

u-in-verse

Life as a Mirror of the Soul

u-in-verse—a harmonic field where
your inner states echo outward,
shaping every experience you meet.



Lai Ping Lee

Untouchable

The 40-Day Journey to Inner Peace

Welcome to the 40-Day Journey to Inner Peace.

This journal is a sacred companion to *Untouchable: The Inner Alchemy of Peace.* Each day invites you into reflection, breathwork, and awareness to strengthen your inner foundation of peace. Let these 40 days become a sanctuary where you remember your essence — untouchable, luminous, free.

Day 1: Remember

****Reflection:****

Each day, remember becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does remember express itself in my life?
- What blocks me from living remembering more fully?

****Affirmation:****

"I embody remember with ease and grace."

Day 2: Surrender

****Reflection:****

Each day, surrender becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does surrender express itself in my life?
- What blocks me from living surrender more fully?

****Affirmation:****

"I embody surrender with ease and grace."

Day 3: Trust

****Reflection:****

Each day, trust becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does trust express itself in my life?
- What blocks me from living trust more fully?

****Affirmation:****

"I embody trust with ease and grace."

Day 4: Gratitude

****Reflection:****

Each day, gratitude becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does gratitude express itself in my life?
- What blocks me from living gratitude more fully?

****Affirmation:****

"I embody gratitude with ease and grace."

Day 5: Presence

****Reflection:****

Each day, presence becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does presence express itself in my life?
- What blocks me from living presence more fully?

****Affirmation:****

"I embody presence with ease and grace."

Day 6: Compassion

****Reflection:****

Each day, compassion becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does compassion express itself in my life?
- What blocks me from living compassion more fully?

****Affirmation:****

"I embody compassion with ease and grace."

Day 7: Forgiveness

****Reflection:****

Each day, forgiveness becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does forgiveness express itself in my life?
- What blocks me from living forgiveness more fully?

****Affirmation:****

"I embody forgiveness with ease and grace."

Day 8: Clarity

****Reflection:****

Each day, clarity becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does clarity express itself in my life?
- What blocks me from living clarity more fully?

****Affirmation:****

"I embody clarity with ease and grace."

Day 9: Patience

****Reflection:****

Each day, patience becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does patience express itself in my life?
- What blocks me from living patience more fully?

****Affirmation:****

"I embody patience with ease and grace."

Day 10: Joy

****Reflection:****

Each day, joy becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does joy express itself in my life?
- What blocks me from living joy more fully?

****Affirmation:****

"I embody joy with ease and grace."

Day 11: Healing

****Reflection:****

Each day, healing becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does healing express itself in my life?
- What blocks me from living healing more fully?

****Affirmation:****

"I embody healing with ease and grace."

Day 12: Strength

****Reflection:****

Each day, strength becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does strength express itself in my life?
- What blocks me from living strength more fully?

****Affirmation:****

"I embody strength with ease and grace."

Day 13: Balance

****Reflection:****

Each day, balance becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does balance express itself in my life?
- What blocks me from living balance more fully?

****Affirmation:****

"I embody balance with ease and grace."

Day 14: Faith

****Reflection:****

Each day, faith becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does faith express itself in my life?
- What blocks me from living faith more fully?

****Affirmation:****

"I embody faith with ease and grace."

Day 15: Stillness

****Reflection:****

Each day, stillness becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does stillness express itself in my life?
- What blocks me from living stillness more fully?

****Affirmation:****

"I embody stillness with ease and grace."

Day 16: Love

****Reflection:****

Each day, love becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does love to express itself in my life?
- What blocks me from living love more fully?

****Affirmation:****

"I embody love with ease and grace."

Day 17: Courage

****Reflection:****

Each day, courage becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does courage express itself in my life?
- What blocks me from living courage more fully?

****Affirmation:****

"I embody courage with ease and grace."

Day 18: Detachment

****Reflection:****

Each day, detachment becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does detachment express itself in my life?
- What blocks me from living detachment more fully?

****Affirmation:****

"I embody detachment with ease and grace."

Day 19: Silence

****Reflection:****

Each day, silence becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does silence express itself in my life?
- What blocks me from living silence more fully?

****Affirmation:****

"I embody silence with ease and grace."

Day 20: Purpose

****Reflection:****

Each day, purpose becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does purpose express itself in my life?
- What blocks me from living purpose more fully?

****Affirmation:****

"I embody purpose with ease and grace."

Day 21: Wisdom

****Reflection:****

Each day, wisdom becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does wisdom express itself in my life?
- What blocks me from living wisdom more fully?

