World Interfaith Harmony Week-2023

The official UN Observance in the 1st week of February
Kingdom of Jordan

Celebrated by:

The students of Shri P.K. Chaudhari Mahila Arts College, Sector-7, Gandhiangar, Gujarat (India)

Celebration Event:

Essay by Students- Peace and Positivity

Project Guided By:

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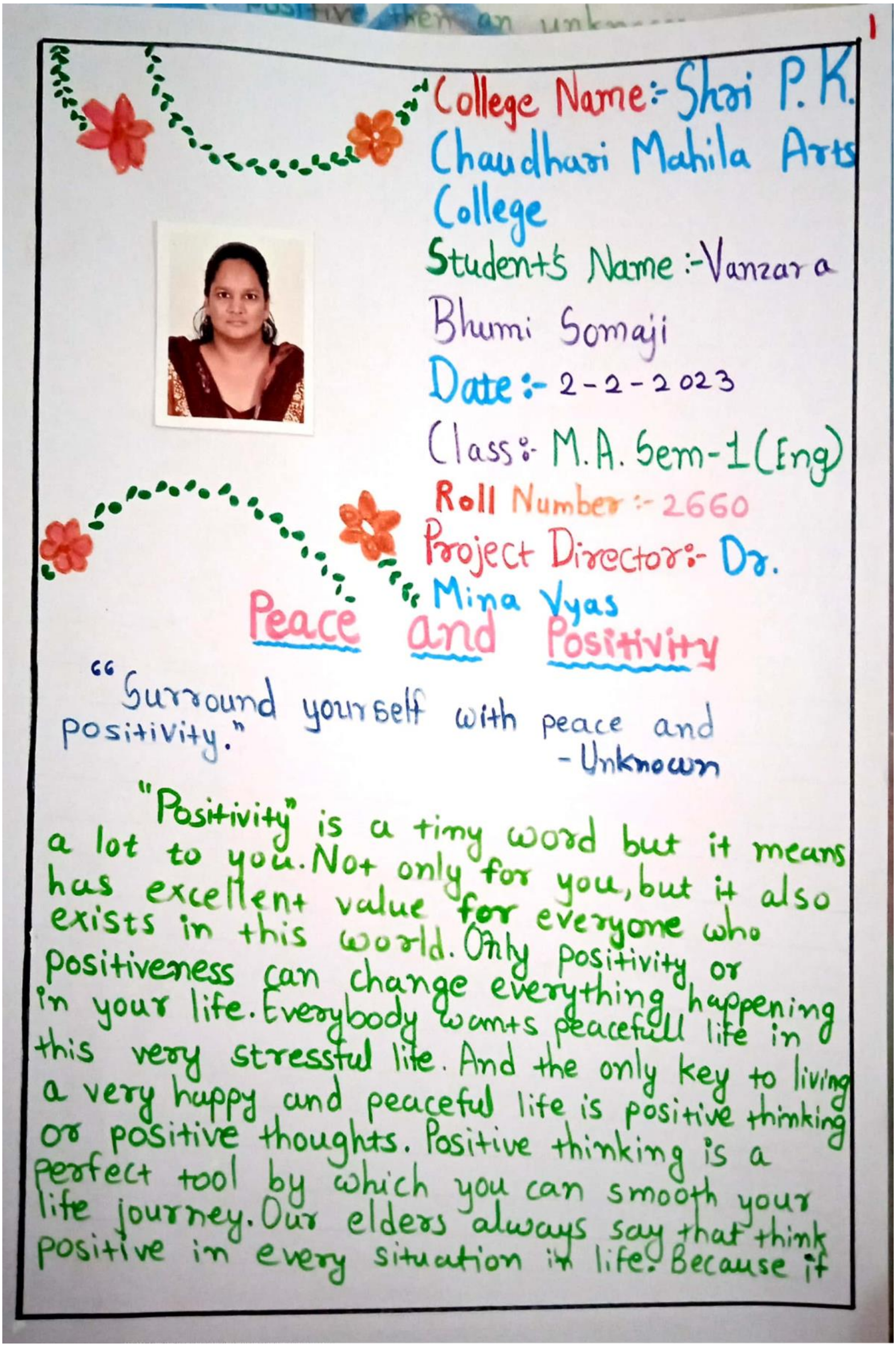
PART-II



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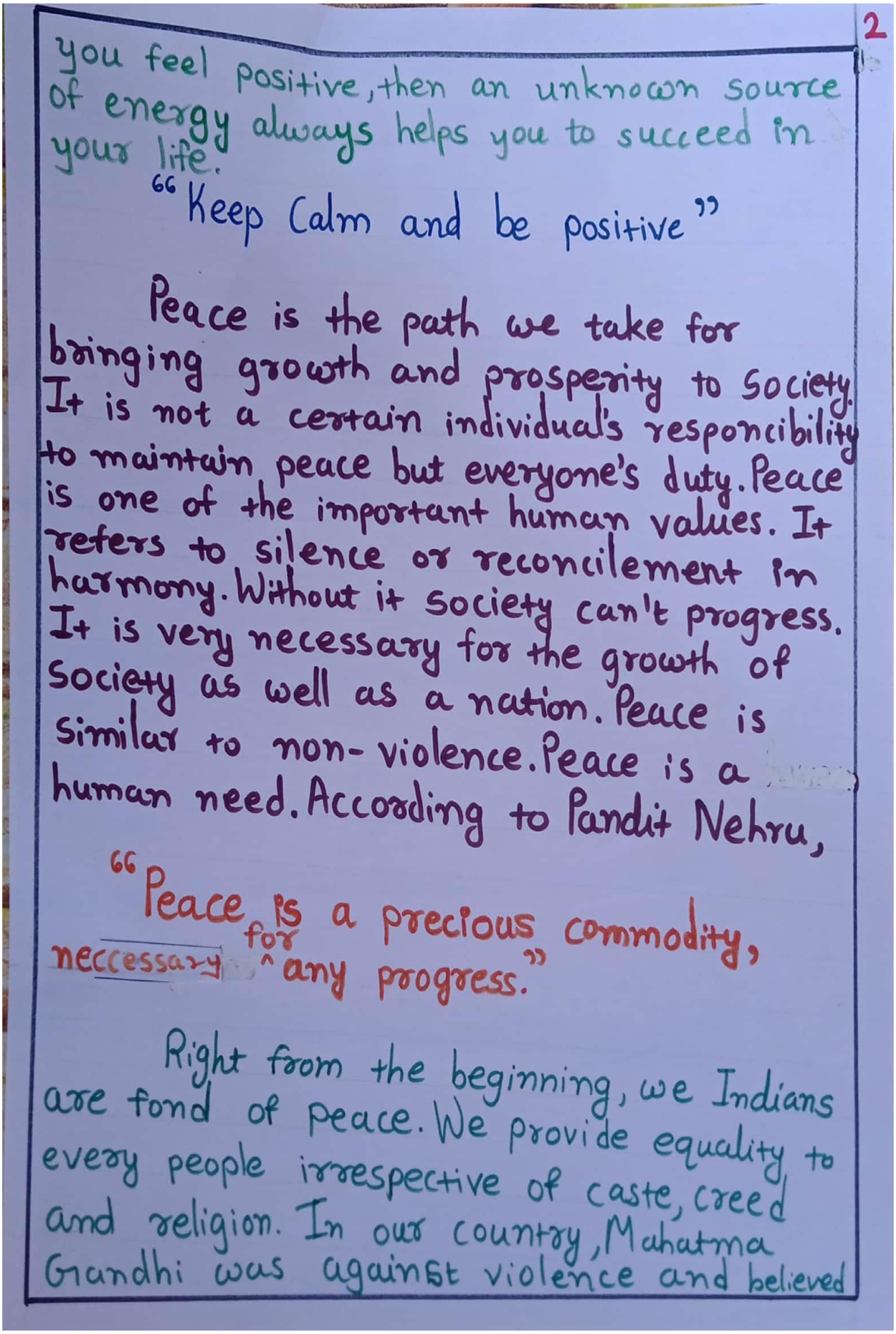
Peace and Positivity

"Surround yourself with peace and positivity."
- Unknown

"Positivity" is a tiny word but it means a lot to you. Not only for you, but it also has excellent value for everyone who exists in this world. Only positivity or positiveness can change everything happening in your life. Everybody wants peacefull life in this very stressful life. And the only key to living a very happy and peaceful life is positive thinking or positive thoughts. Positive thinking is a perfect tool by which you can smooth your life journey. Our elders always say that think positive in every situation in life. Because it



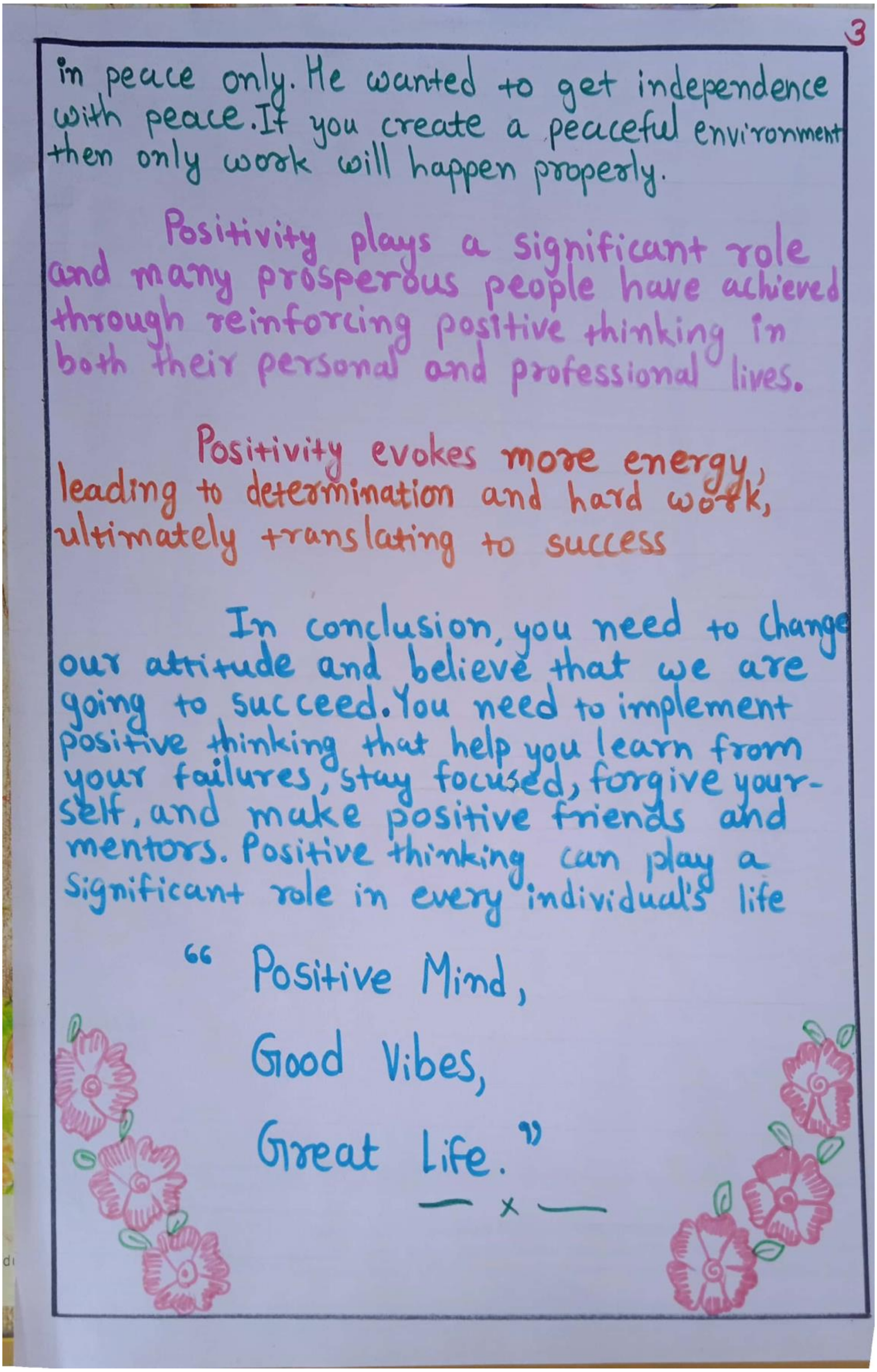
you feel positive, then an unknown source of energy always helps you to succeed in your life.

"Keep Calm and be positive"

Peace is the path we take for bringing growth and prosperity to Society. It is not a certain individual's responcibility to maintain peace but everyone's duty. Peace is one of the important human values. It refers to silence or reconcilement in harmony. Without it society can't progress. It is very necessary for the growth of society as well as a nation. Peace is similar to non-violence. Peace is a human need. According to Pandit Nehru,

"Peace is a precious commodity, neccessary for any progress."

Right from the beginning, we Indians are fond of peace. We provide equality to every people irrespective of caste, creed and religion. In our country, Mahatma Gandhi was against violence and believed



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in peace only. He wanted to get independence with peace. If you create a peaceful environment then only work will happen properly.

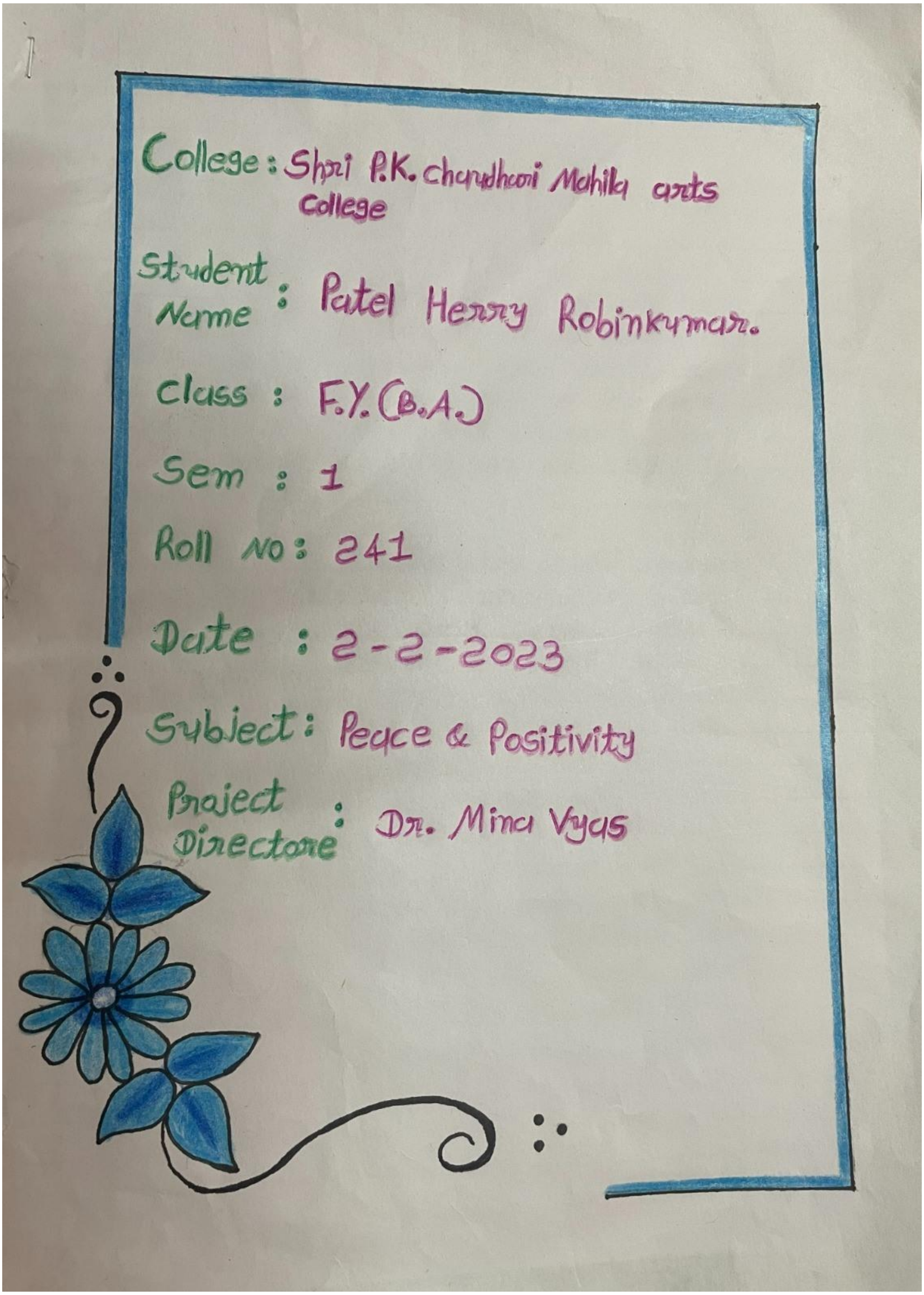
Positivity plays a significant role and many prosperous people have achieved through reinforcing positive thinking in both their personal and professional lives.

Positivity evokes more energy, leading to determination and hard work, ultimately translating to success

In conclusion, you need to change our attitude and believe that we are going to succeed. You need to implement positive thinking that help you learn from your failures, stay focused, forgive yourself, and make positive friends and mentors. Positive thinking can play a significant role in every individual's life

"Positive Mind,
Good Vibes,
Great Life."

— x —



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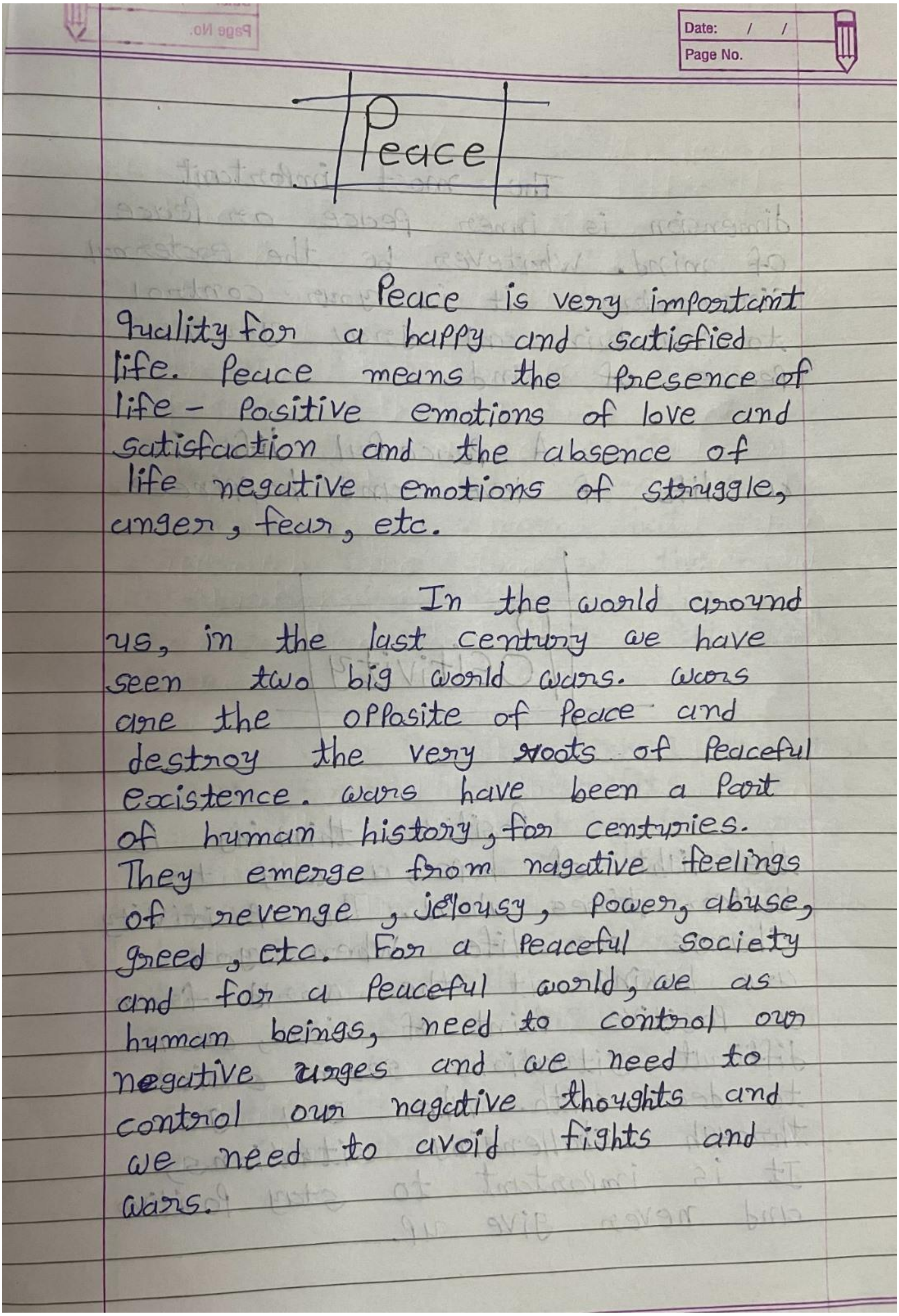

