



# Mairead Ajisola

THE PEOPLE'S PEDAGOGUE

# PEACE IS A PRACTICE

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## **PEACE TREATY**

a practice for the mindful  
handling of conflict

The Even Ibis Productions | Spring 2024

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# “PEACE TREATY”

- a practice for the mindful handling of conflict -

by Thich Nhat Hanh talk entitled "Teachings on Love"



## INTERNAL MEDITATIONS:

**Take good care of your anger.**

Do not do anything.

Do not say anything.

Simply, hold on to your mindful breathing.

Notice where in your body you are feeling your emotions most.

Notice if you are able to move the sensation of anger through your body.



Continue to take deep breaths while moving the anger.

Sense if your sensation of anger is thinning or building as you focus on it.

B r e a t h e t h r o u g h  
y o u r s k i n .

Honor your anger.

Make space for anger.

Be still inside your anger.

Advocate for your right to hold anger.

Take responsibility for your anger.



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## OUTWARD COMMUNICATION:

**To communicate your suffering outside of yourself  
while taking good care of your anger.**

Write the “peace note.” In this variation, the letter is not intended to be shared. Rather, it is meant to be written, held within your thoughts and discarded ... conscientiously.

“Dear one (or some variation),

You did/said this to us while we were focusing  
on peace.

We were very angry but we chose not to be  
destroyed by it.

We suffered a lot, and grew from the experience.

In the midst of our suffering, we chose to honor  
our anger without shame and we wanted you to  
know it.”



“There is no greater agony than bearing an  
untold story inside you.”

- Maya Angelou

Write down on a piece of paper the word, Peace.

Write down on a piece of paper the word, Peace.

# PEACE IS A PRACTICE

- the mindful handling of our anger -

**Advocate and hold the responsibility  
of our anger**

**Seeds of anger and mindfulness are  
always inside of us.**

Activities for Self-Development  
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**P e a c e   i s   i n   e v e r y  
b r e a t h   w e   t a k e .**

**P e a c e   i s   i n   e v e r y  
s t e p   w e   t a k e .**

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