

# how to create peace

Talk to children about peace. Focus on what's possible. Be part of the solution. Pray. Volunteer for causes you believe in. Have inspired and inspiring conversations. Stay connected with each other. Learn compassionate communication. Practice deep love + meaningful listening. Trust with a capital T. Really love your Self, and each other. Cry when you need to. Let others cry, too. Get plenty of rest, and then begin again. Have faith in the universal intelligence. Get to know cultures, religions, backgrounds, neighborhoods and beliefs different than your own. Remember the three C's of celebrating differences: curiosity, curiosity + curiosity. Celebrate the differences you discover. Create immensely wide-open spaces in your heart. Be the most loving and peace-full person you know. Use words like us, we and together; forget words like them, Me and other. Decide to connect with one new person each day. Give yourself permission to have your love and connections be messy. Let others in. Breathe deeply, smile widely, sing loudly. Turn off the news + instead turn your face to the sun, and each other. Find the gratitude in everyday. Discover the three k's inside of peace: kindness, kindness and kindness. When someone asks what's new, say "I am helping to heal the World."