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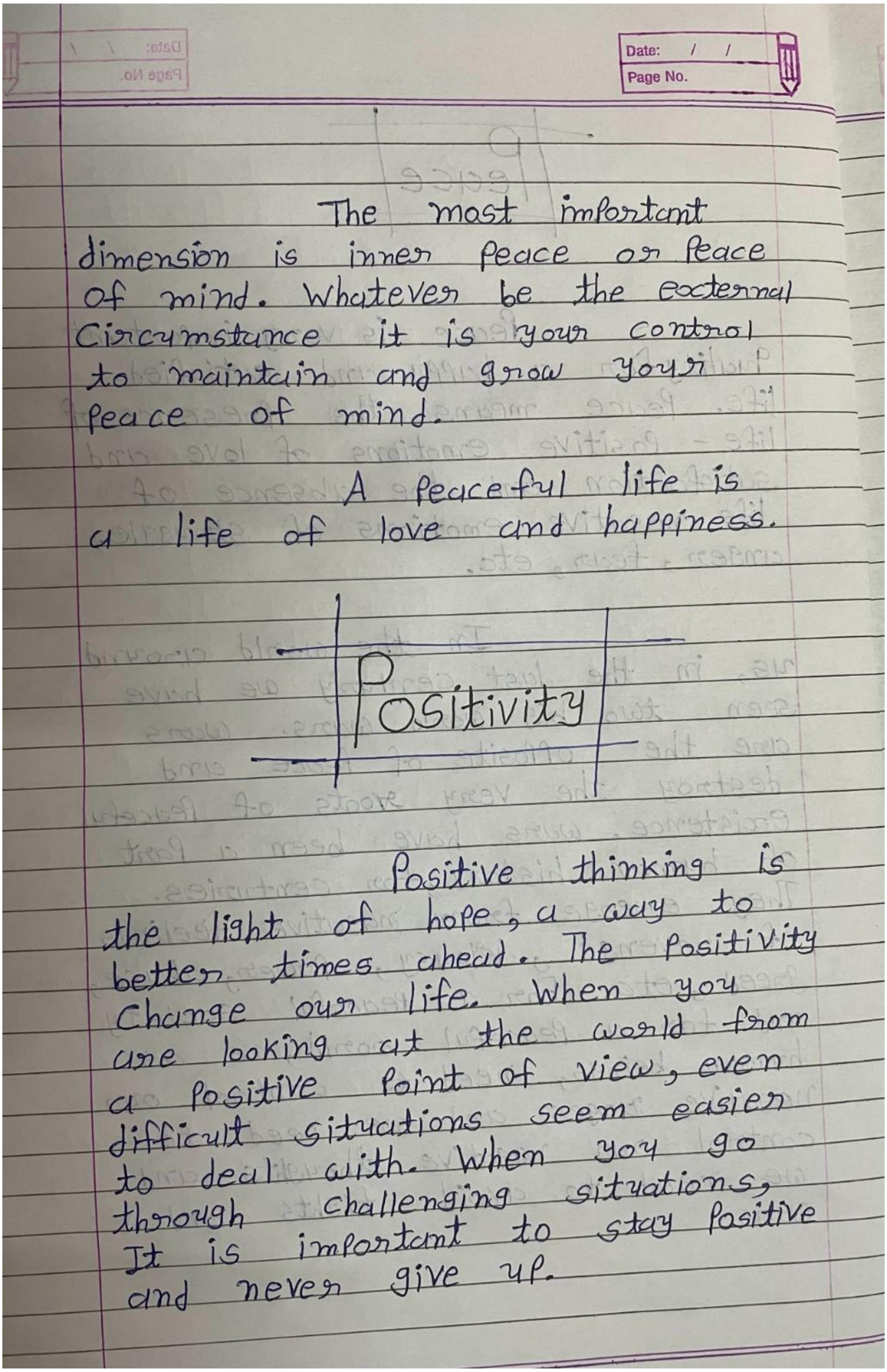
Peace

Peace is very important quality for a happy and satisfied life. Peace means the presence of life - positive emotions of love and satisfaction and the absence of life negative emotions of struggle, anger, fear, etc.

In the world around us, in the last century we have seen two big world wars. wars are the opposite of peace and destroy the very roots of peaceful existence. wars have been a part of human history, for centuries. They emerge from nagative feelings of revenge, jelousy, power, abuse, greed, etc. For a peaceful society and for a peaceful world, we as human beings, need to control our negative urges and we need to control our nagative thoughts and we need to avoid fights and wars.



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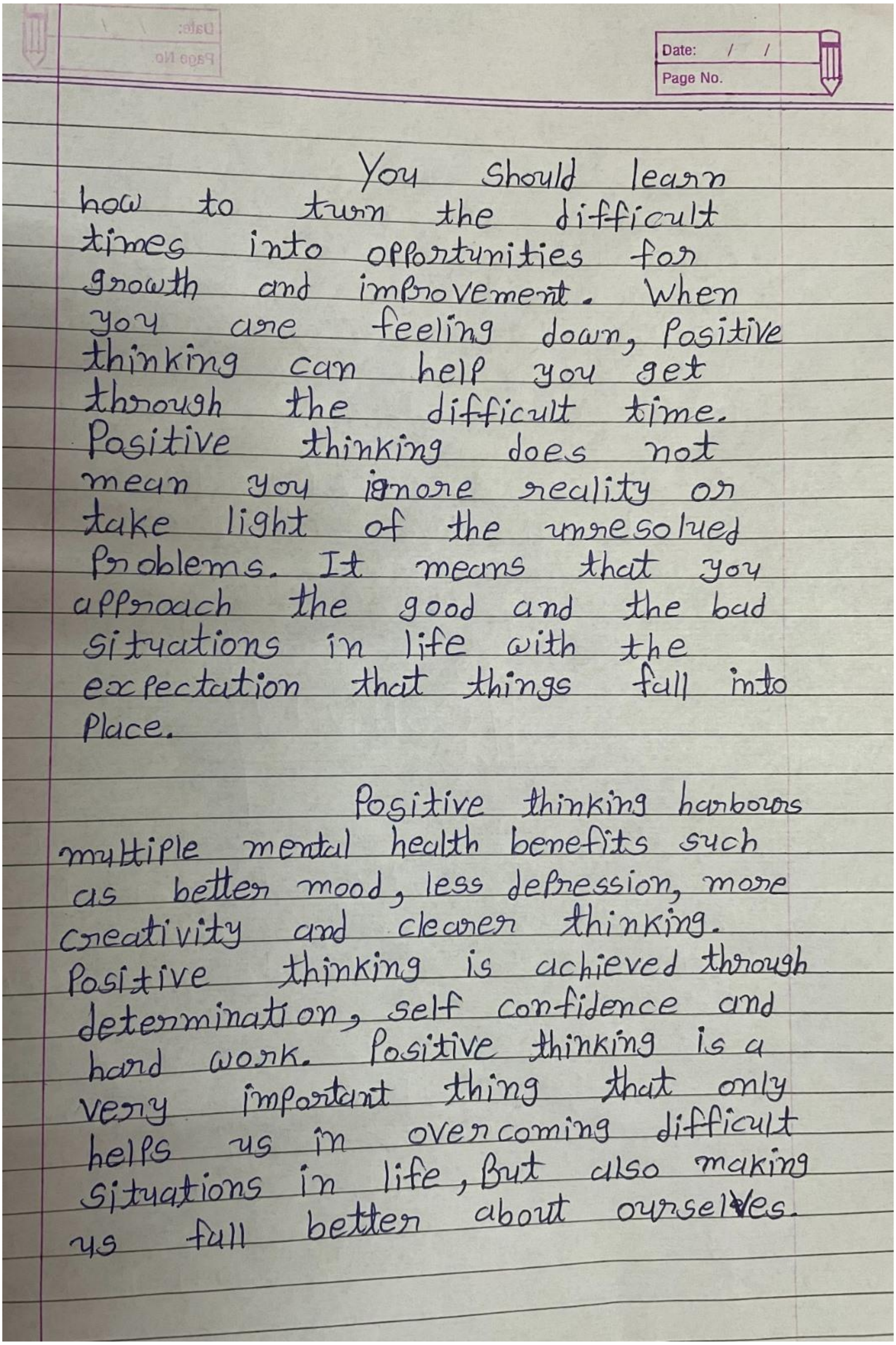
The most important dimension is inner peace or peace of mind. Whatever be the external Circumstance it is your control to maintain and grow your peace of mind.

A peaceful life is a life of love and happiness.

Positivity

Positive thinking is the light of hope, a way to better times ahead. The positivity Change our life. When you are looking at the world from a positive point of view, even difficult situations seem easier to deal with. When you go through challenging situations, It is important to stay positive and never give up.



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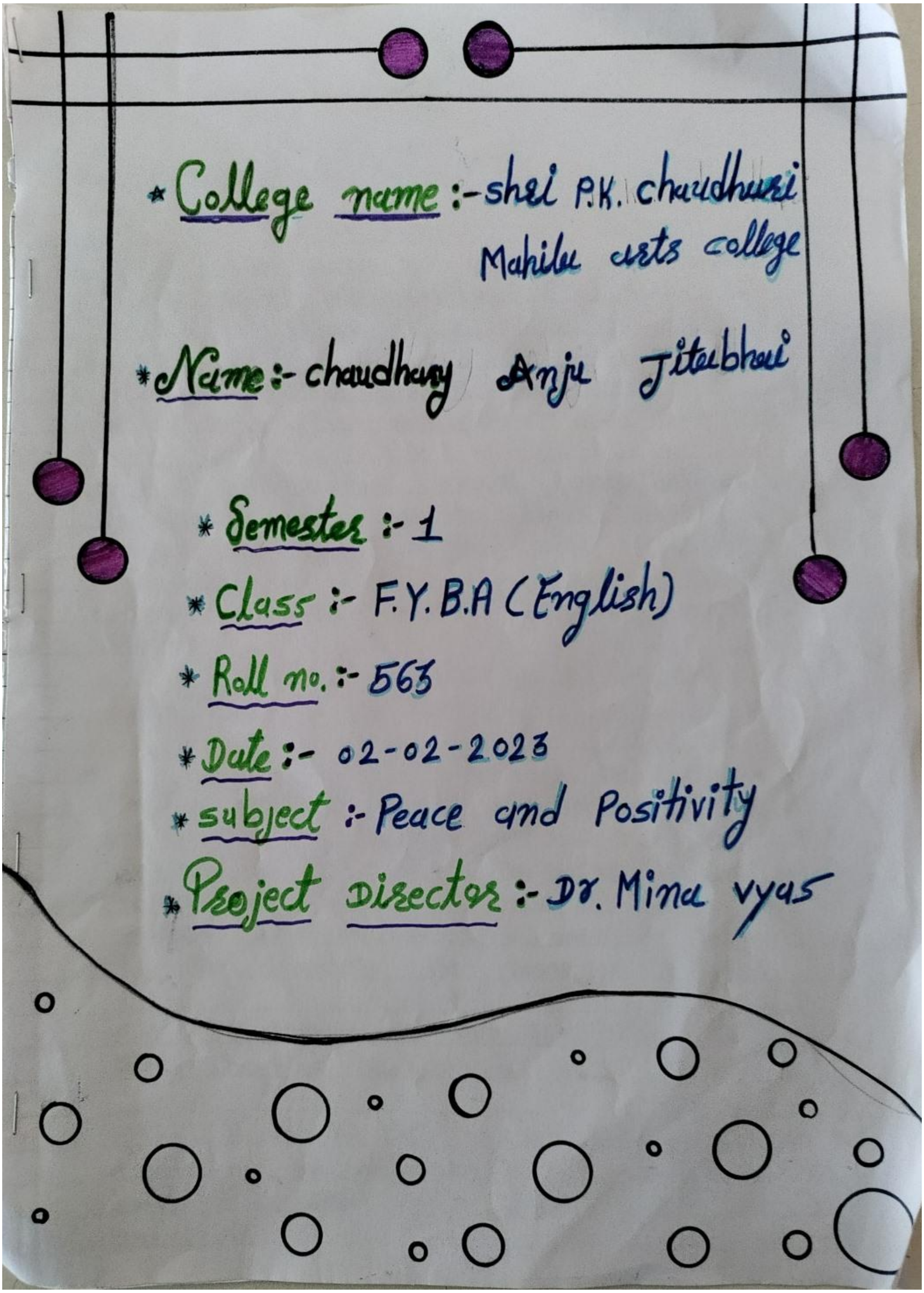
You Should learn how to turn the difficult times into opportunities for growth and improvement. When you are feeling down, Positive thinking can help you get through the difficult time. Positive thinking does not mean you ignore reality or take light of the unresolved Problems. It means that you approach the good and the bad situations in life with the expectation that things full into Place.

Positive thinking harbours multiple mental health benefits such as better mood, less depression, more creativity and clearer thinking. Positive thinking is achieved through determination, self confidence and hard work. Positive thinking is a very important thing that only helps us in overcoming difficult situations in life, But also making us full better about ourselves.



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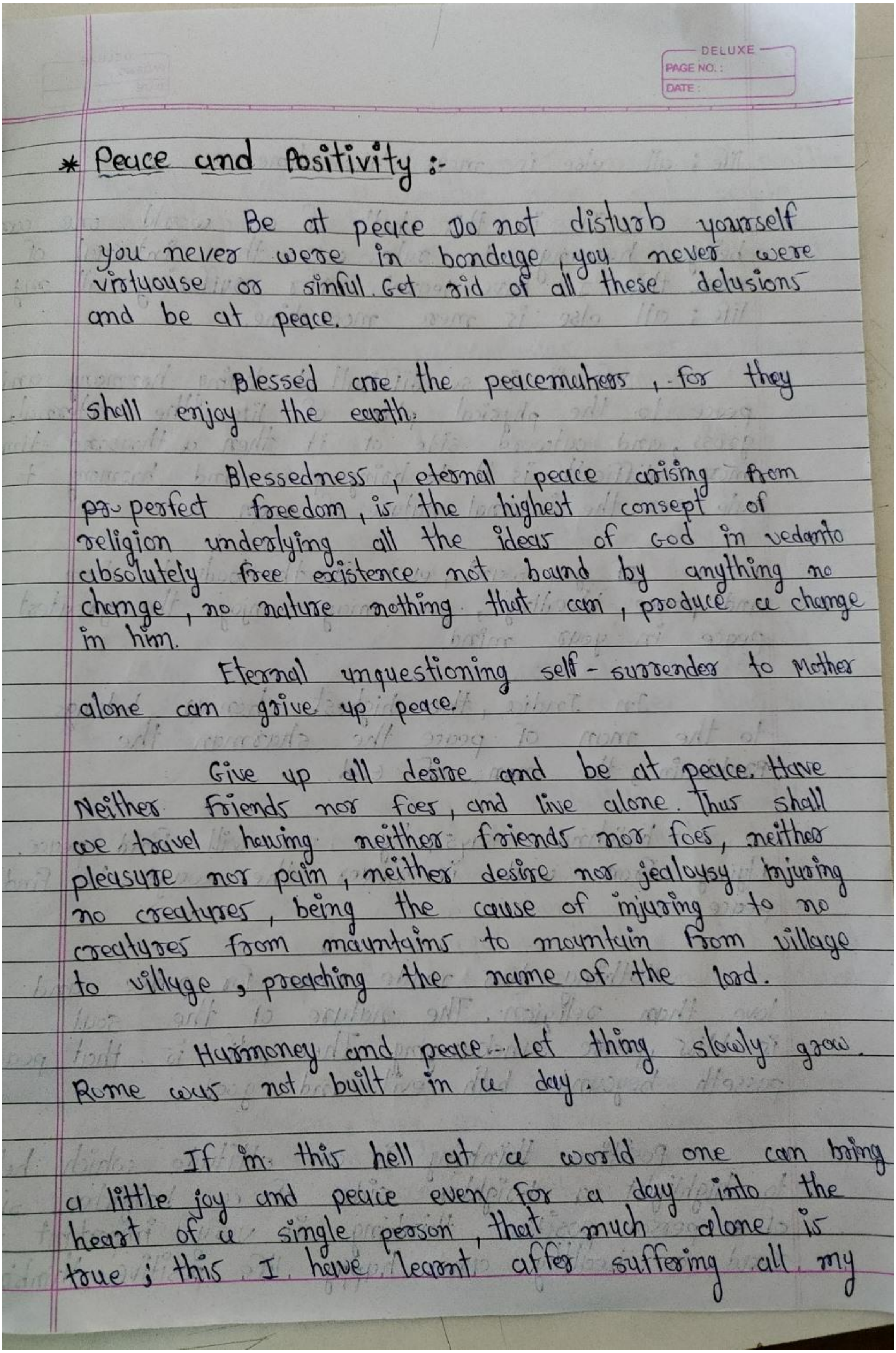

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* Peace and Positivity :-

Be at peace Do not disturb yourself you never were in bondage, you never were virtuouse or sinful. Get rid of all these delusions and be at peace.

Blessed are the peacemakers, for they shall enjoy the earth.

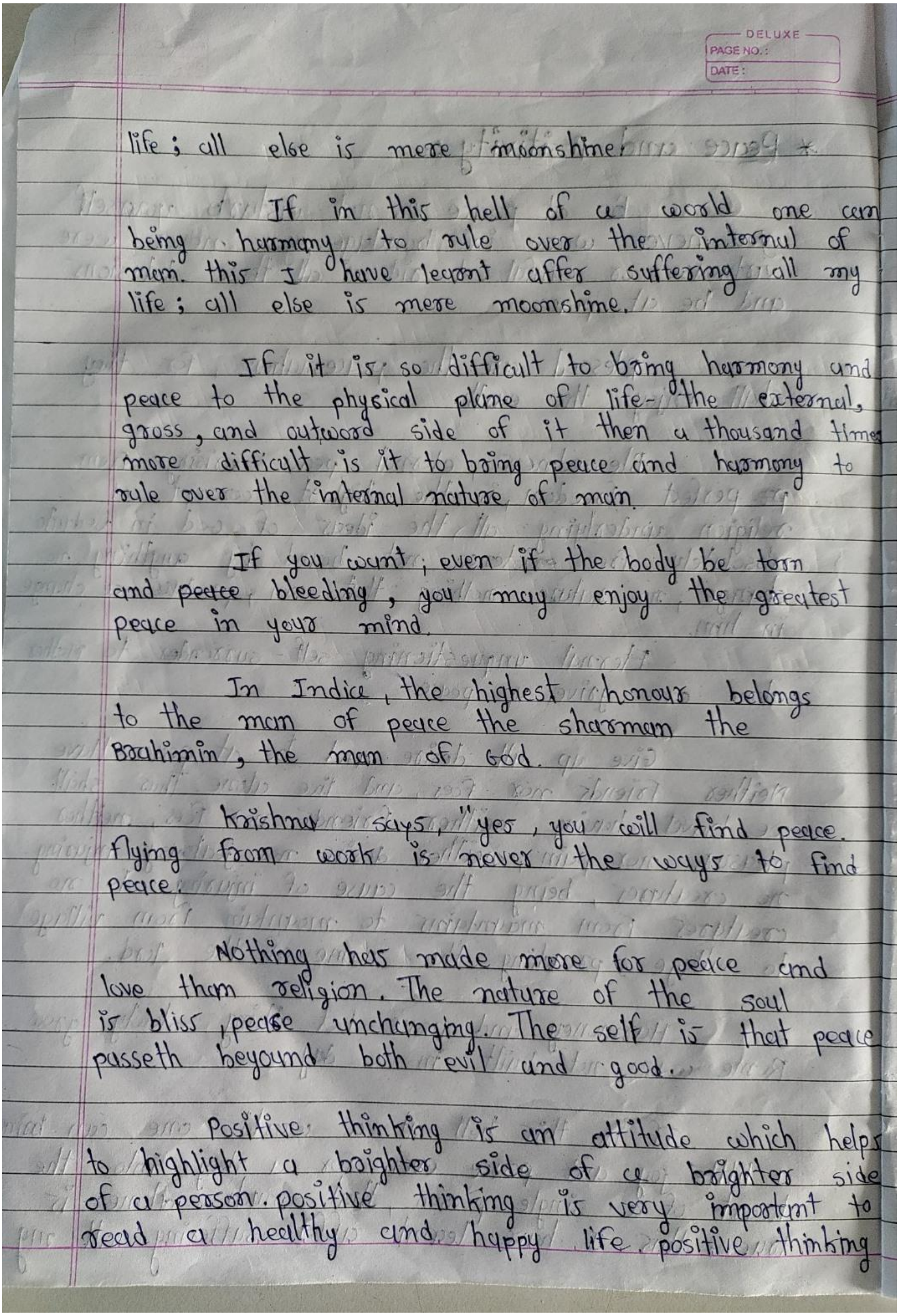
Blessedness, eternal peace arising from ~~pr~~ perfect freedom, is the highest consept of religion underlying all the ideas of God in vedanto absolutely free existence not bound by anything no change, no nature nothing that can, produce a change in him.

