

LET THERE BE PEACE ON EARTH & LET IT BEGIN WITH ME!

TOOLS FOR PEACEFUL LIVING

When Feeling Upset: Start with the Self and ask:

1. Why do I feel threatened – am I really in danger?
2. Is this about a past wounding?
3. Acknowledge my fear – breathe deeply.
4. Suspend judgment – embrace possibilities.
5. How can I help?

“Peace begins with a Smile.”
Mother Teresa

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