

Peace is our very nature. We are created to be happy, full of love and peaceful. This is who we are. Mona used the analogy about when clouds cover the sun, the clouds do not change the sun, just the perception of the sun at the time the cloud is present.

*How do we consciously create peace and nonviolence when we are continually faced with violence? Asked another way, what turns someone's mind to become one that is violent and feels separate from others?*

*Answer: It is due to stress in the nervous system.*

There are three ways to create peace around us:

1. Meditation
2. Acceptance
3. Get to know someone who is different than you. Learn more about them and what shapes them.

Meditation:

- Peace begins with silence in our mind. Meditation works at a fundamental level – to create a greater and greater sense of peace.
- Hard to control the mind with our mind. The secret is in the breath. The breath reveals the secrets of the mind.
- The only time we notice our breath is when we run out it, like when walking up the stairs.
- Our breath is connected with every emotion and thought. Every thought and emotion have a corresponding rhythm in the breath. By changing the breath, we can transform how we are feeling.

Acceptance:

- There is no such thing as peace without acceptance.
- We cannot make good decisions from a state of non-acceptance. If we do, then we begin to doubt ourselves and ask ourselves questions such as, did I make the right decision, was I too harsh? etc.
- If we come from a place of peace, the right words or actions will naturally come to us and our actions and words have a greater impact.