Eternal unquestioning self - surrender to Mother alone can grive up peace.

Give up all desire and be at peace. Have Neither Friends nor foes, and live alone. Thus shall we travel having neither friends nor foes, neither pleasure nor pain, neither desire nor jealousy injuring no creatures, being the cause of injuring to no creatures from mauntains to mountain From village to village, preaching the name of the lord.

Harmoney and peace - Let thing slowly grow. Rome was not built in a day.

If in this hell at a world one can bring a little joy and peace even for a day into the heart of a single person, that much alone is true; this I have learnt after suffering all my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life ; all else is mere moonshine.

If in this hell of a world one can bring harmony to rule over the internal of man. this I have learnt after suffering all my life ; all else is mere moonshine.

If it is so difficult to bring harmony and peace to the physical plane of life- the external, gross, and outward side of it then a thousand times more difficult is it to bring peace and harmony to rule over the internal nature of man.

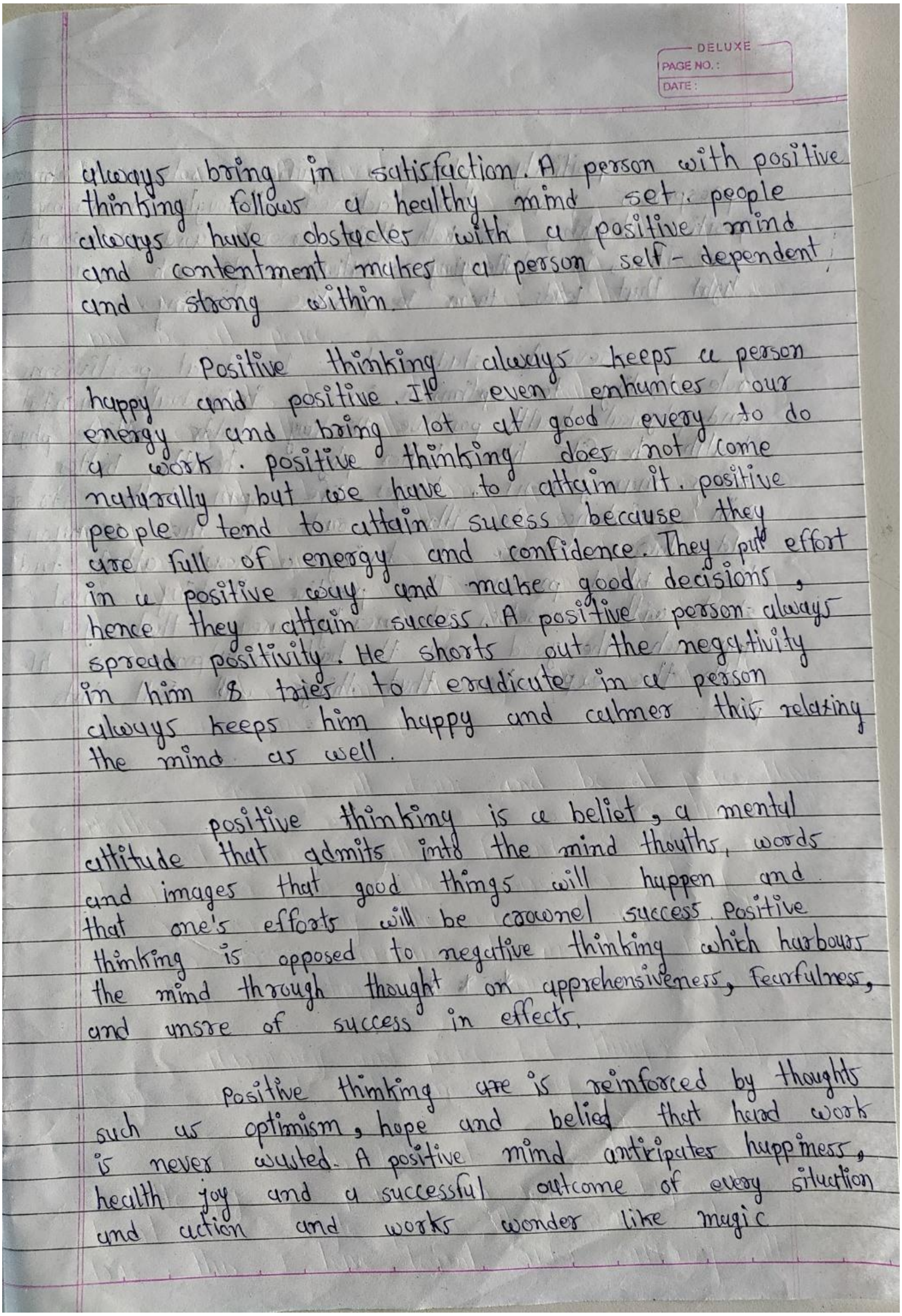
If you want, even if the body be torn and ~~peace~~ bleeding, you may enjoy the greatest peace in your mind.

In India, the highest honour belongs to the man of peace the sharman the Brahimin, the man of God.

Krishna says, "yes, you will find peace. flying from work is never the ways to find peace.

Nothing has made more for peace and love than religion. The nature of the soul is bliss, pease unchanging. The self is that peace passeth beyound both evil and good.

Positive thinking is an attitude which helps to highlight a brighter side of a brighter side of a person. positive thinking is very important to read a healthy and happy life. positive thinking



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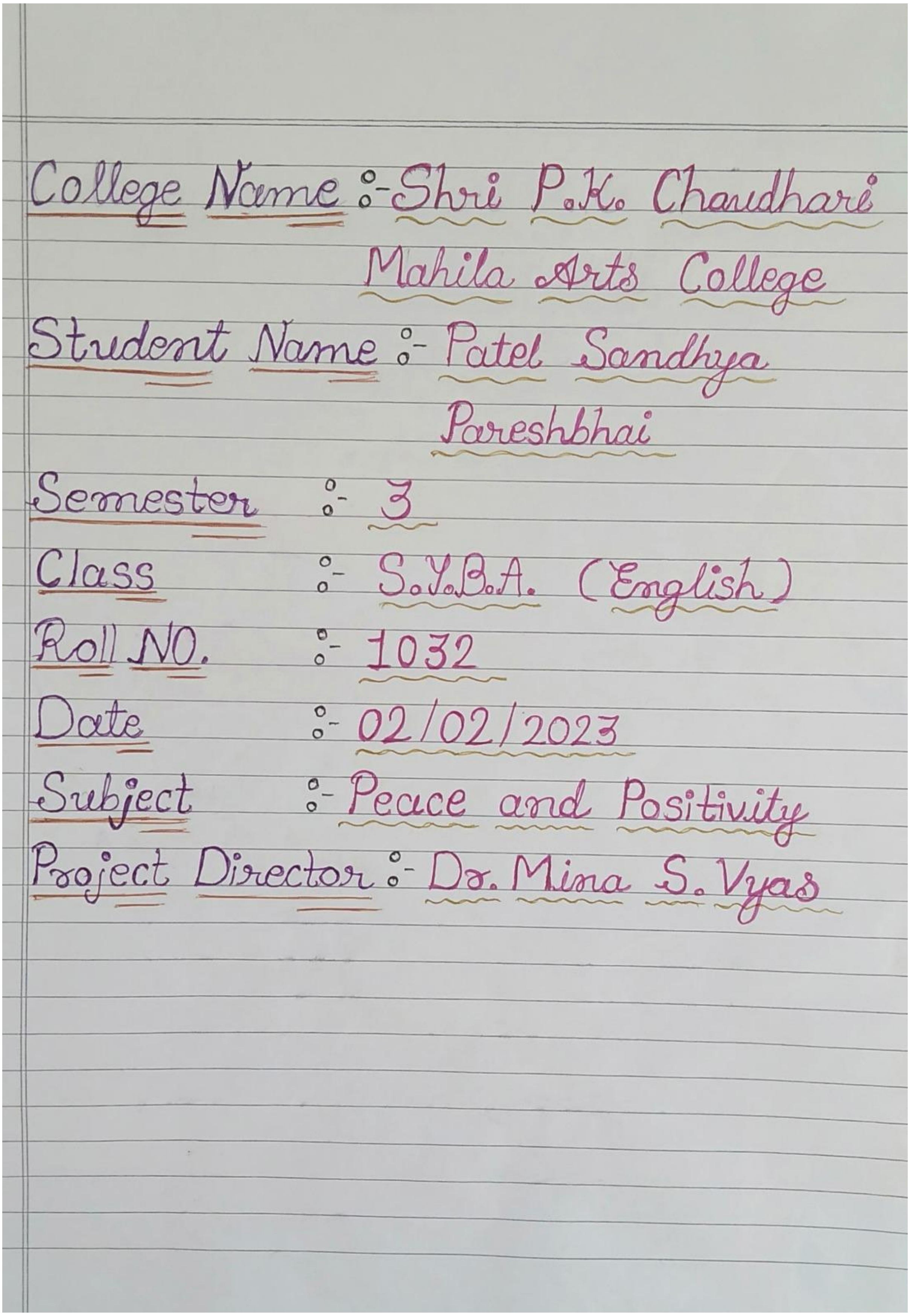
always bring in satisfaction. A person with positive thinking follows a healthy mind set. people always have obstacles with a positive mind and contentment makes a person self-dependent and strong within.

Positive thinking always keeps a person happy and positive. It even enhances our energy and bring lot at good every to do a work. positive thinking does not come naturally but we have to attain it. positive people tend to attain sucess because they are full of energy and confidence. They put effort in a positive way and make good decisions, hence they attain success. A positive person always spread positivity. He shorts out the negativity in him & tries to eradicate in a person always keeps him happy and calmer this relaxing the mind as well.

positive thinking is a beliet, a mental attitude that admits into the mind thouths, words and images that good things will happen and that one's efforts will be crownel success. Positive thinking is opposed to negative thinking which harbours the mind through thought on apprehensiveness, Fearfulness, and unsre of success in effects.

Positive thinking ~~are~~ is reinforced by thoughts such as optimism, hope and belied that hard work is never wasted. A positive mind anticipates happiness, health joy and a successful outcome of every situation and action and works wonder like magic



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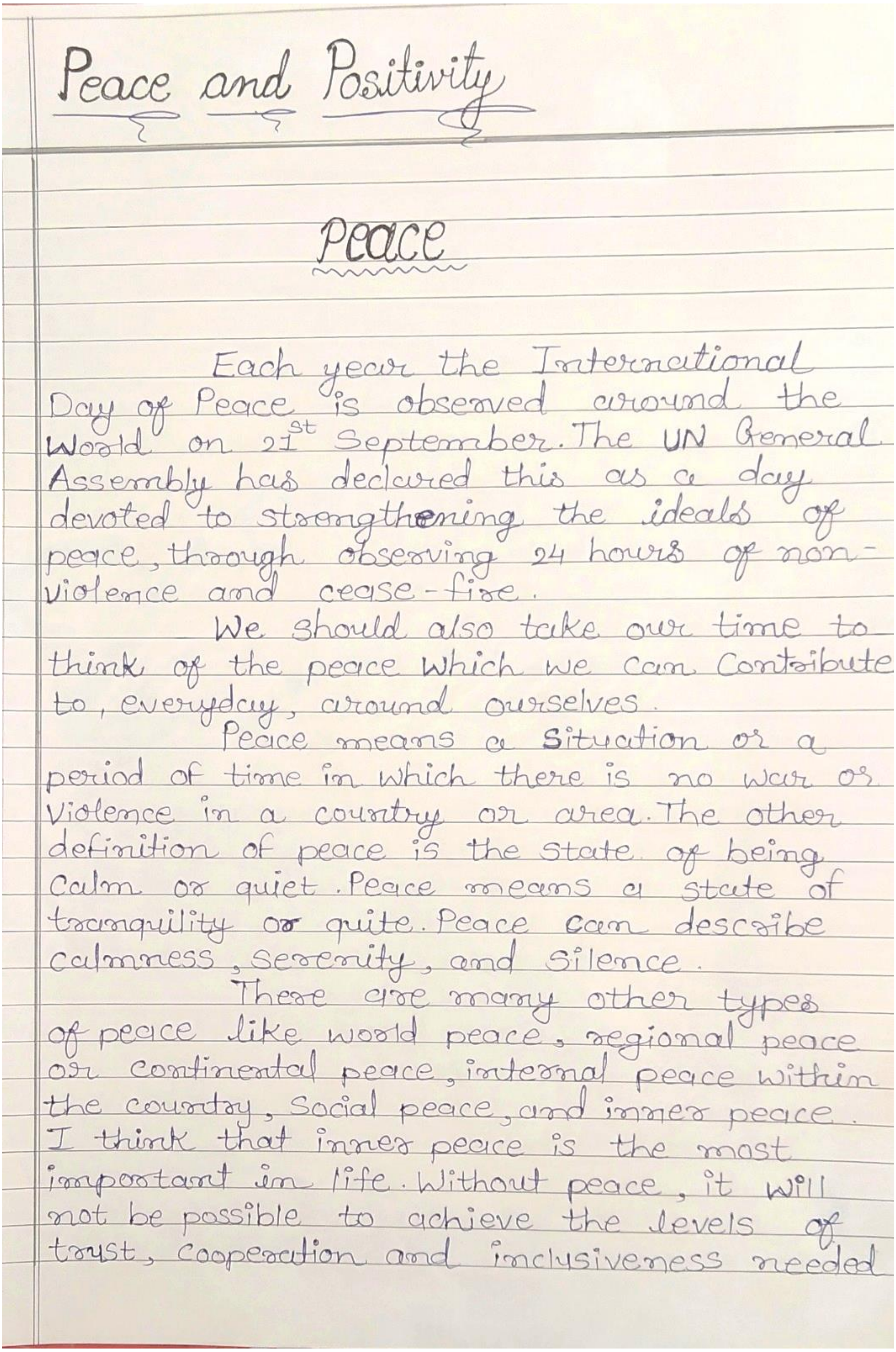


Peace and Positivity

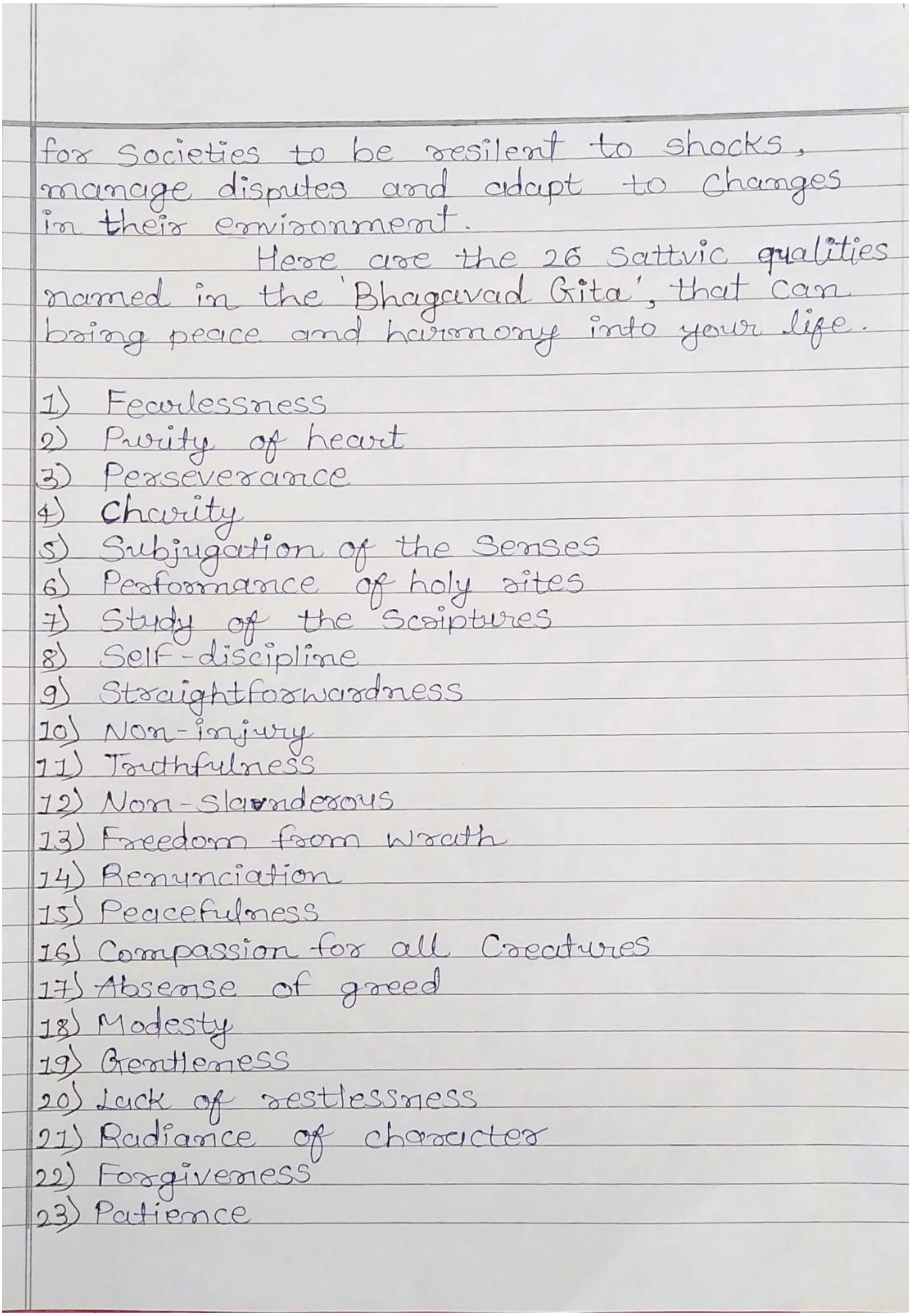
Peace

Each year the International Day of Peace is observed around the World on 21st September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

We should also take our time to think of the peace which we can Contribute to, everyday, around ourselves.

Peace means a Situation or a period of time in which there is no war or Violence in a country or area. The other definition of peace is the State of being Calm or quiet. Peace means a state of tranquility or quite. Peace can describe calmness, serenity, and Silence.

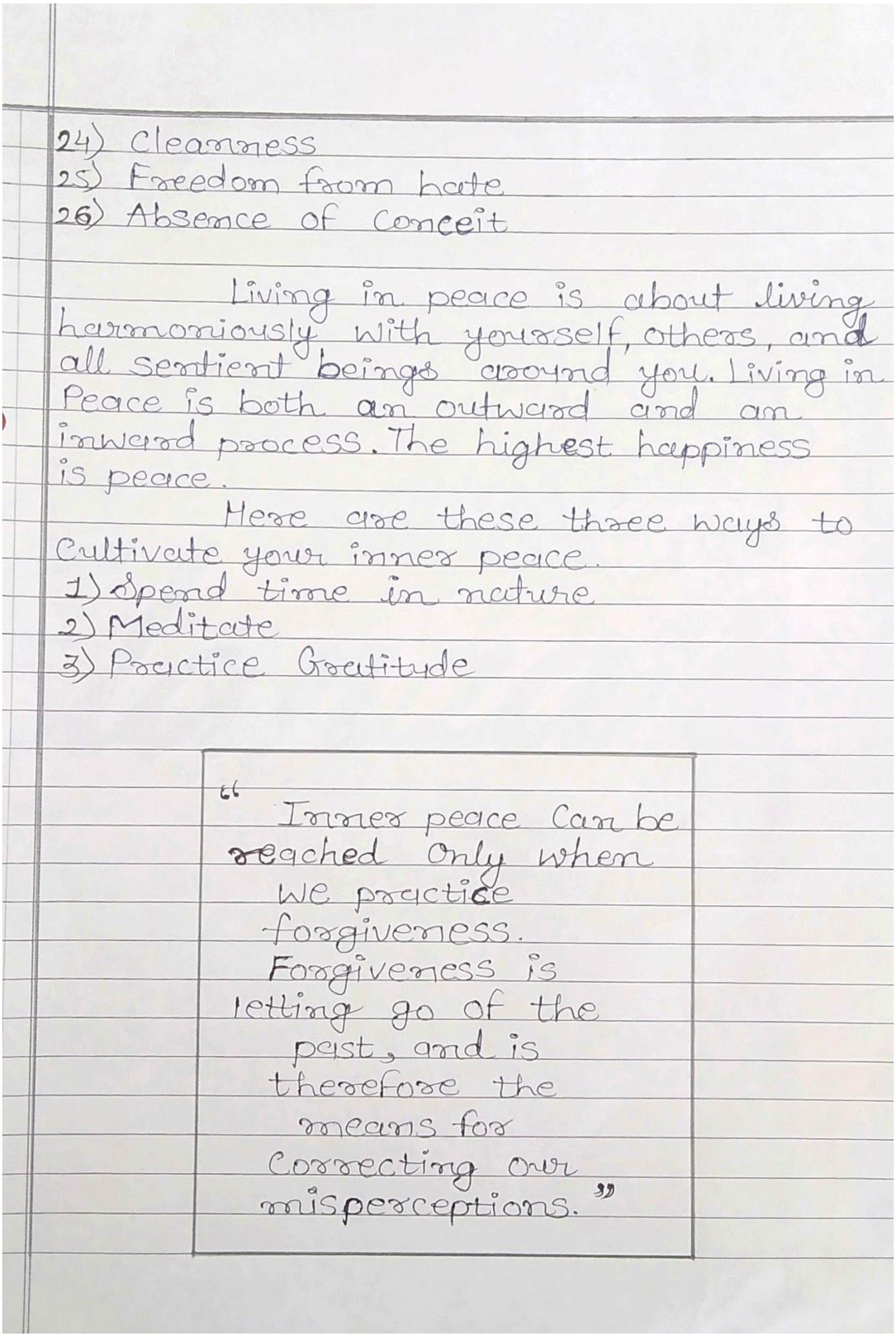
There are many other types of peace like world peace, regional peace or continental peace, internal peace within the country, Social peace, and inner peace. I think that inner peace is the most important in life. Without peace, it will not be possible to achieve the levels of trust, cooperation and inclusiveness needed



for Societies to be resilent to shocks, manage disputes and adapt to Changes in their environment.

