The Virtue of Peacefulness

VOICE FOR THE *Horse* ™

Peacefulness is being calm inside. Take time for daily reflection and gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.

You are practicing Peacefulness when you:

Create inner peace with daily reflection or prayer

Use peaceful language even when you are angry

Speak gently and respectfully

Avoid harming anyone

Appreciate differences

Find peaceful solutions to every problem

Affirmation

I am peaceful. I use peaceful words and find fair solutions when differences arise. I find my inner peace and let it carry me gently through the day.