



# Peace

How wonderful it would be if the whole world would live in peace, without worries or preoccupations, fear, violence and war! How wonderful it would be if harmony ruled the planet and unity were the language of the people. Who wouldn't like the world to be a place like that?

*Peace is not made of words! Here are some of the values that help you create it, step by step, every day:*



Calmness	Concentration	Optimism
Self-control	Contentment	Contemplation
Self-acceptance	Inner Silence	Gratitude
Self-confidence	Happiness	Dignity
Satisfaction	Attentiveness	Self-discipline



Where does peace begin? In your mind or in your heart?