Here are the 26 Sattvic qualities named in the 'Bhagavad Gita', that can bring peace and harmony into your life.

1) Fearlessness
2) Purity of heart
3) Perseverance
4) Charity
5) Subjugation of the Senses
6) Performance of holy rites
7) Study of the Scriptures
8) Self-discipline
9) Straightforwardness
10) Non-injury
11) Truthfulness
12) Non-Slanderous
13) Freedom from wrath
14) Renunciation
15) Peacefulness
16) Compassion for all Creatures
17) Absense of greed
18) Modesty
19) Gentleness
20) Lack of restlessness
21) Radiance of character
22) Forgiveness
23) Patience



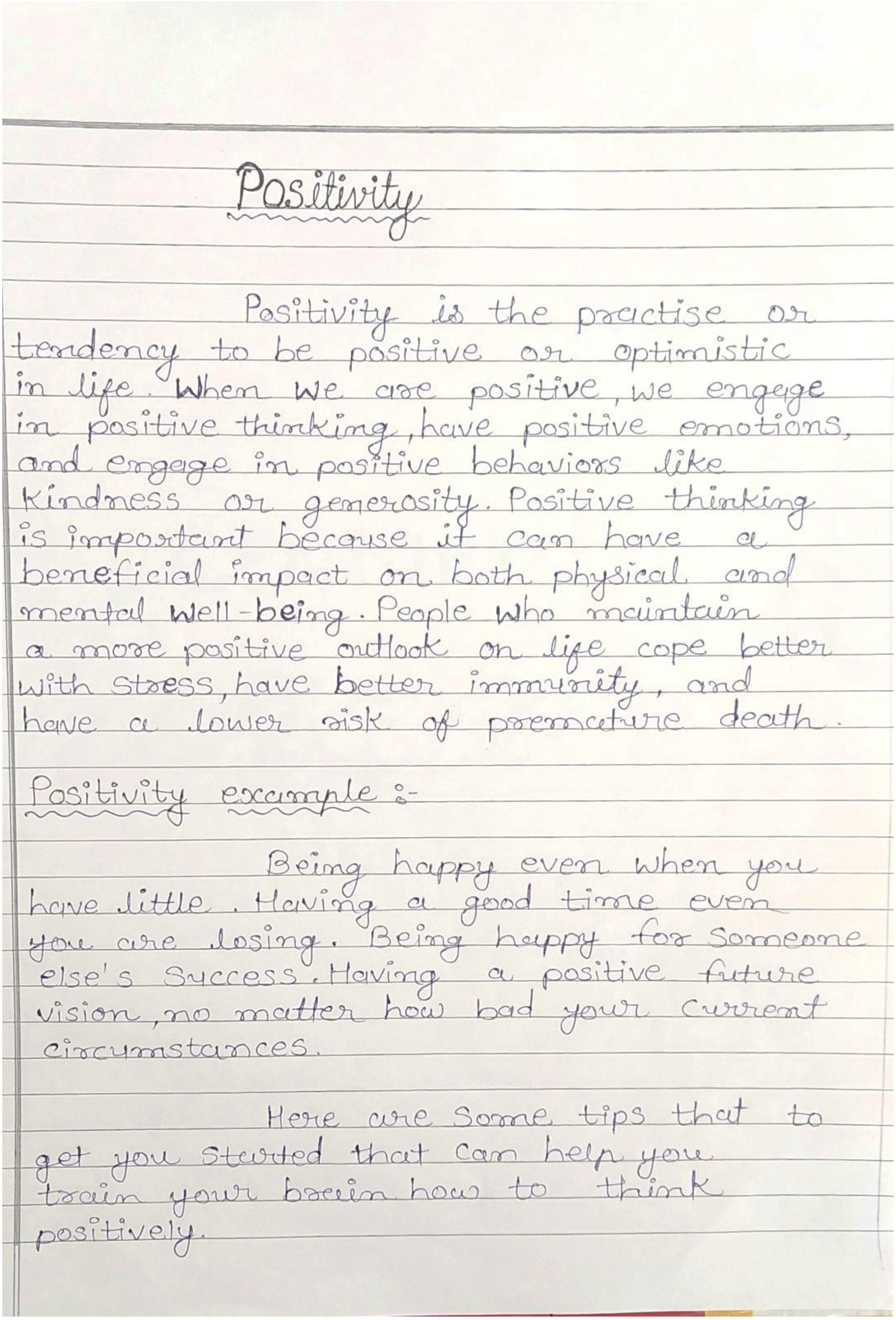
24) Cleanness
25) Freedom from hate
26) Absence of Conceit

Living in peace is about living harmoniously with yourself, others, and all sentient beings around you. Living in Peace is both an outward and an inward process. The highest happiness is peace.

Here are these three ways to Cultivate your inner peace.

1) Spend time in nature
2) Meditate
3) Practice Gratitude

> "Inner peace Can be reached Only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for Correcting our misperceptions."



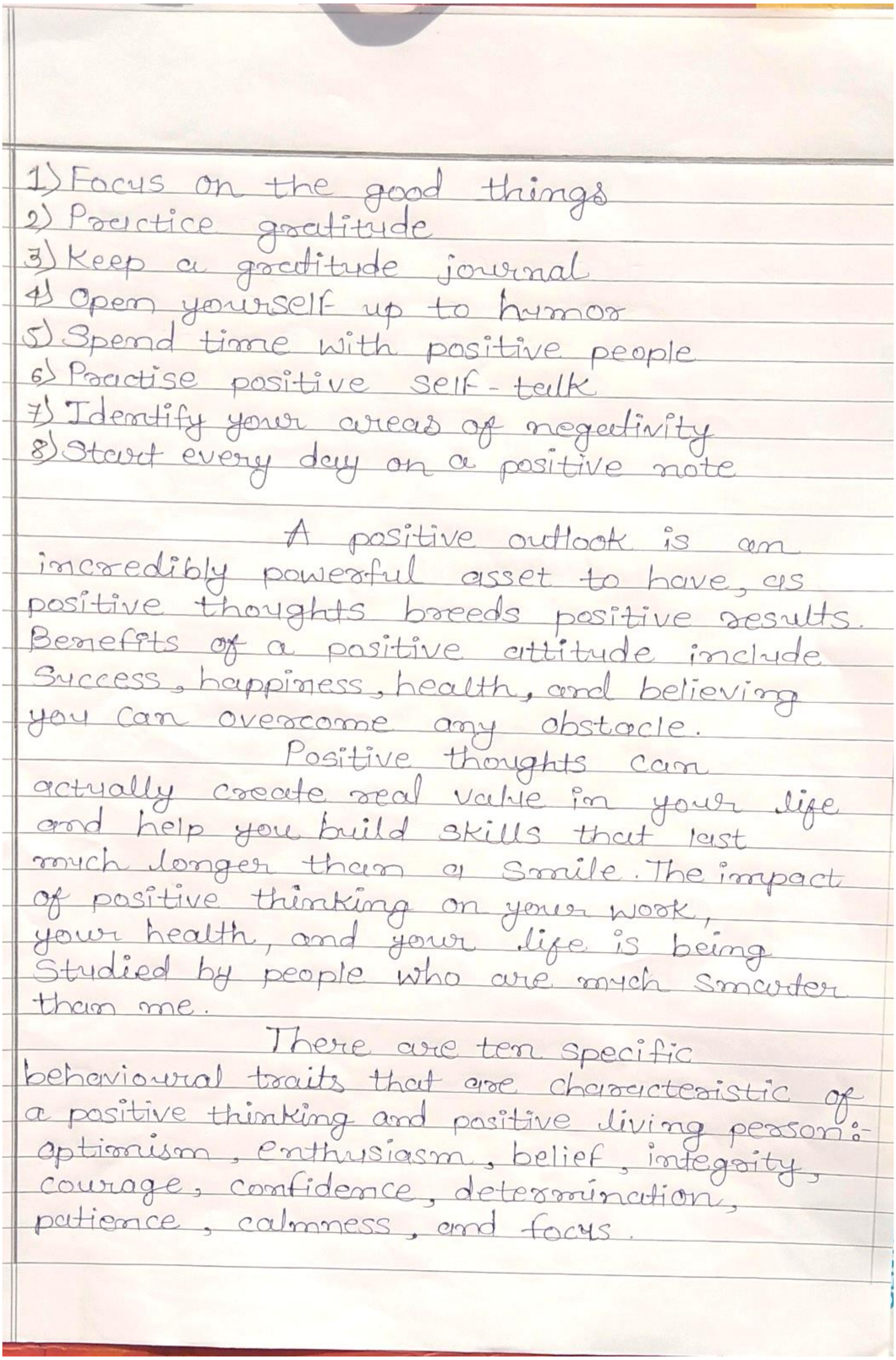
Positivity

Positivity is the practise or tendency to be positive or optimistic in life. When we are positive, we engage in positive thinking, have positive emotions, and engage in positive behaviors like Kindness or generosity. Positive thinking is important because it can have a beneficial impact on both physical and mental well-being. People who maintain a more positive outlook on life cope better with stress, have better immunity, and have a lower risk of premature death.

Positivity example :-

Being happy even when you have little. Having a good time even you are losing. Being happy for Someone else's Success. Having a positive future vision, no matter how bad your current circumstances.

Here are Some tips that to get you Started that can help you train your brain how to think positively.

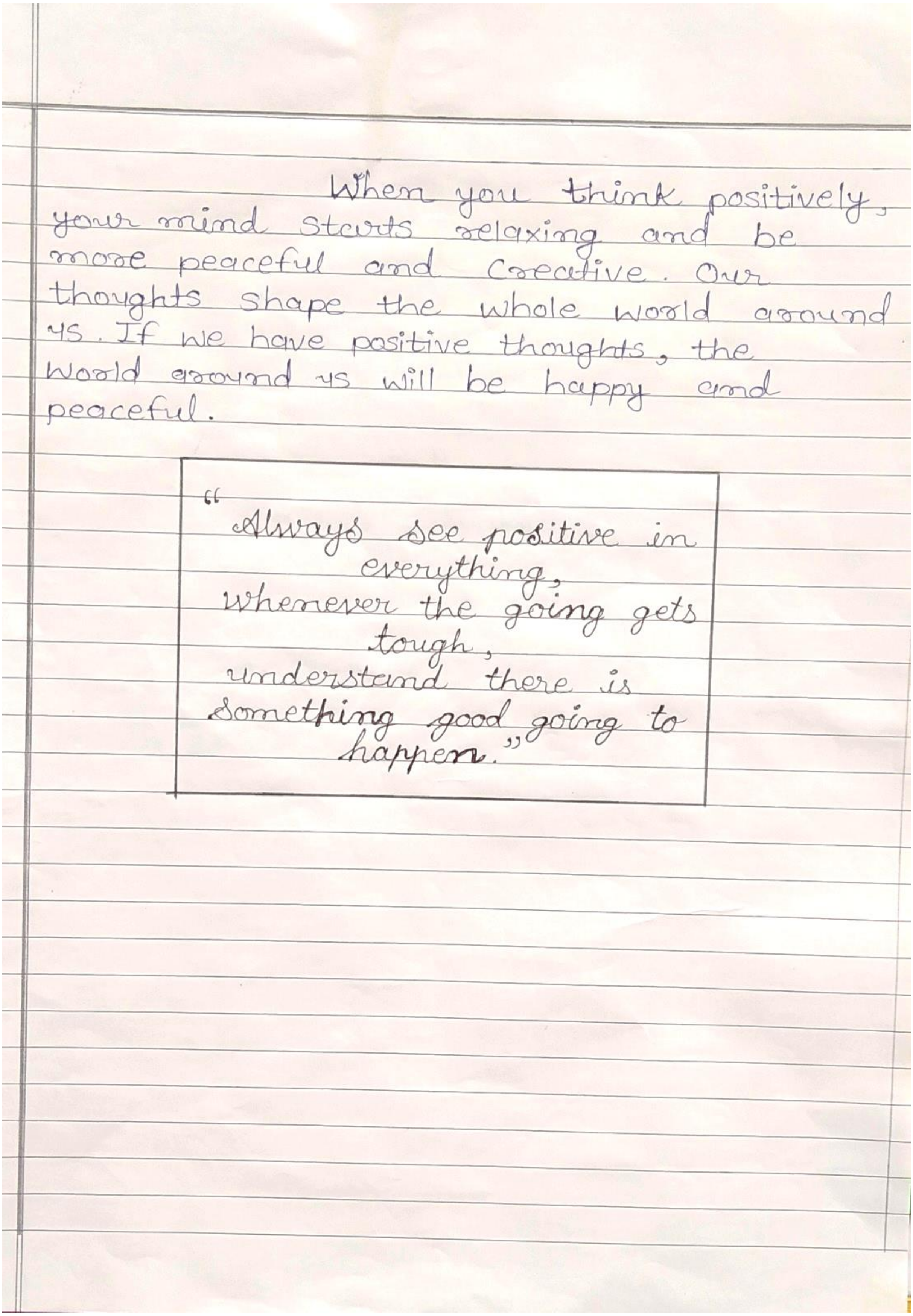


1) Focus on the good things
2) Practice gratitude
3) Keep a gratitude journal
4) Open yourself up to humor
5) Spend time with positive people
6) Practise positive self-talk
7) Identify your areas of negativity
8) Start every day on a positive note

A positive outlook is an incredibly powerful asset to have, as positive thoughts breeds positive results. Benefits of a positive attitude include success, happiness, health, and believing you can overcome any obstacle.

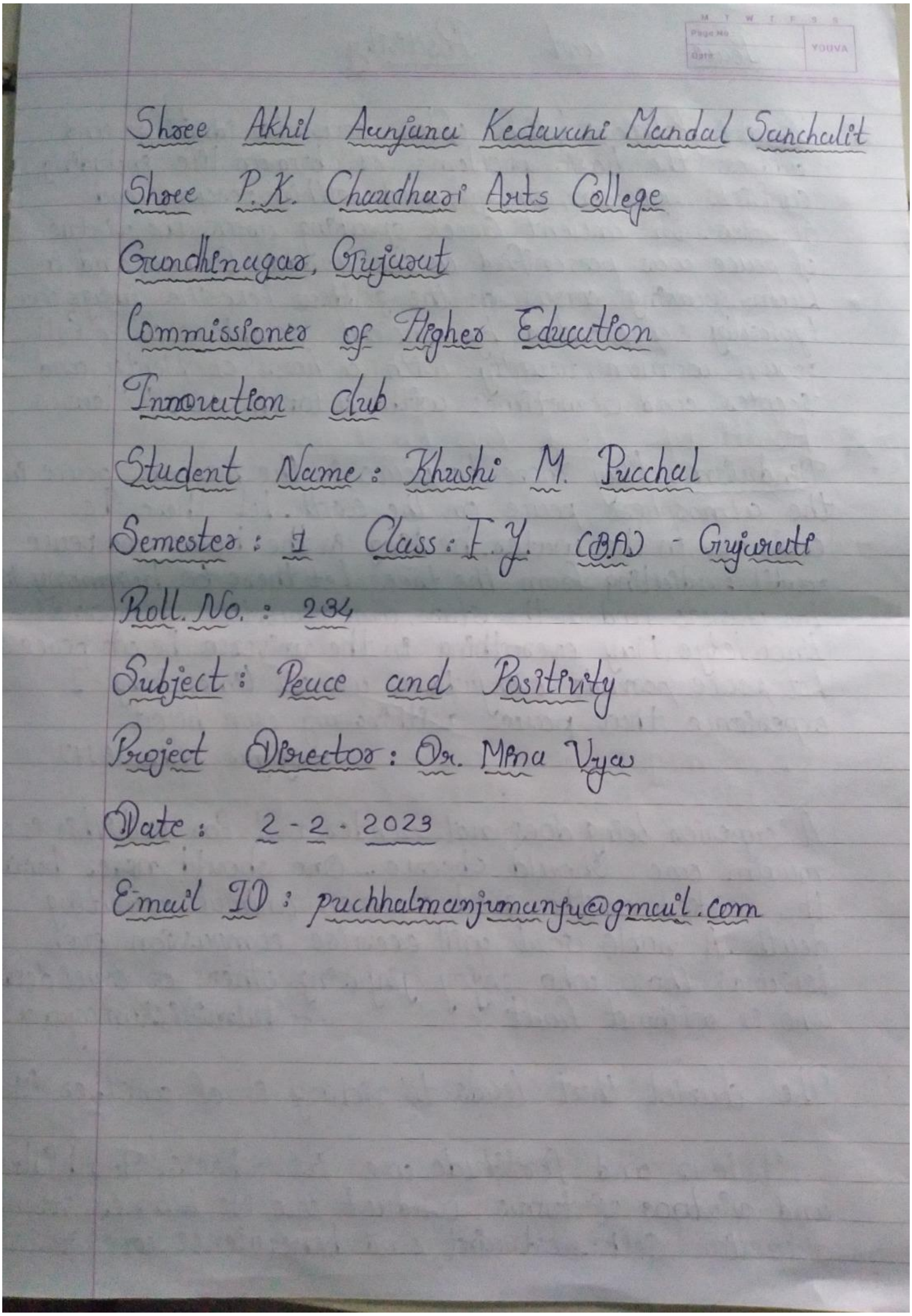
Positive thoughts can actually create real value in your life and help you build skills that last much longer than a smile. The impact of positive thinking on your work, your health, and your life is being studied by people who are much smarter than me.

There are ten specific behavioural traits that are characteristic of a positive thinking and positive living person:- optimism, enthusiasm, belief, integrity, courage, confidence, determination, patience, calmness, and focus.



When you think positively, your mind Starts relaxing and be more peaceful and Creative. Our thoughts shape the whole world around us. If we have positive thoughts, the World around us will be happy and peaceful.

> "Always see positive in
> everything,
> whenever the going gets
> tough,
> understand there is
> Something good going to
> happen."



