

May they be wrapped in peace.

May they be encouraged and blessed.

With that refreshed strength, and to close, bring to mind all the humans who will never read this. People who live near, and those who live far. Folks who could be experiencing any emotion right now.


Soak it in. Nothing to "do." Others are praying for your wellbeing.

See yourself and feel yourself wrapped in a golden bubble, of the quality of peace.

Turning to this page means others have sent you blessings and gratitude. Now it's time to

r e c e i v e .

Relax, soften, allow.

Thank you. 

You just altered all of existence, across all time!

(And if you soon hear from your dear friend from pg. 3, it's not mere 'coincidence'!)

One final seed for you: Any circle can be invitation for a powerful breath of intention.



Wait to share this experience? Copy & spread!

This is a Seed Zine.



Copy it. Fold it. Plant it.

This Zine Creates Peace

a Seed Zine by: Rebecca Roots

Welcome, dear one.

This zine asks for your full attention and deep intention.

(But rest assured, you need only yourself, here and now.)



A circle will be our symbol for one breath, in through the nose, belly, fills deeply, and a longer exhale.

Give it a try now! Trace your finger around the circle as you're breathing, if it helps.


Send gratitude to them, encouragement, or a blessing.


Visualize these people encompassed in a golden bubble of deep peace.


Now, imagine all the other people who ever have and ever will read this very zine, just like you, pausing to connect and create peace in their bodies, in their energy.

Let's begin.

Feel into where your body is making contact with a surface.

 (Are your feet on the ground?)

 (Seat on a chair?)

 (Fingers touching this zine?)

Take your time to really sense that pressure/feeling. (Closing eyes can help!)

While doing so, take 3 intentional breaths.



Take a breath of gratitude, for this human.

Imagine your friend encompassed in a golden bubble of peace.

Now, bring to mind a dear friend.

Think about why you love this person.

