

Peace can only be achieved through intelligence

We battle and fight (compete) because that is what we were told would ensure our peace and safety. Instead, we keep ourselves in constant fear and vigilance over the next 'threat'.

What would our economy look like if it were an economy based on peace?

When more of us align our powerful minds with our loving hearts, this will become our shared reality-- and we'll realize peace on Earth again.



What is personal peace?

Peace is a state of being that emerges from a deeper understanding of life and of ourselves

Human beings, technology, and therefore society are evolving -- so much so that most of us are now questioning the rules of life and the meaning of it all.

More of us understand that conflict and war are based on duality-- the idea of 'othering'

In many ways conflict is a form of addiction-- and like all addictions it stems from fear and pain.

Any time you find yourself in conflict, comparing or judging anyone or anything pause and ask:

What am I afraid off?

The answer will always be one that attunes you to the needs of **your** heart-- and therefore bringing your focus back to you, **not the other** or what they must do for you.

Only you can enable personal peace. When many (many) more of us begin to operate in this manner, societal peace will be realized.

Personal peace is not a theory or intellectual construct-- it is a living practice.

Personal peace is also a health practice--it helps align our minds with the rest of our body, enabling coherence.

Simplifying your life and spending time in nature or stillness through meditation, prayer, or journaling to connect with your inner-self and the reality that is ever present are simple practices we can all adopt.

Here are 33 additional ones known to help harmonize our minds.

Awareness	Graciousness	Reflection
Acceptance	Gratitude	Respect
Balance	Humility	Self-regulation
Compassion	Inclusion	Self-acceptance
Contentment	Integrity	Serenity
Creativity	Kindness	Solitude
Empathy	Letting go	Surrender
Equanimity	Love	Stillness
Faith	Mindfulness	Tolerance
Forgiveness	Patience	Tranquility
Generosity	Presence	Trust

33 living practices of personal peace, *Unmasking*, Mayra Porrata, 2024