

## **"PEACE OUT TO WAR AND CONFLICTS"**

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### **What can you do to promote peace?**

I will extend myself to someone who's been on my "enemies" list. Apologize.

I have told myself that it's their fault and why should i be the one to apologize? I will be the bigger person and do it anyway. I'll do it with generous and sincere heart.

I will create my own personal commitment statement to be a stand for peace.

I will invite a group of people to join me and gather together and share our commitments. We will write them down together with our e-mail address, attach it to a helium filled balloon and release it to the world.

I will give a love and peace offering to a stranger.

I will pick a small possession that I value and give it away to someone I've never met until this moment. I will be a role model for what generosity looks and feels like. I will not fear losing and someday I will see the things that I will gain by sharing what I love.

I will make peace with myself.

I will write down all my judgments and negative opinions about myself on a piece of paper. I will write down all the struggles, conflicts and worries, everything that I'm ready to be done with. Then I'll set a match to the paper (in a safe place, of course) and watch those tired, old stories go up in flames. Peace is just like loving yourself, it is no one's responsibility but your own. If you can't love yourself, why should you expect anyone else to love you? That will make sense!

### **How can you promote peace?**

By taking all of the above mention into action starting with myself and pass it on to other.

### **Why should you promote peace?**

I will promote peace to become happy with my life and get rid of conflicts and wars between all of us.

### **Will you make a difference?**

Certainly, every one of us can make a difference if we'll establish peace in ourselves. Start promoting peace within yourself and you will see as well as feel the difference it brings you.