



the principles of

PEACE





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PRINCIPLE 1

The peace you experience
is a direct reflection of the
peace you are.



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PRINCIPLE 2

Peace is a seed you
plant and water with
honesty and love.



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PRINCIPLE 3

Peace is present when
distrust is absent.



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PRINCIPLE 4

Peace is how you live through
uncertainty not how much
uncertainty you can avoid
living through.



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PRINCIPLE 5

Self-awareness begets the
deepest forms of peace.



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PRINCIPLE 6

Patiently living in the present
brings peace to life.



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PRINCIPLE 7

Accept what is as what ought
to be and peace will grow in
your heart.



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Peace is a form of deep self-connectedness. It's cultivated within you through rituals that support your commitment to your own harmony.



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Peace is sustaining internal ease, deep contentment, and mental freedom as your life unfolds. You are your own first experience with peace.



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Build up your ability to trust yourself, The Higher Power, and others as a means to cultivate more peace in your life. Trust leads to harmony. Harmony is part of the root system of peace. Peace is the fruit.



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Peace is the deepest level of trust in a Power that is higher than you. And because that Power is higher than you, it is always working for your higher self even in tough situations. Peace is knowing this and moving in this.



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Peace is cultivated when we love with the full acceptance of loss. Peace comes when we choose to love others without the daily mental anguish around possible shifts and changes in the dynamic of love that may bring us discomfort.



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**Others cannot be your
peace. You must be
your own peace.**



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Peace also grows when you trust those around you. You trust their words, actions, motives, and intentions. You believe they have your best interest at heart and you feel confident that harm and hurt is not intentional. If you don't trust them, you won't have peace.



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**Distrust
uproots
peace.**



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You can not desire peace and live in an energy of skepticism and suspicion. If you find yourself consistently skeptical or suspicious of the Higher Power or others, peace will elude your life. Where there is distrust, there is internal turmoil.



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**PEACE IS LIVING WITH A
MINDSET OF OPTIMISM AND A
HEART OF GENEROSITY.**