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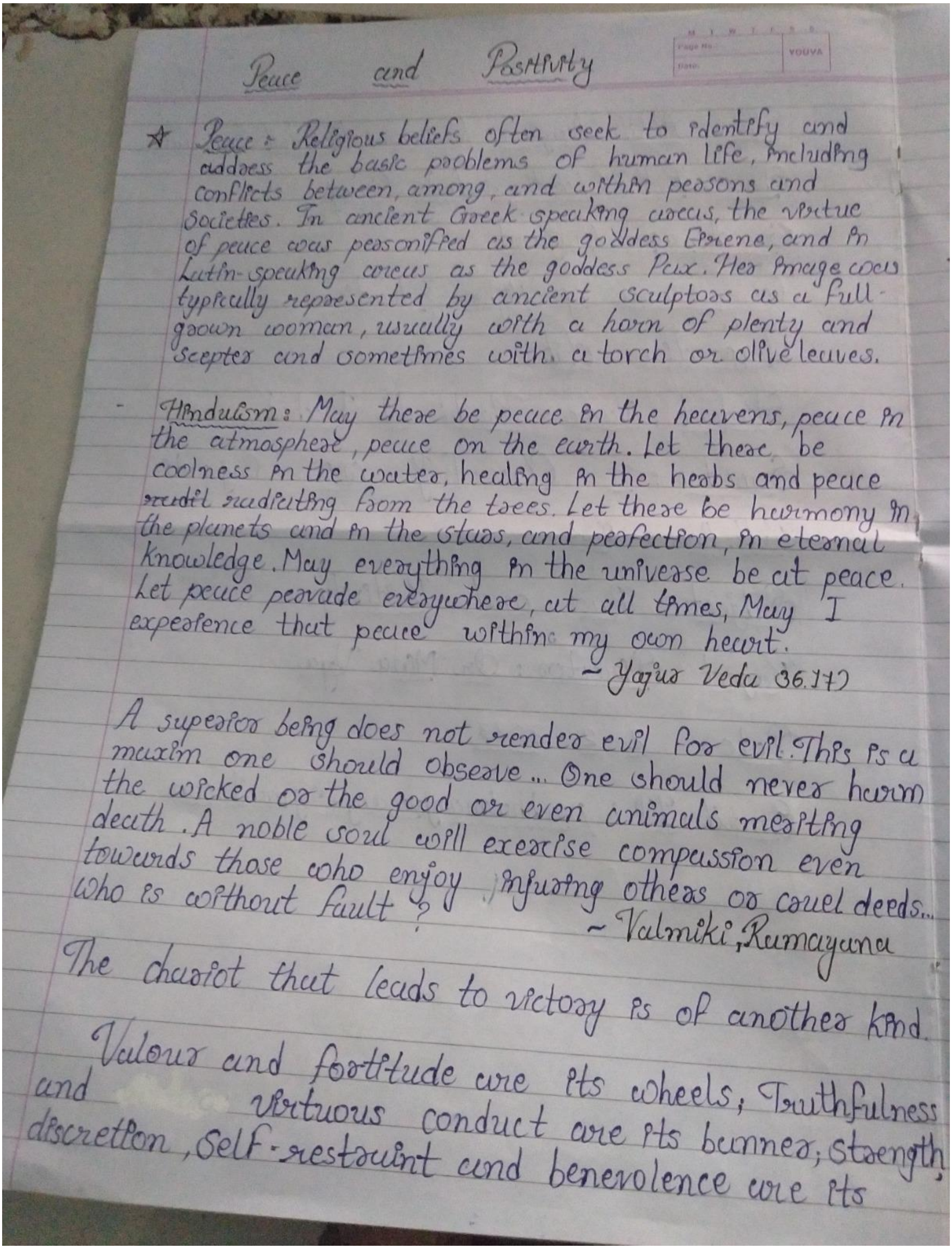


Peace and Positivity

☆ Peace: Religious beliefs often seek to identify and address the basic problems of human life, including conflicts between, among, and within persons and societies. In ancient Greek speaking areas, the virtue of peace was personified as the goddess Eirene, and in Latin-speaking areas as the goddess Pax. Her image was typically represented by ancient sculptors as a full-grown woman, usually with a horn of plenty and scepter and sometimes with a torch or olive leaves.

- Hinduism: May there be peace in the heavens, peace in the atmosphere, peace on the earth. Let there be coolness in the water, healing in the herbs and peace radiating from the trees. Let there be harmony in the planets and in the stars, and perfection in eternal knowledge. May everything in the universe be at peace. Let peace pervade everywhere, at all times, May I experience that peace within my own heart.

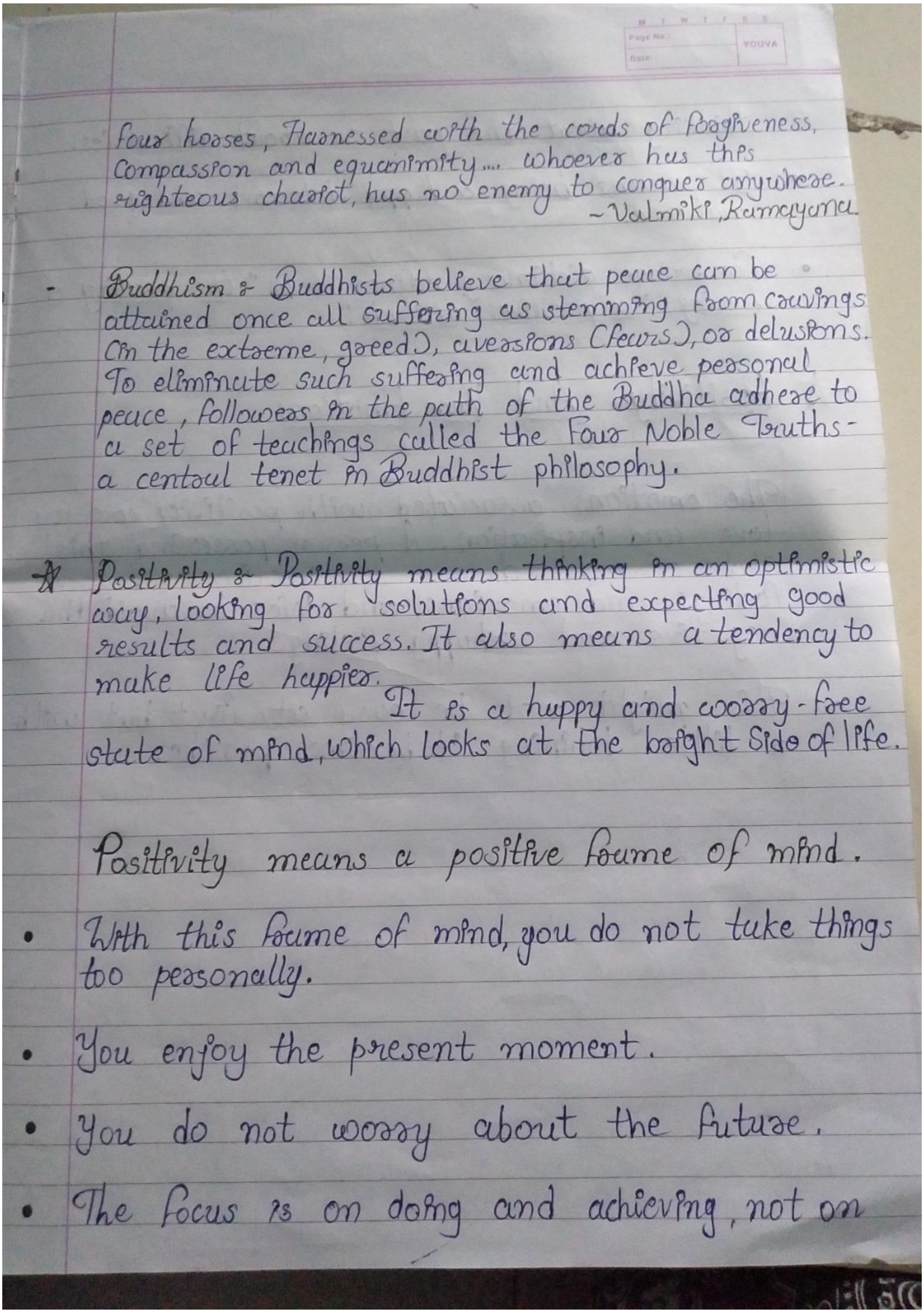
~ Yajur Veda 36.17)

A superior being does not render evil for evil. This is a maxim one should observe... One should never harm the wicked or the good or even animals meriting death. A noble soul will exercise compassion even towards those who enjoy injuring others or cruel deeds... Who is without fault?

~ Valmiki, Ramayana

The chariot that leads to victory is of another kind.

Valour and fortitude are its wheels; Truthfulness and virtuous conduct are its banner; strength, discretion, Self-restraint and benevolence are its



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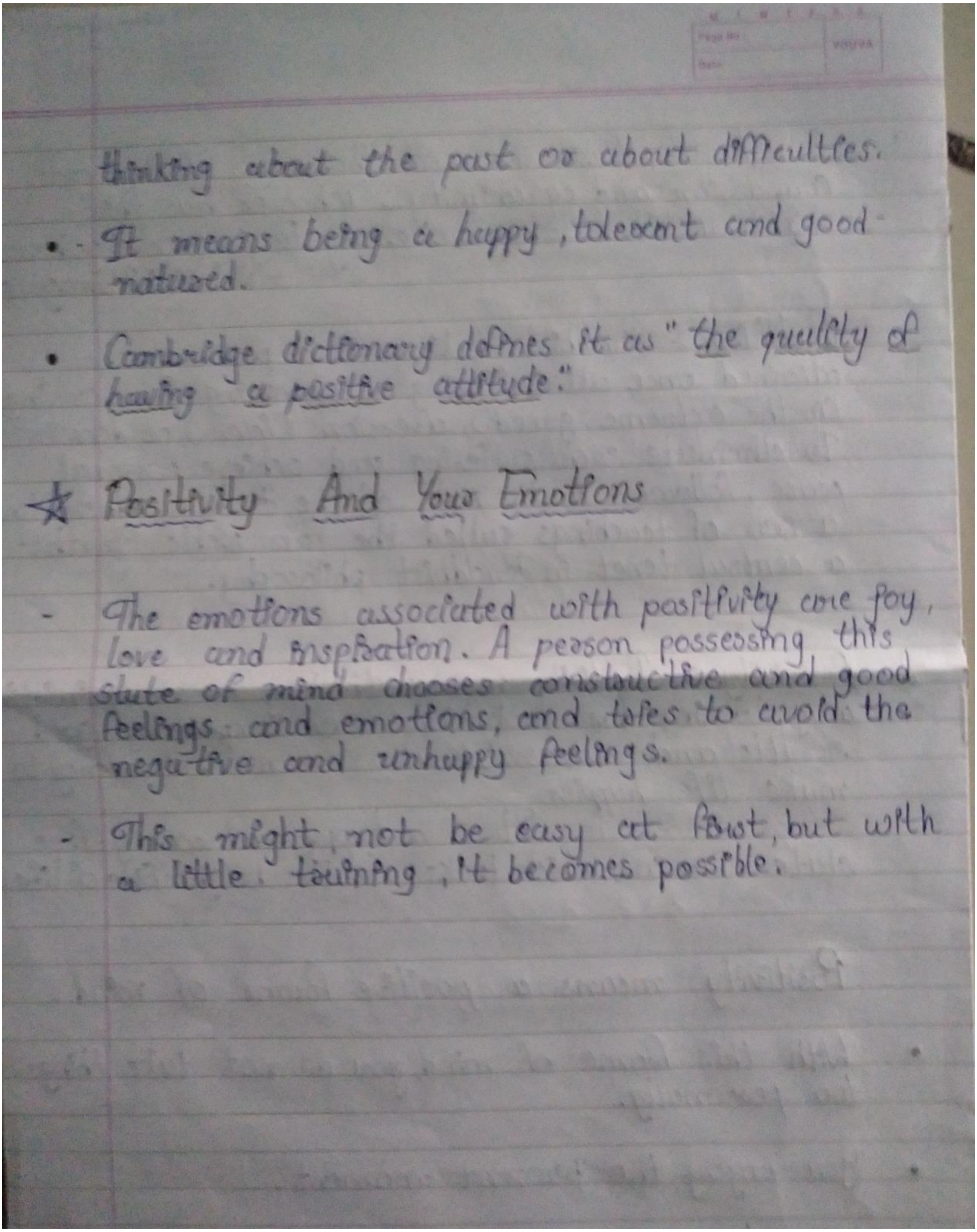
Four horses, Harnessed with the cords of forgiveness, Compassion and equanimity.... whoever has this righteous chariot, has no enemy to conquer anywhere.
~Valmiki Ramayana

- Buddhism :- Buddhists believe that peace can be attained once all suffering as stemming from cravings (in the extreme, greed), aversions (fears), or delusions. To eliminate such suffering and achieve personal peace, followers in the path of the Buddha adhere to a set of teachings called the Four Noble Truths - a central tenet in Buddhist philosophy.

✱ Positivity :- Positivity means thinking in an optimistic way, looking for solutions and expecting good results and success. It also means a tendency to make life happier.
It is a happy and worry-free state of mind, which looks at the bright side of life.

Positivity means a positive frame of mind.

- With this frame of mind, you do not take things too personally.
- You enjoy the present moment.
- You do not worry about the future.
- The focus is on doing and achieving, not on

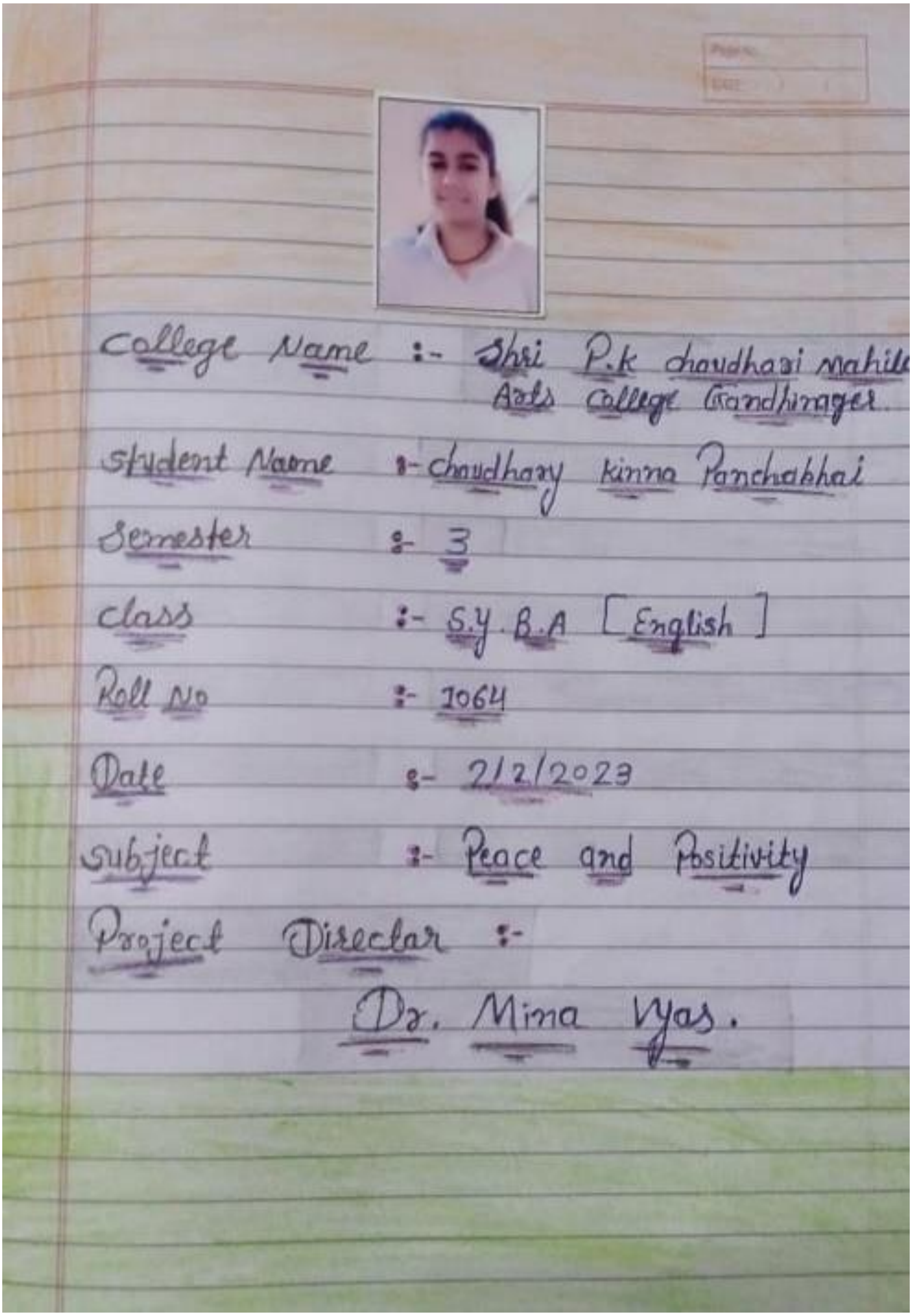


thinking about the past or about difficulties.

- It means being a happy, tolerant and good natured.
- Cambridge dictionary defines it as "the quality of having a positive attitude".

☆ Positivity And Your Emotions

- The emotions associated with positivity are joy, love and inspiration. A person possessing this state of mind chooses constructive and good feelings and emotions, and tries to avoid the negative and unhappy feelings.
- This might not be easy at first, but with a little training, it becomes possible.



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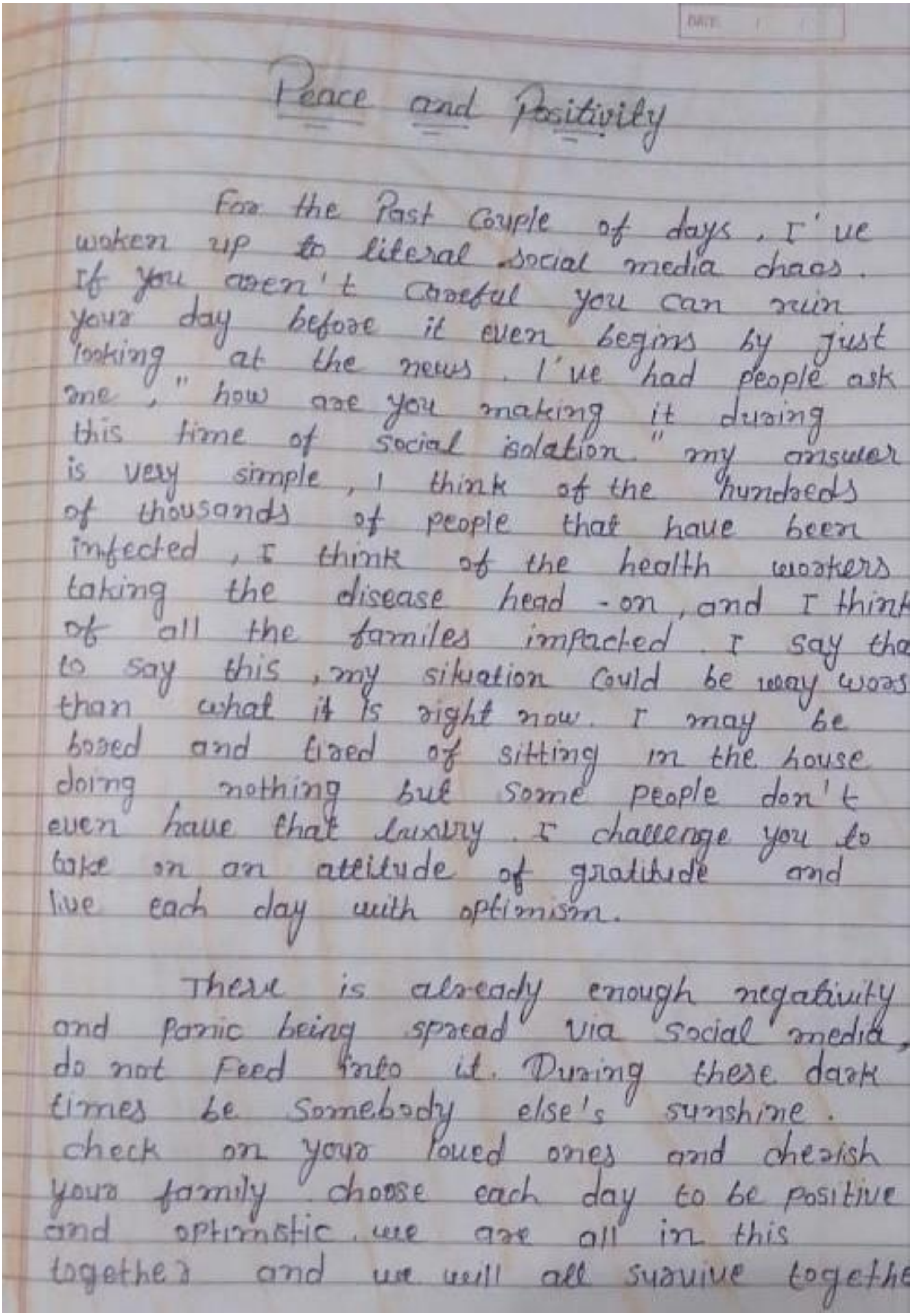
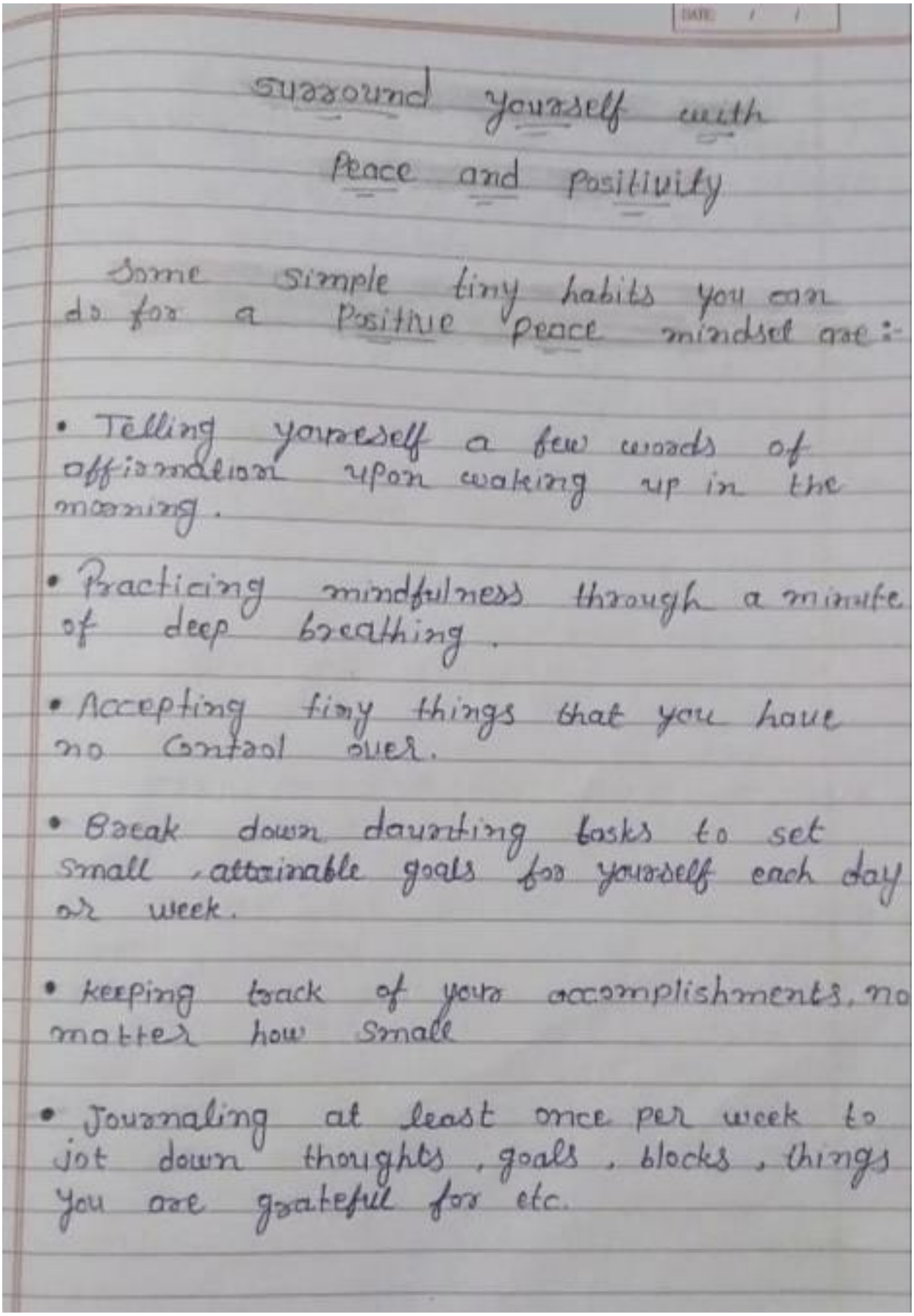


Peace and Positivity

For the Past Couple of days, I've woken up to literal social media chaos. If you aren't careful you can ruin your day before it even begins by just looking at the news. I've had people ask me, "how are you making it during this time of social isolation" my answer is very simple, I think of the hundreds of thousands of people that have been infected, I think of the health workers taking the disease head-on, and I think of all the familes impacted. I say tha to say this, my situation could be way wors than what it is right now. I may be bored and tired of sitting in the house doing nothing but some people don't even have that luxury. I challenge you to take on an attitude of gratitude and live each day with optimism.

