

PEACE 1st



And All Else Follows Accordingly

As an expression of peace in the world,
I choose to:

BREATHE & Release judgment & worry from my mind
TRUST LIFE & Remove aggression from my heart
GIVE THANKS & Stop complaints from my mouth

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A Principle ~ A Practice ~ A Way of Life

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Use the *PEACE 1st* three-step process whenever you have an emotional reaction of worry, aggression, judgment, anger, blame, complaint or criticism – or any other face of fear.

When practiced daily you will notice a difference in your quality of life almost immediately; the atmosphere around you is softer, kinder, more loving and peaceful.

Guaranteed!

“We do not need guns and bombs to bring peace, we need love and compassion.”

- Mother Teresa



<http://goldenpathofpeace.org> info@goldenpathofpeace.org
Dr. Barbara Leger, Founder and Guide,
Program Developer, Author and Speaker

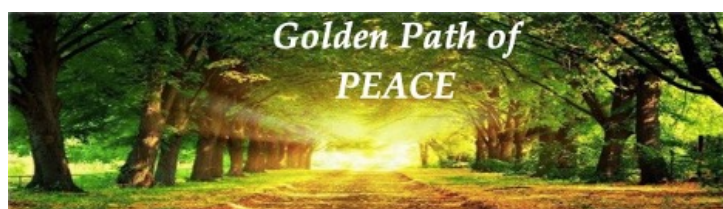
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“There can never be peace between nations until there is first known that true peace which . . . is within the souls of men.”

- Nicholas Black Elk



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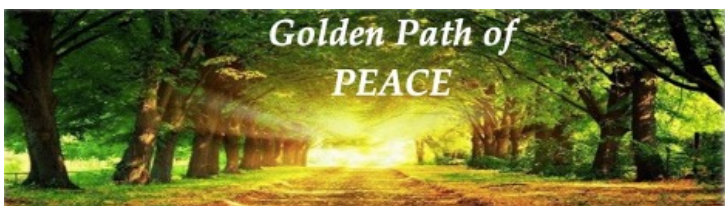
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“Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy and serenity . . . We need only to be awake, alive in the present moment.”

- Thich Nhat Hanh



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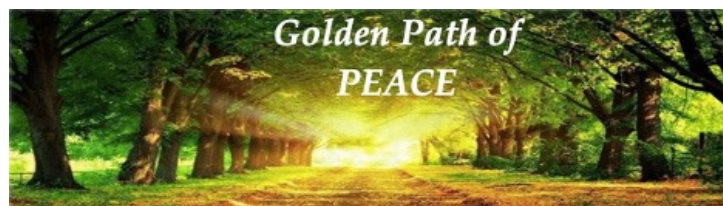
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“World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion.”

- Dalai Lama XIV



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