before the day
begins, sit in stillness and
imagine the light of the rising
sun pouring into your heart,
with your hands over your heart,
repeat: *“I carry the light of today
into every moment to come.”*
Let this light be your guide.





PEARL
OF WISDOM
FROM PEACE

*“Allow the you in all things
to open up to you. Catch the
beauty in all!”*
~ Peace

Meditative Action Step:

Walk through nature or your home and gently whisper, *“I see my reflection in this.”* Choose three ordinary things--your breath, a flower, the sky--and let your inner self speak through them. Journal what arises.





PEARL
OF WISDOM
FROM PEACE

“Hold out your hand and touch the light of all as it is all around you waiting to caress you. Let it surround and comfort you.” ~ Peace

Meditative Action Step:
Inhale slowly and extend your hand palm up. Imagine light swirling in the air, gently touching your skin. Say aloud:
“I am surrounded by Light. I am comforted by Presence.”

Breathe this in for at least 3 minutes.





PEARL
OF WISDOM
FROM PEACE

*“See the sunlight as it is
reflected off the morning
dew--feel the warmth of the
glowing sun as it shines for
you.” ~ Peace*

Meditative Action Step:

Go outside or close your eyes and
visualize morning light reflecting
from dew. Feel the warmth of the
sun on your face. Whisper:

*“I welcome this day as a gift made
for me.”*

Soak in this presence and allow it
to ground you.





PEARL
OF WISDOM
FROM PEACE

“The air is cool and crisp as it flows forth from the mountain’s peak. Feel its touch as it nudges you to awaken.” ~ Peace

Meditative Action Step:

Imagine cool mountain air brushing across your face. Breathe deeply. With each inhale, say: *“I awaken. I rise.”* Let the breath stir your spirit awake.





PEARL
OF WISDOM
FROM PEACE

“Place your hand on your heart and open your mind’s eye to the beauty that lies within you.” ~ Peace

Meditative Action Step:

Sit in silence with your eyes closed and one hand resting on your heart. Ask gently: *“What beauty lives within me now?”* Feel, don’t force. Let the answer come in images, feelings, or stillness.





PEARL
OF WISDOM
FROM PEACE

*“Oh, you see there is so much
to share--all will feel the
Love that is meant to be felt
by all--that awaits the call
from all.” ~ Peace*

Meditative Action Step:

Speak aloud: *“I call upon Love.”*
Imagine this Love radiating from
your chest like a beacon. Send it
outward--to someone in need,
to the collective, or to the Earth.





PEARL
OF WISDOM
FROM PEACE

“All creatures possess the ability to feel Love, but so few make proper use of this grand ability.” ~ Peace

Meditative Action Step:

Spend time today extending silent Love to all beings you encounter. Whisper silently in your heart:

“You are Love. I am Love.”

Observe how the energy shifts around you.





PEARL
OF WISDOM
FROM PEACE

*“Seek the world that awaits
your knowing. Design the
palace of your dreams and
rest always in the midst of
your light.” ~ Peace*

Meditative Action Step:

Visualize a sacred space—a
palace, a temple, a garden—
crafted entirely from your soul’s
truth. Step into it. Rest there in
quiet communion. Return often.





PEARL
OF WISDOM
FROM PEACE

*“ Oh, Keeper of dreams--
open the window wide and
let the stars enter your inner
room to shine brightly for all
to see.” ~ Peace*

Meditative Action Step:

Before sleep, open your bedroom window or imagine doing so. Invite the stars inward. Say:

*“Illuminate me from within, that I may
shine for others.”*

Keep a dream journal beside you bed to receive starligh wisdom.





PEARL
OF WISDOM
FROM PEACE

*“The blossom blooms for
the eyes that set themselves
upon it.” ~ Peace*

Meditative Action Step:

Choose something in your
environment and gaze upon it with
love and reverence. Let your
attention be the sunlight that
awakens it. Whisper:

“I see beauty. I bless beauty.”

Let this become a practice of
conscious seeing.





PEARL
OF WISDOM
FROM PEACE

*“ May these Pearls of
Wisdom from the Voice of
Peace illuminate your
path and return you
always to the center of
Love within. Let them be
daily companions as you
awaken to your true
radiance.”*

*With Love,
Aumara Satya Ra*