There is already enough negativity and panic being spread via social media, do not feed into it. During these dark times be somebody else's sunshine. check on your loved ones and cherish your family choose each day to be positive and optimistic. we are all in this together and we will all survive togethe



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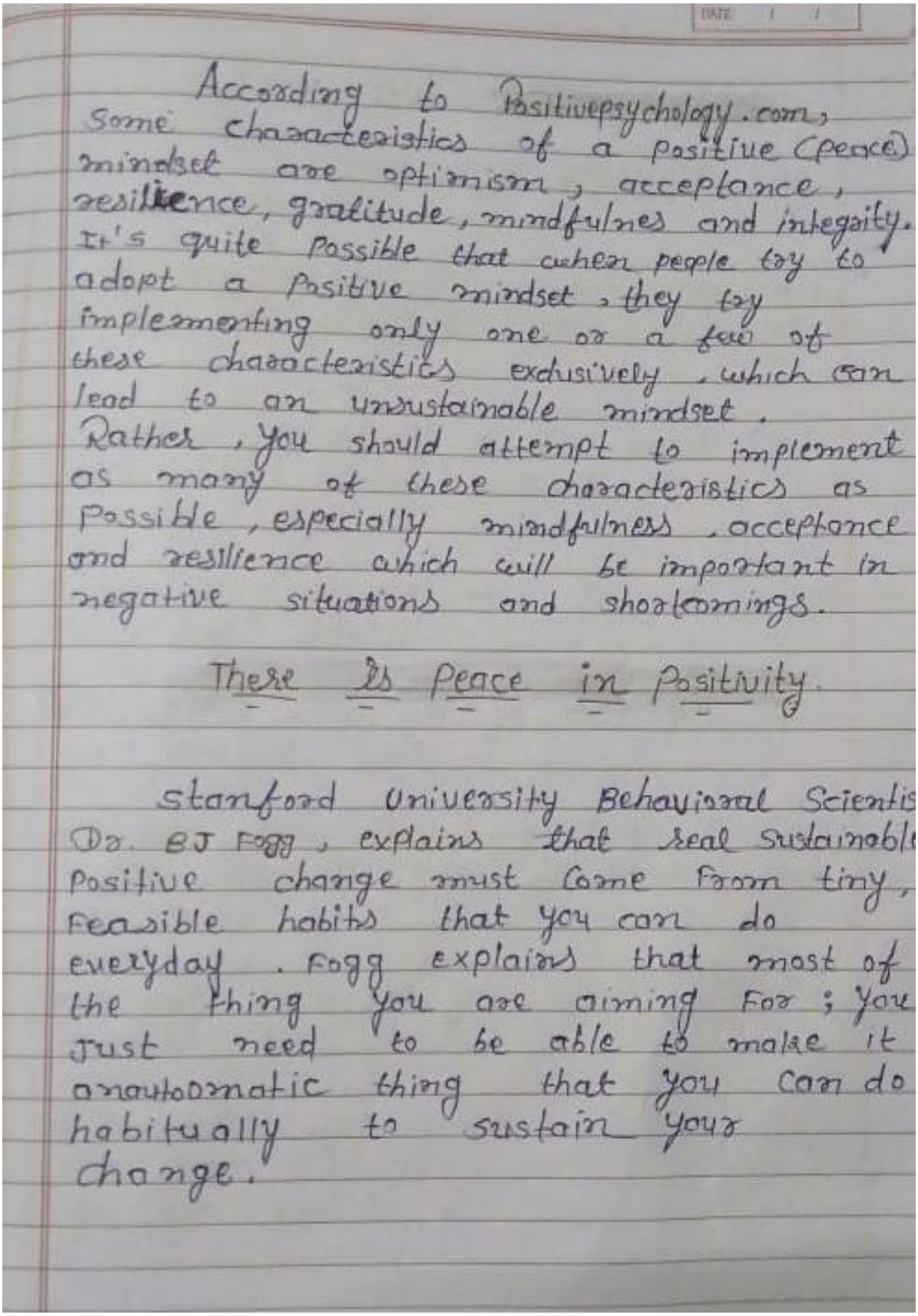
Surround yourself with Peace and Positivity

Some simple tiny habits you can do for a Positive peace mindset are:-

- Telling yourself a few words of affirmation upon waking up in the morning.
- Practicing mindfulness through a minute of deep breathing.
- Accepting tiny things that you have no Control over.
- Break down daunting tasks to set small, attainable goals for yourself each day or week.
- keeping track of your accomplishments, no matter how small
- Journaling at least once per week to jot down thoughts, goals, blocks, things you are grateful for etc.



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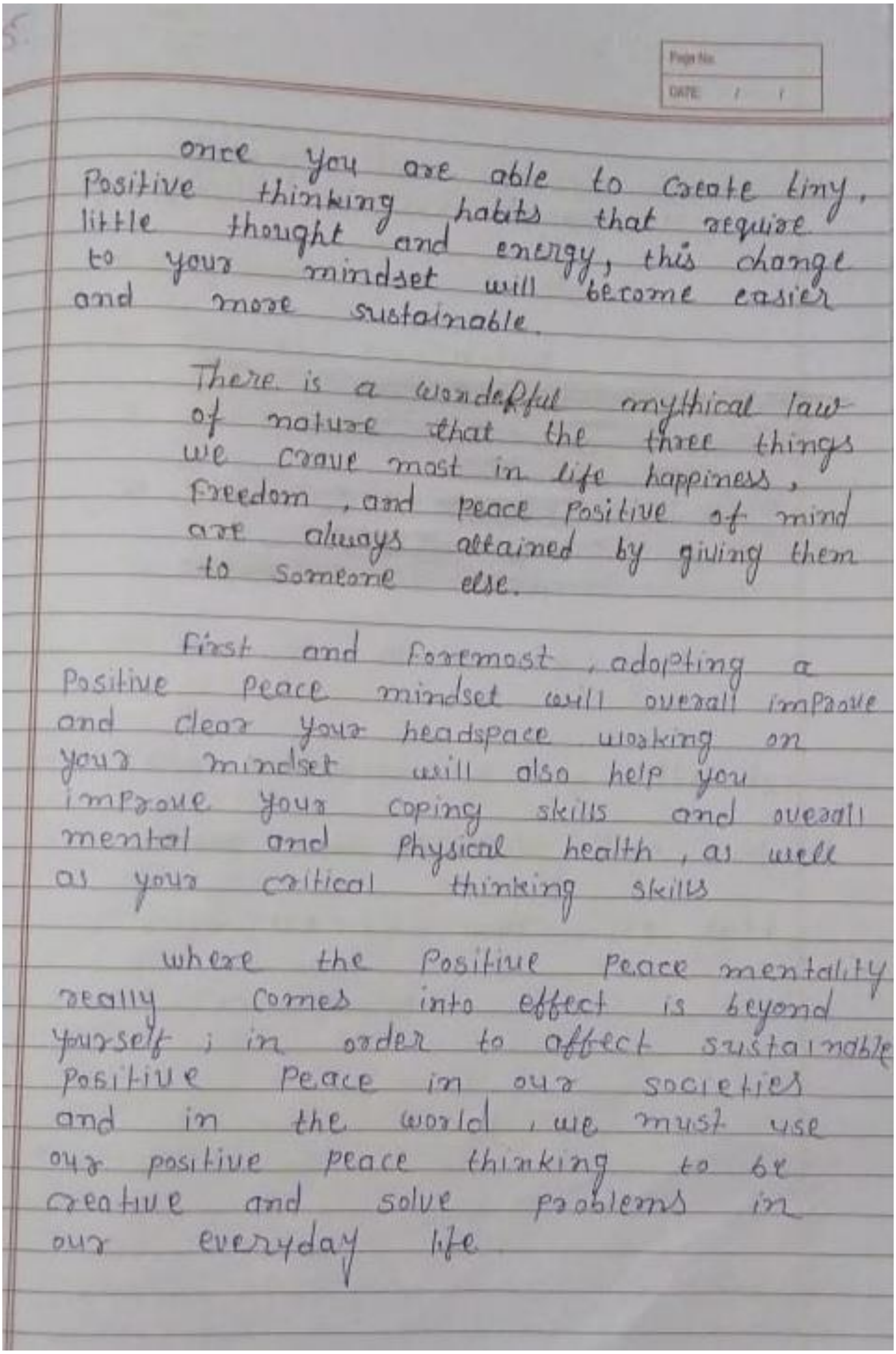
According to Positivepsychology.com, Some characteristics of a positive (peace) mindset are optimism, acceptance, resilience, gratitude, mindfulnes and integrity. It's quite possible that when people try to adopt a positive mindset, they try implementing only one or a few of these characteristics exclusively, which can lead to an unsustainable mindset. Rather, you should attempt to implement as many of these characteristics as possible, especially mindfulness, acceptance and resillience which will be important in negative situations and shortcomings.

There is Peace in Positivity.

stanford University Behavioral Scientis Dr. BJ Fogg, explains that real sustainabl positive change must Come From tiny, Feasible habits that you can do everyday. Fogg explains that most of the thing you are aiming For; you just need to be able to make it anautomatic thing that you can do habitually to sustain your change.



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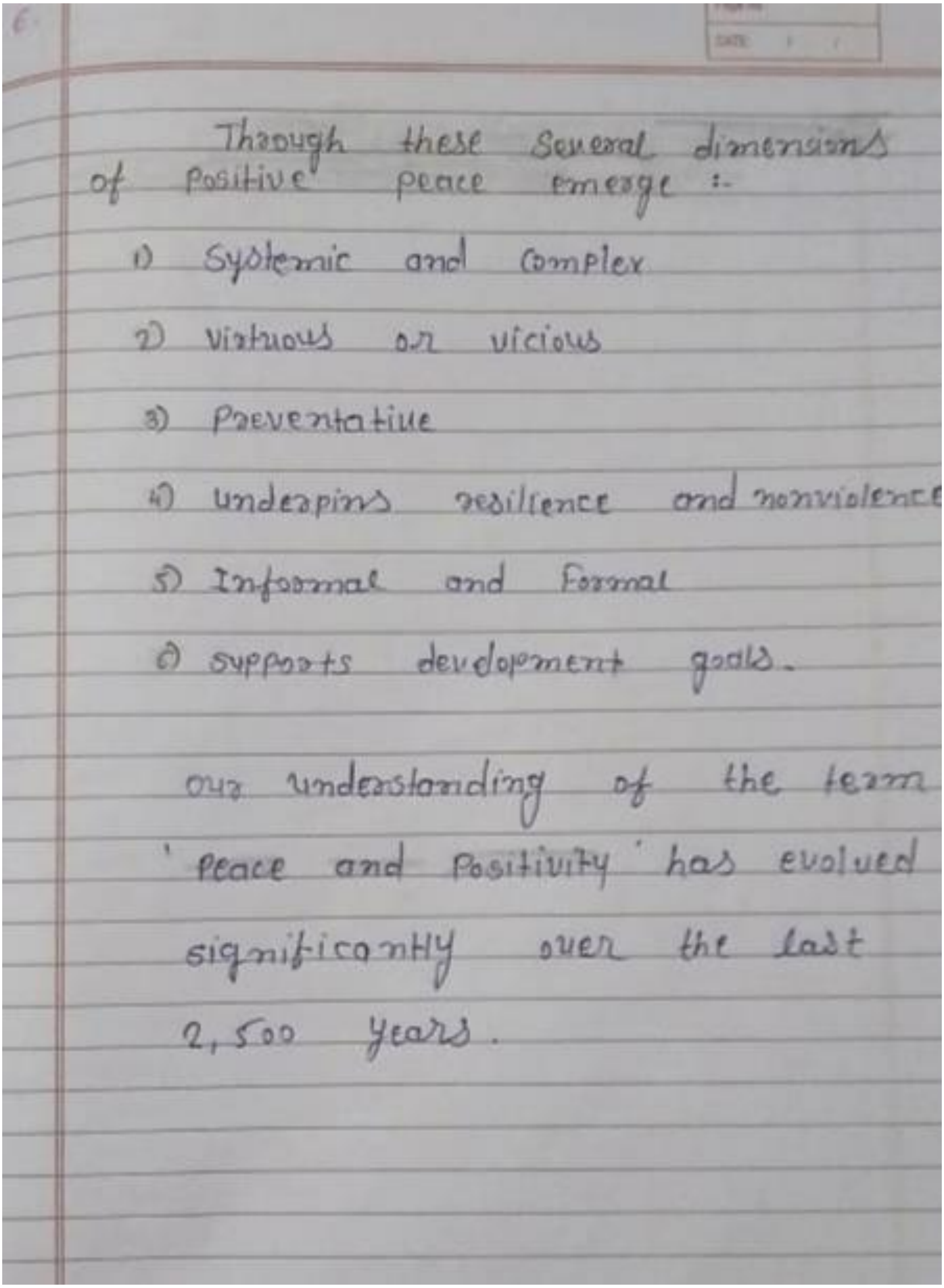
once you are able to create tiny, Positive thinking habits that require little thought and energy, this change to your mindset will become easier and more sustainable.

There is a wonderful mythical law of nature that the three things we crave most in life happiness, Freedom, and peace Positive of mind are always attained by giving them to Someone else.

First and Foremost, adopting a Positive peace mindset will overall improve and clear your headspace working on your mindset will also help you improve your coping skills and overall mental and Physical health, as well as your critical thinking skills

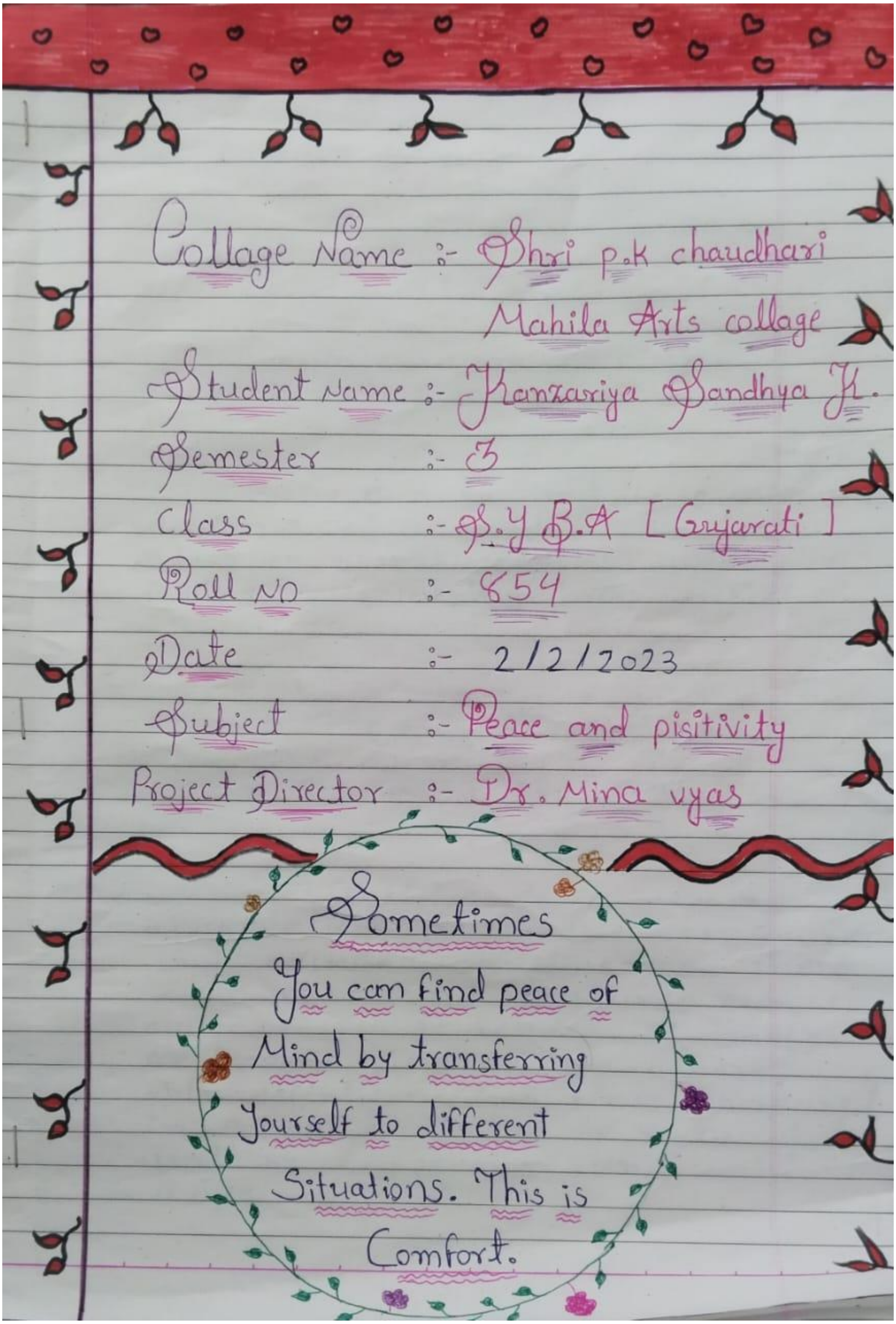
where the Positive Peace mentality really comes into effect is beyond yourself ; in order to affect sustainable Positive Peace in our societies and in the world, we must use our positive peace thinking to be creative and solve problems in our everyday life.



Through these Several dimensions of Positive peace emerge :-

1) Systemic and Complex
2) Virtuous or vicious
3) Preventative
4) Underpins resilience and nonviolence
5) Informal and Formal
6) supports development goals.

our understanding of the term 'Peace and Positivity' has evolved significantly over the last 2,500 years.



