

Peace



How wonderful it would be if the whole world would live in peace, without worries or preoccupations, conflict, violence and war! How wonderful it would be if harmony ruled the planet and unity were the language of the people! Who wouldn't like the world to be a place like that? Then let's foster INNER peace. We cannot build world peace if we are not at peace ourselves.

Peace is not made of words! Here are some of the values that help you create it, step by step, every day:



Calmness

Concentration

Optimism

Self-control

Contentment

Contemplation

Self-acceptance

Inner
Silence

Gratitude

Self-confidence

Happiness

Dignity

Satisfaction

Attentiveness

Self-discipline



Where does peace begin? In your mind or in your heart?