

A DAILY PRACTICE FOR PEACE



THE FIRST PRACTICE FOR PEACE

Start Being the Change, Today

Being the change is ineffective unless you are actively pursuing its achievement.
Start today, not tomorrow, and execute the change you desire to see.

THE SECOND PRACTICE FOR PEACE

Choose Your Stories Wisely

Stories increase hate and division, destroying the possibility of peace.
Mindfully monitor your every word to promote universal cohesion.

THE THIRD PRACTICE FOR PEACE

Love More than You Fear

Love's abilities terminate through fear-evoking storytelling.
Boost love and eradicate fear by examining the stories you tell.

THE FOURTH PRACTICE FOR PEACE

Create Consciously and Responsibly

Unfavorable circumstances persist on Earth through everyone's contribution.
Practice accountability for Humanity's condition because peace is your responsibility.

THE FIFTH PRACTICE FOR PEACE

Seek the Best and Highest for All

Global destruction, resource depletion, and species extinction are Humanity's creations.
Uphold and restore the well-being of all life on Earth through your every decision.