****Affirmation:****

"I embody wisdom with ease and grace."

Day 22: Reflection

****Reflection:****

Each day, reflection becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does reflection express itself in my life?
- What blocks me from living reflection more fully?

****Affirmation:****

"I embody reflection with ease and grace."

Day 23: Resilience

****Reflection:****

Each day, resilience becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does resilience express itself in my life?
- What blocks me from living resilience more fully?

****Affirmation:****

"I embody resilience with ease and grace."

Day 24: Kindness

****Reflection:****

Each day, kindness becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does kindness express itself in my life?
- What blocks me from living kindness more fully?

****Affirmation:****

"I embody kindness with ease and grace."

Day 25: Vision

****Reflection:****

Each day, vision becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does vision express itself in my life?
- What blocks me from living vision more fully?

****Affirmation:****

"I embody vision with ease and grace."

Day 26: Alignment

****Reflection:****

Each day, alignment becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does alignment express itself in my life?
- What blocks me from living alignment more fully?

****Affirmation:****

"I embody alignment with ease and grace."

Day 27: Harmony

****Reflection:****

Each day, harmony becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does harmony express itself in my life?
- What blocks me from living harmony more fully?

****Affirmation:****

"I embody harmony with ease and grace."

Day 28: Acceptance

****Reflection:****

Each day, acceptance becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does acceptance express itself in my life?
- What blocks me from living acceptance more fully?

****Affirmation:****

"I embody acceptance with ease and grace."

Day 29: Integrity

****Reflection:****

Each day, integrity becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does integrity express itself in my life?
- What blocks me from living integrity more fully?

****Affirmation:****

"I embody integrity with ease and grace."

Day 30: Truth

****Reflection:****

Each day, truth becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does truth express itself in my life?
- What blocks me from living truth more fully?

****Affirmation:****

"I embody truth with ease and grace."

Day 31: Abundance

****Reflection:****

Each day, abundance becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does abundance express itself in my life?
- What blocks me from living abundance more fully?

****Affirmation:****

"I embody abundance with ease and grace."

Day 32: Freedom

****Reflection:****

Each day, freedom becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does freedom express itself in my life?
- What blocks me from living freedom more fully?

****Affirmation:****

"I embody freedom with ease and grace."

Day 33: Service

****Reflection:****

Each day, service becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does service express itself in my life?
- What blocks me from living service more fully?

****Affirmation:****

"I embody service with ease and grace."

Day 34: Radiance

****Reflection:****

Each day, radiance becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does radiance express itself in my life?
- What blocks me from living radiance more fully?

****Affirmation:****

"I embody radiance with ease and grace."

Day 35: Unity

****Reflection:****

Each day, unity becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does unity express itself in my life?
- What blocks me from living unity more fully?

****Affirmation:****

"I embody unity with ease and grace."

Day 36: Peace

****Reflection:****

Each day, peace becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does peace express itself in my life?
- What blocks me from living peace more fully?

****Affirmation:****

"I embody peace with ease and grace."

Day 37: Awakening

****Reflection:****

Each day, awakening becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does awakening express itself in my life?
- What blocks me from living awakening more fully?

****Affirmation:****

"I embody awakening with ease and grace."

Day 38: Grace

****Reflection:****

Each day, grace becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does grace express itself in my life?
- What blocks me from living grace more fully?

****Affirmation:****

"I embody grace with ease and grace."

Day 39: Transcendence

****Reflection:****

Each day, transcendence becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does transcendence express itself in my life?
- What blocks me from living transcendence more fully?

****Affirmation:****

"I embody transcendence with ease and grace."

Day 40: Integration

****Reflection:****

Each day, integration becomes a portal for remembering your inner peace.

****Breathwork:****

Practice gentle rhythmic breathing — inhale for 4, hold for 2, exhale for 6 — as you embody today's theme.

****Journal Prompts:****

- How does integration express itself in my life?
- What blocks me from living integration more fully?

****Affirmation:****

"I embody integration with ease and grace."

Integration Week (Days 36-40)

The final days are sacred synthesis. You are no longer seeking peace; you are living it. Every breath, every choice, every interaction becomes an act of remembrance.

In this final cycle, allow your awareness to stabilize. The untouchable peace within you is now an offering to the world.

Closing Reflection

You have completed the 40-Day Untouchable Journey.

Pause. Breathe. Feel the quiet strength you have cultivated. This peace is not a destination — it is your natural state remembered.

Carry this awareness into every action, word, and silence.

May your presence remind the world of its own stillness.

In gratitude to you for having the courage to do your inner work and master your life.