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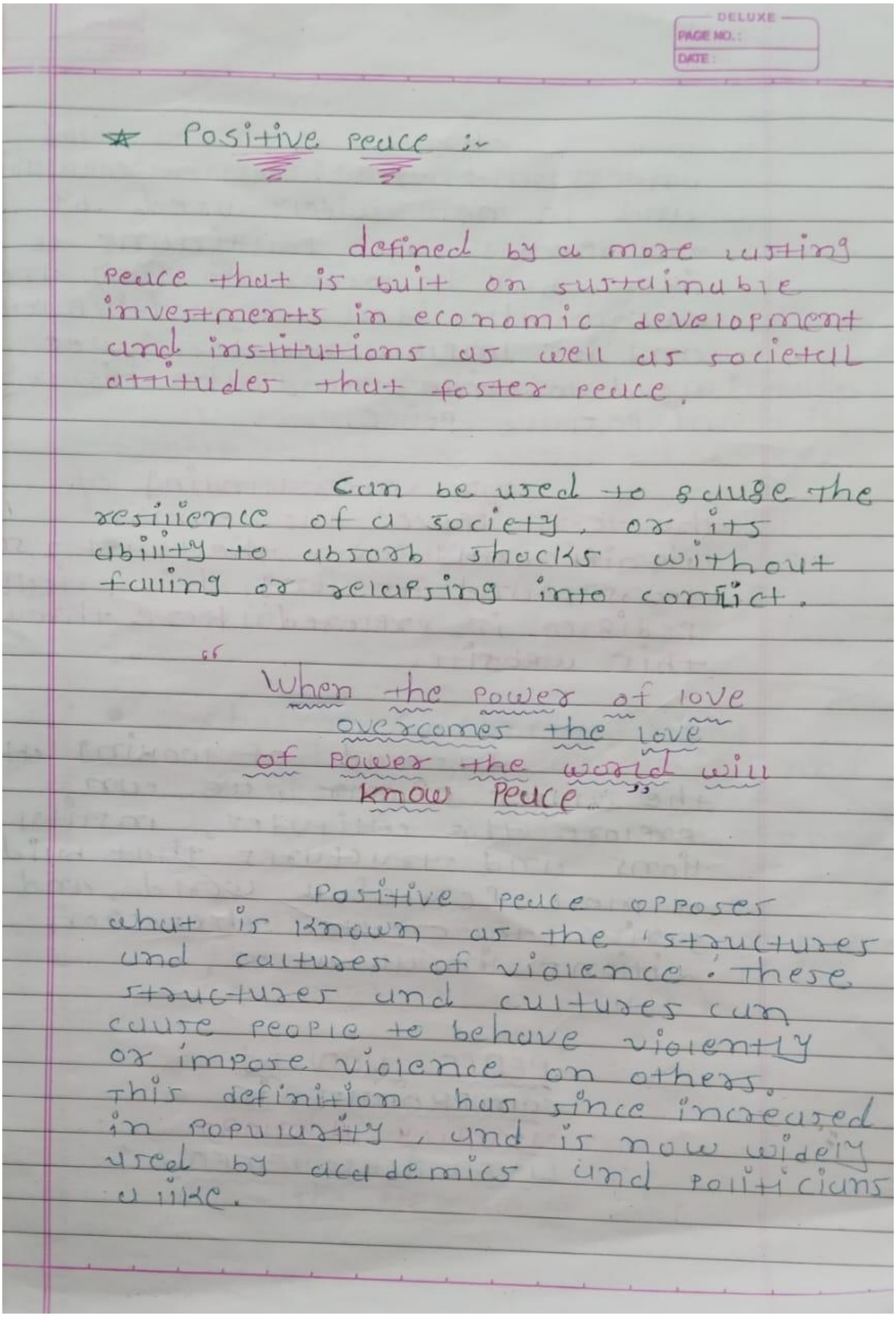
Subject :- Peace and pisitivity
Project Director :- Dr. Mina vyas

Sometimes
You can find peace of
Mind by transferring
Yourself to different
Situations. This is
Comfort.



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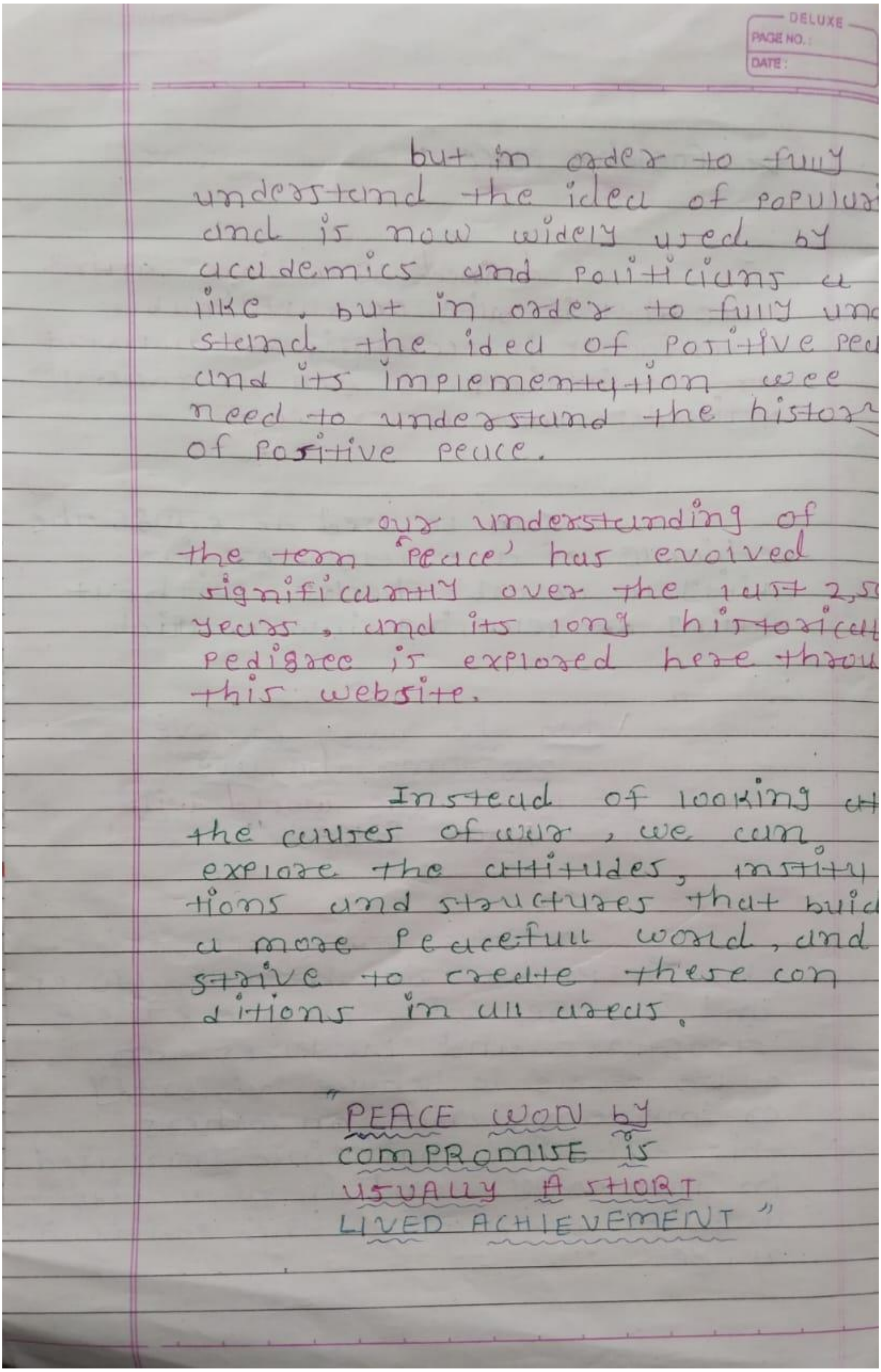
★ Positive peace :-

defined by a more lasting peace that is built on sustainable investments in economic development and institutions as well as societal attitudes that foster peace.

Can be used to gauge the resilience of a society, or its ability to absorb shocks without falling or relapsing into conflict.

"When the power of love overcomes the love of power the world will know peace."

Positive peace opposes what is known as the 'structures and cultures of violence'. These structures and cultures can cause people to behave violently or impose violence on others. This definition has since increased in popularity, and is now widely used by academics and politicians a like.

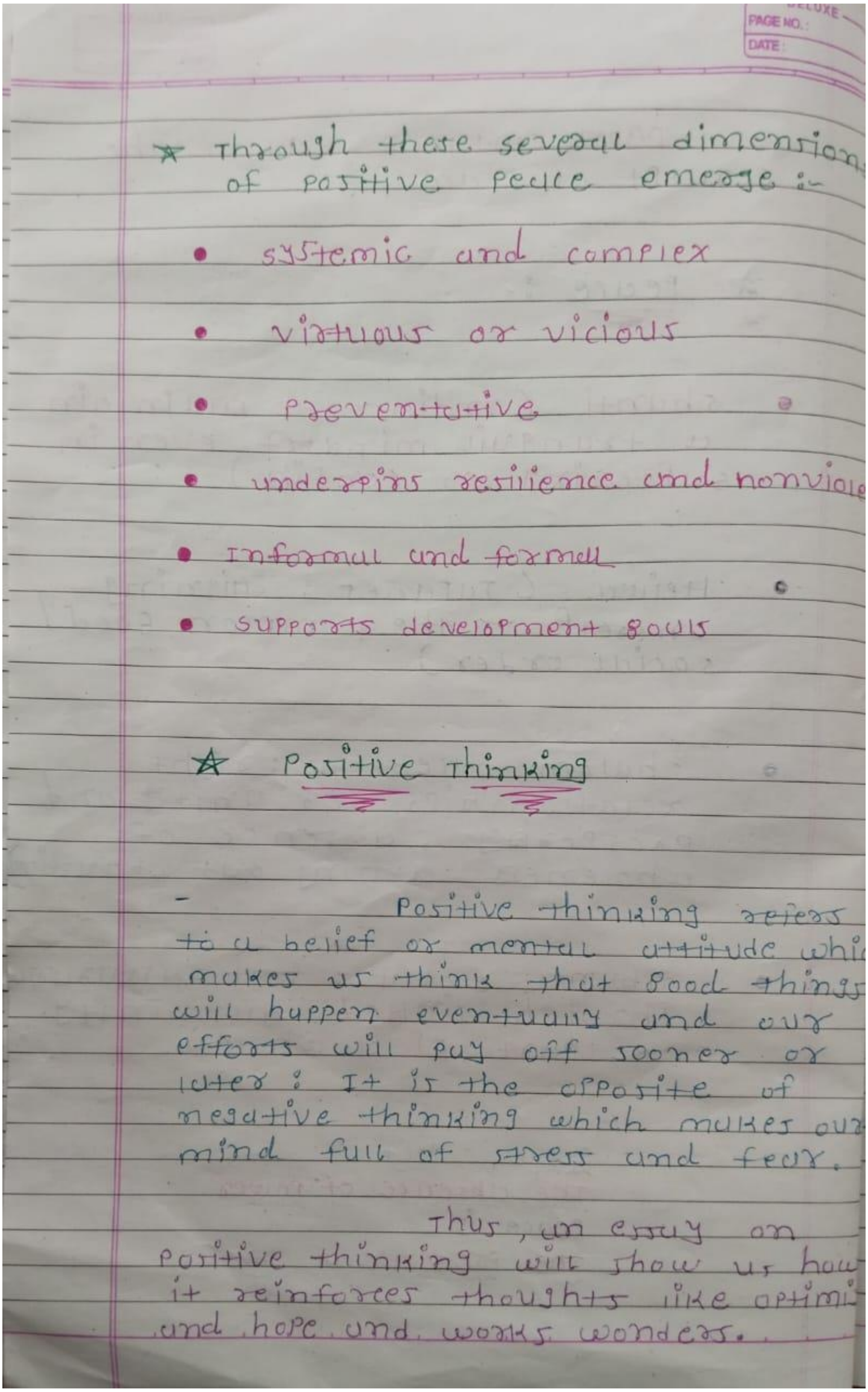


but in order to fully understand the idea of popular and is now widely used by academics and politicians a like, but in order to fully understand the idea of positive pea and its implementation wee need to understand the histor of positive peace.

our understanding of the term 'peace' has evolved significantly over the last 2,5 years, and its long historical pedigree is explored here throu this website.

Instead of looking at the causes of war, we can explore the attitudes, institutions and structures that buil a more peacefull world, and strive to create these conditions in all areas.

"PEACE WON BY COMPROMISE IS USUALLY A SHORT LIVED ACHIEVEMENT"



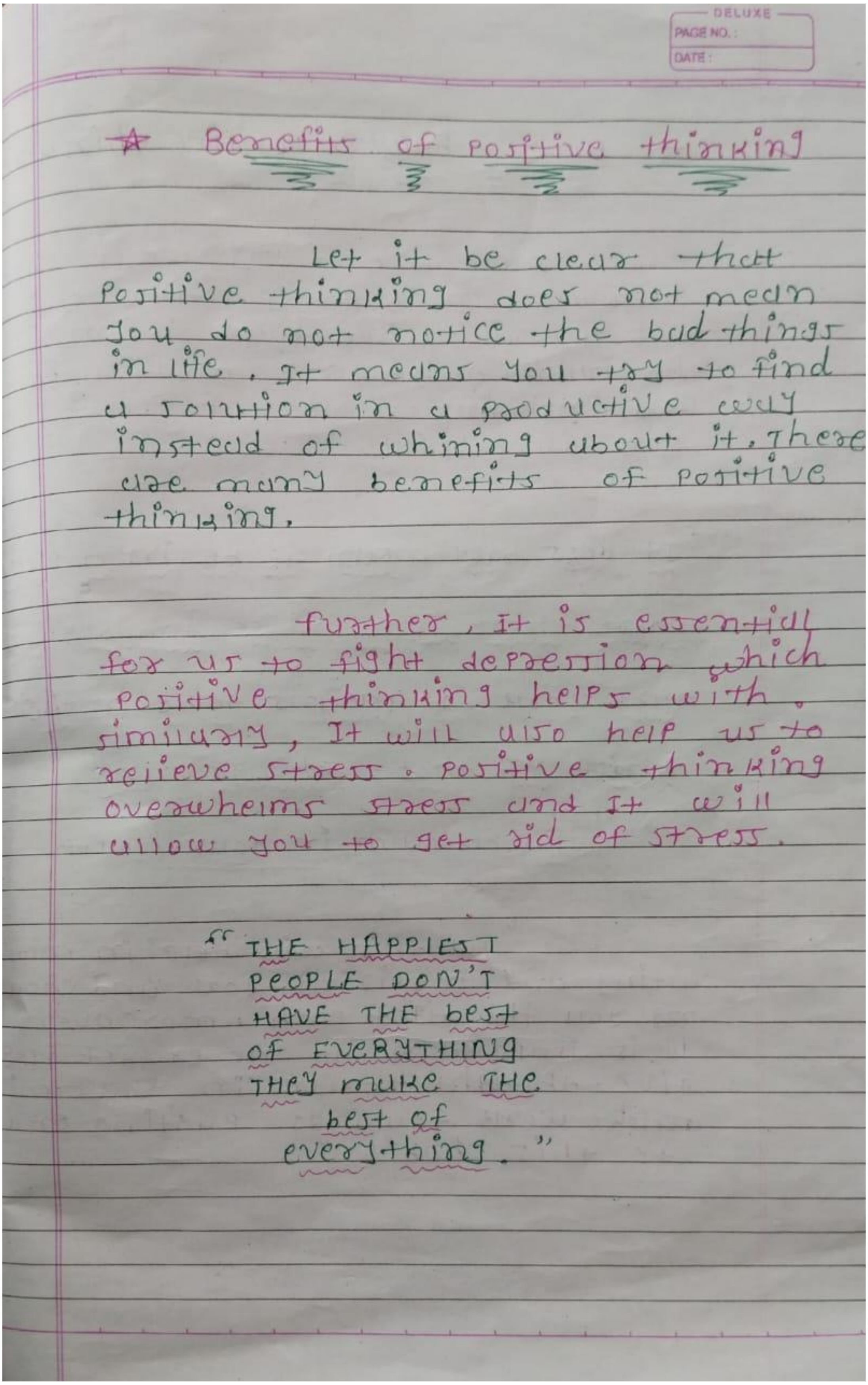
★ Through these several dimension of positive peace emerge :-

- systemic and complex
- virtuous or vicious
- preventative
- underpins resilience and nonviole
- Informal and formal
- supports development goals

★ Positive thinking

- Positive thinking refers to a belief or mental attitude whic makes us think that good things will happen eventually and our efforts will pay off sooner or later ! It is the opposite of negative thinking which makes our mind full of stress and fear.

Thus, an essay on positive thinking will show us how it reinforces thoughts like optimi and hope and works wonders.



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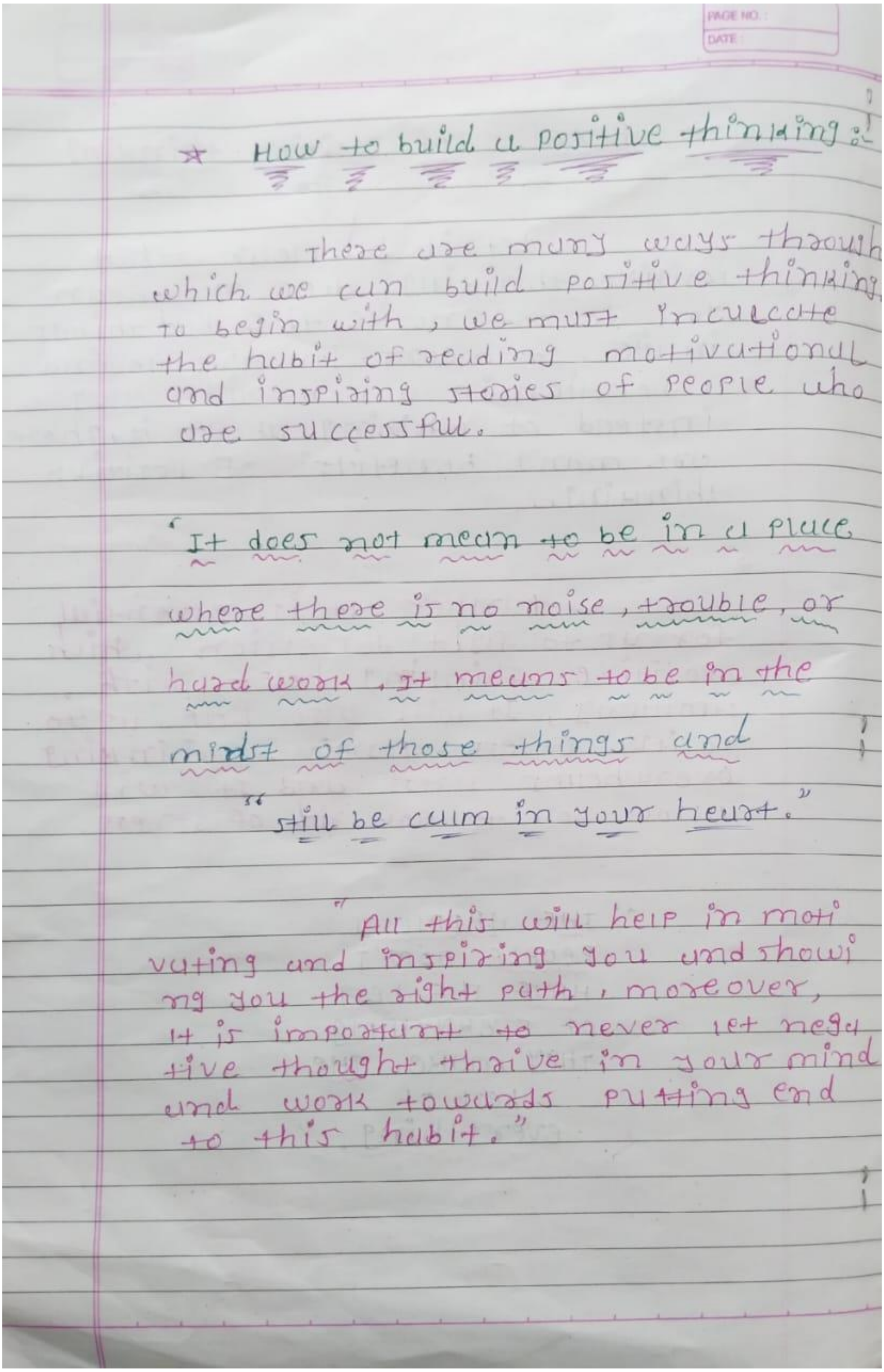
★ Benefits of positive thinking

Let it be clear that positive thinking does not mean you do not notice the bad things in life. It means you try to find a solution in a productive way instead of whining about it. There are many benefits of positive thinking.

Further, it is essential for us to fight depression which positive thinking helps with. Similarly, It will also help us to relieve stress. positive thinking overwhelms stress and It will allow you to get rid of stress.

"THE HAPPIEST
PEOPLE DON'T
HAVE THE best
OF EVERYTHING
THEY make THE
best of
everything."



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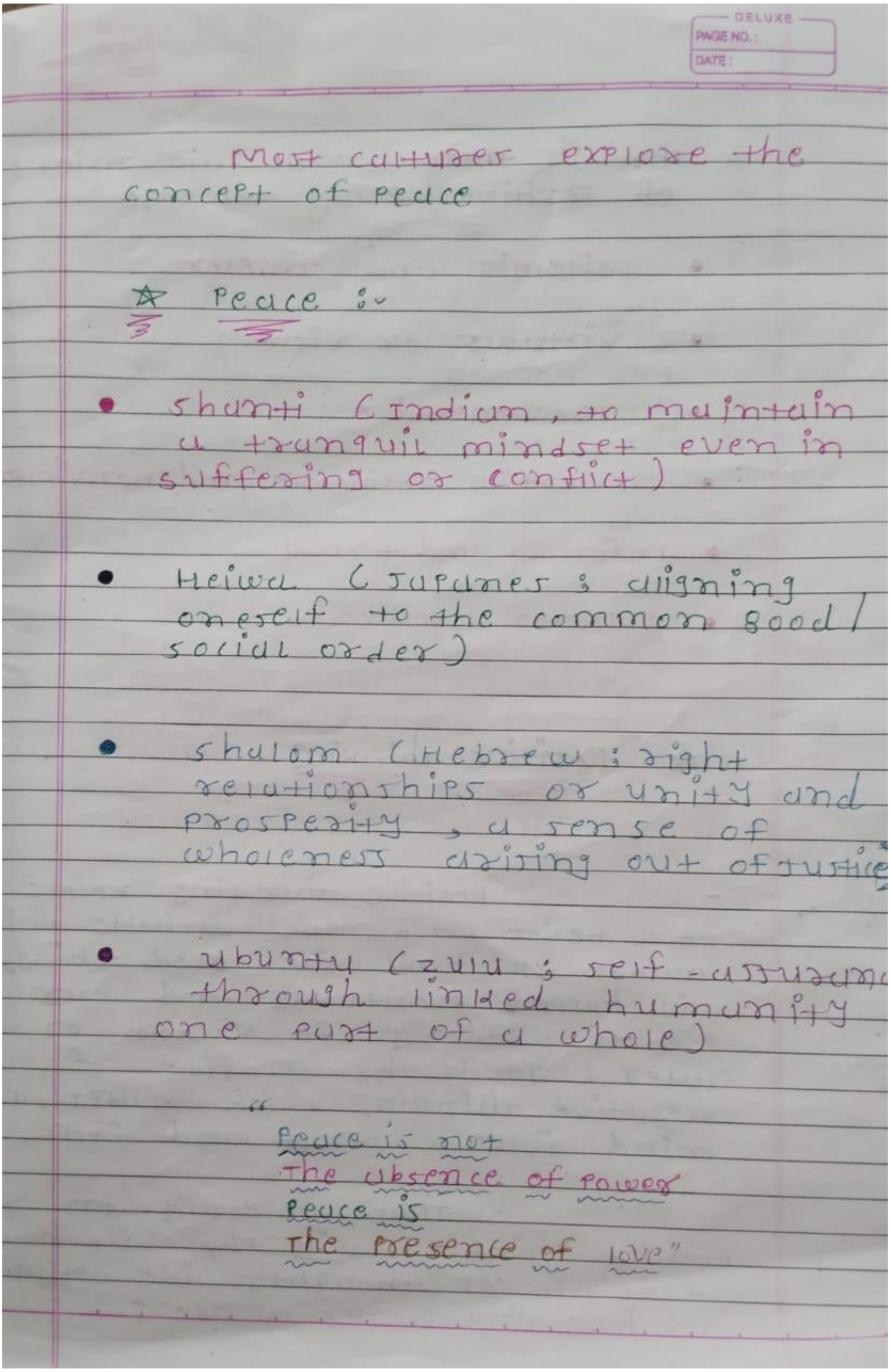
★ How to build a positive thinking :-

There are many ways through which we can build positive thinking. To begin with, we must inculcate the habit of reading motivational and inspiring stories of people who are successfull.

"It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and "still be calm in your heart."

"All this will help in motivating and inspiring you and showing you the right path, moreover, it is important to never let negative thought thrive in your mind and work towards putting end to this habit."



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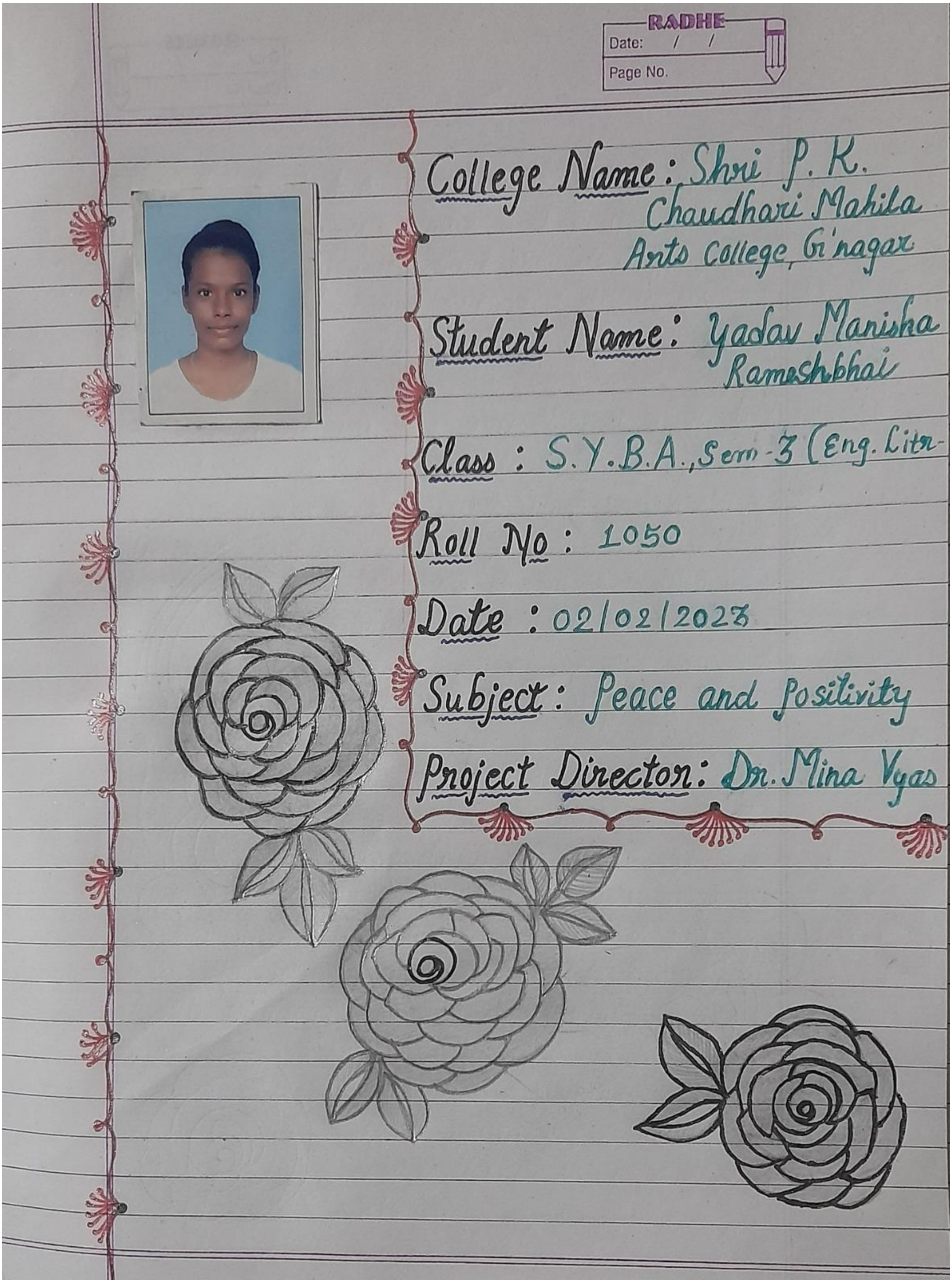
Most cultures explore the concept of peace

☆ Peace :-

- Shanti (Indian, to maintain a tranquil mindset even in suffering or conflict)
- Heiwa (Japanes : aligning oneself to the common good / social order)
- Shalom (Hebrew : right relationships or unity and prosperity, a sense of wholeness arising out of justice)
- ubuntu (zulu : self -assuranc through linked humanity one part of a whole)

"Peace is not
The absence of power
Peace is
The presence of love"



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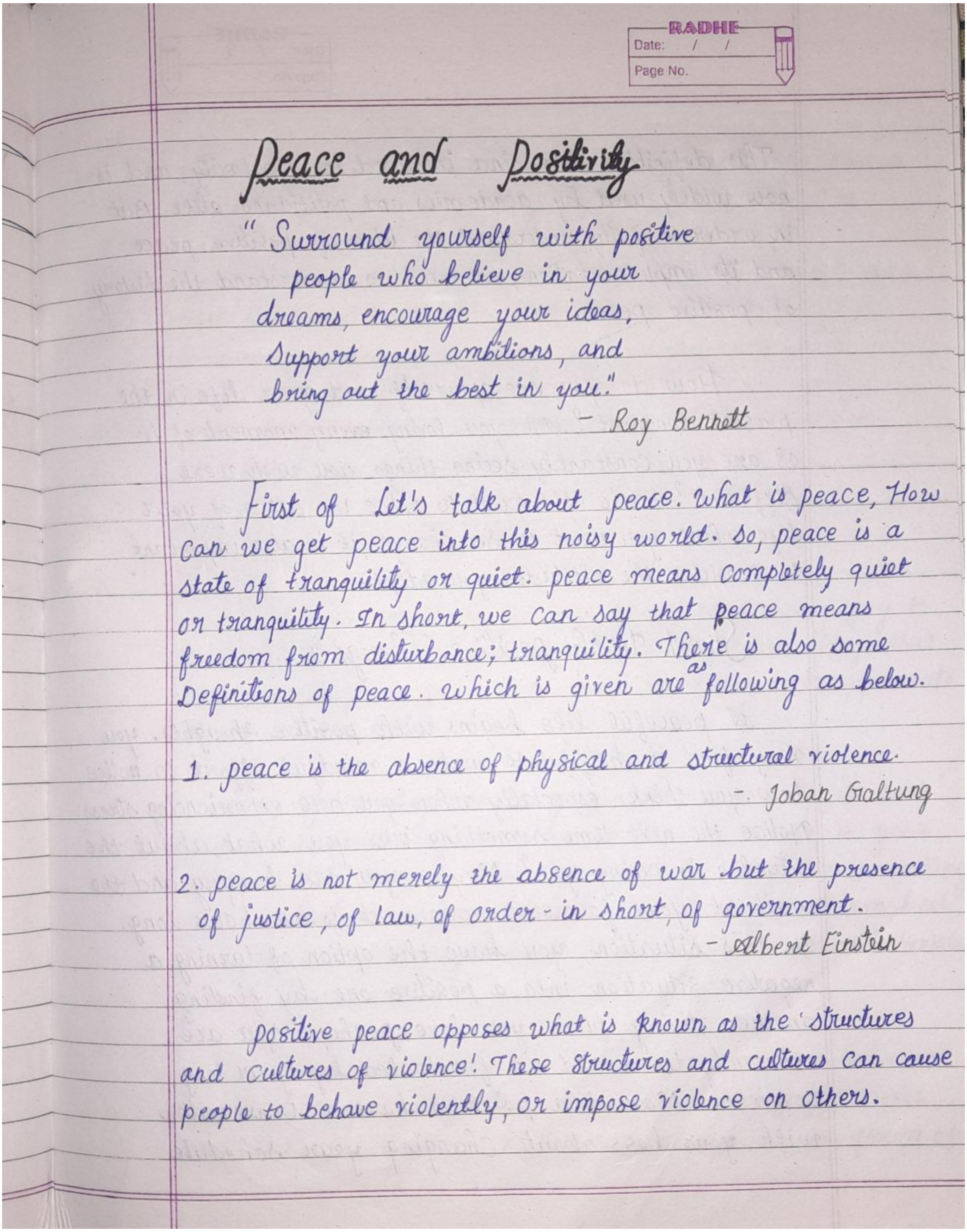

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Peace and Positivity

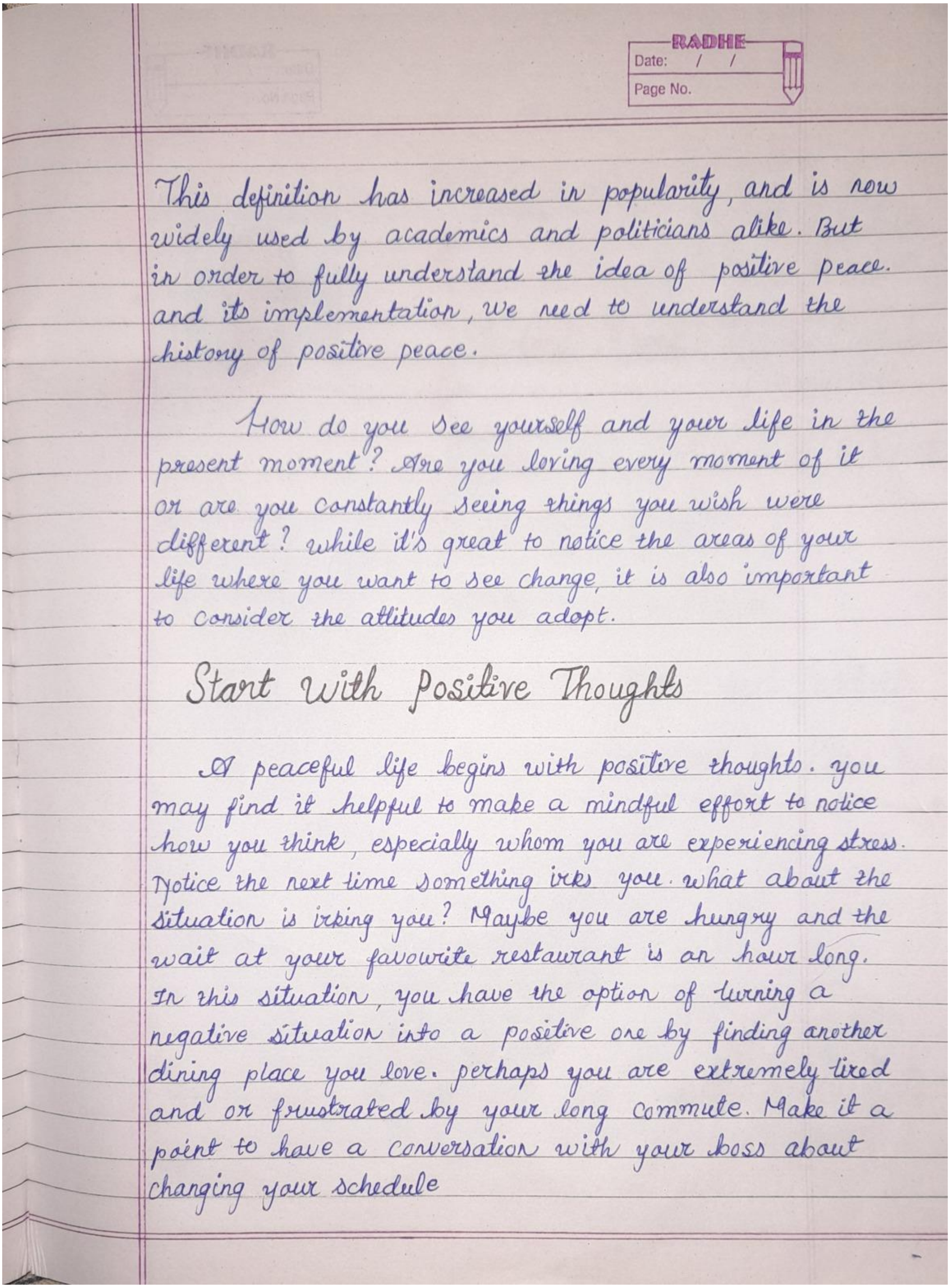
" Surround yourself with positive
people who believe in your
dreams, encourage your ideas,
Support your ambitions, and
bring out the best in you."
– Roy Bennett

First of Let's talk about peace. what is peace, How Can we get peace into this noisy world. So, peace is a state of tranquility or quiet. peace means Completely quiet or tranquility. In short, we can say that peace means freedom from disturbance; tranquility. There is also some Definitions of peace. which is given are as following as below.

1. peace is the absence of physical and structural violence.
  -. Joban Galtung

2. peace is not merely the absence of war but the presence of justice, of law, of order - in short, of government.
  – Albert Einstein

positive peace opposes what is known as the 'structures and Cultures of violence'. These structures and cultures can cause people to behave violently, or impose violence on others.



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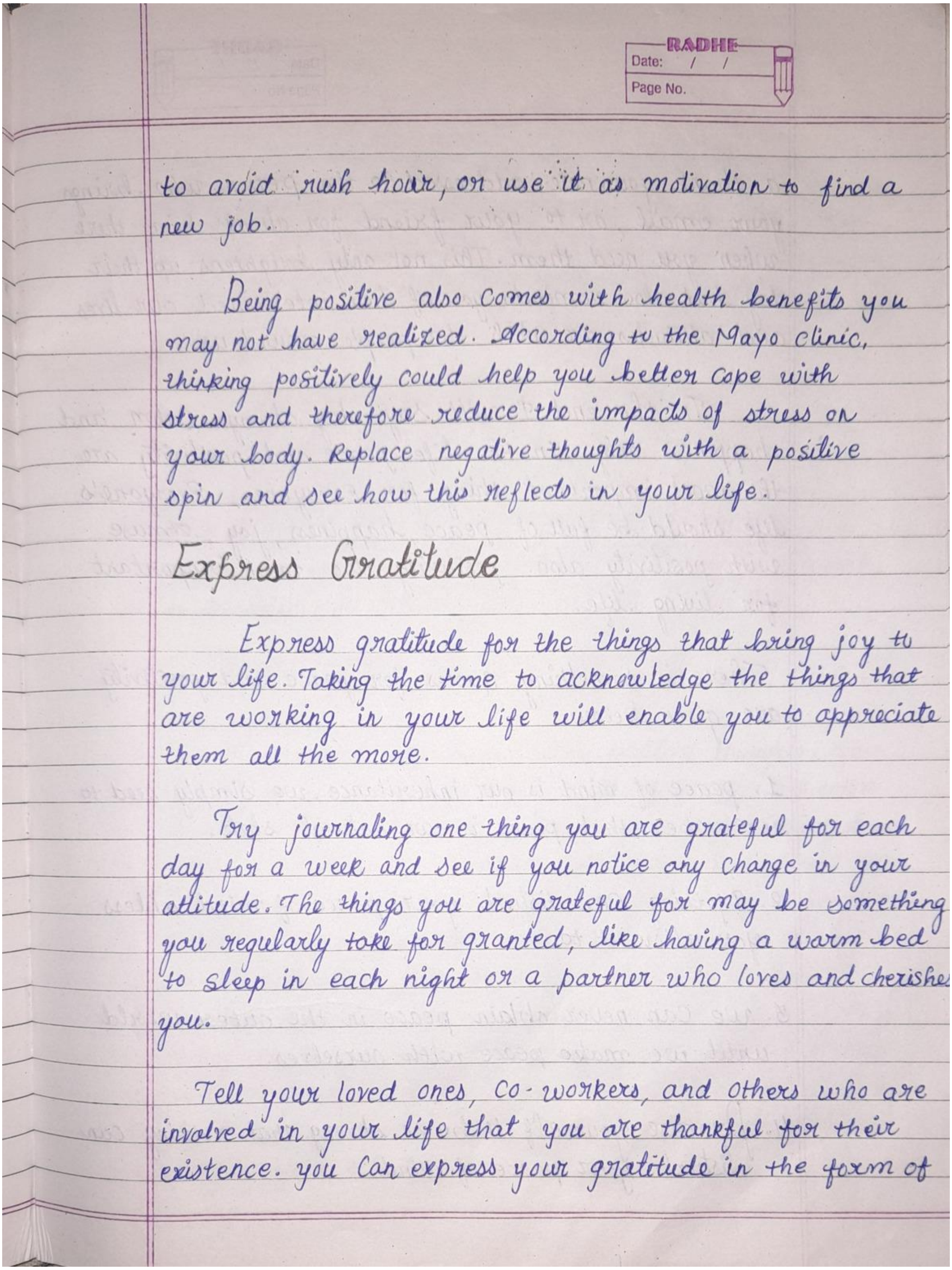
This definition has increased in popularity, and is now widely used by academics and politicians alike. But in order to fully understand the idea of positive peace. and its implementation, we need to understand the history of positive peace.

How do you see yourself and your life in the present moment? Are you loving every moment of it or are you constantly seeing things you wish were different? while it's great to notice the areas of your life where you want to see change, it is also important to consider the attitudes you adopt.

Start with Positive Thoughts

A peaceful life begins with positive thoughts. you may find it helpful to make a mindful effort to notice how you think, especially whom you are experiencing stress. Notice the next time something irks you. what about the situation is irking you? Maybe you are hungry and the wait at your favourite restaurant is an hour long. In this situation, you have the option of turning a negative situation into a positive one by finding another dining place you love. perhaps you are extremely tired and or frustrated by your long commute. Make it a point to have a conversation with your boss about changing your schedule



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to avoid rush hour, or use it as motivation to find a new job.

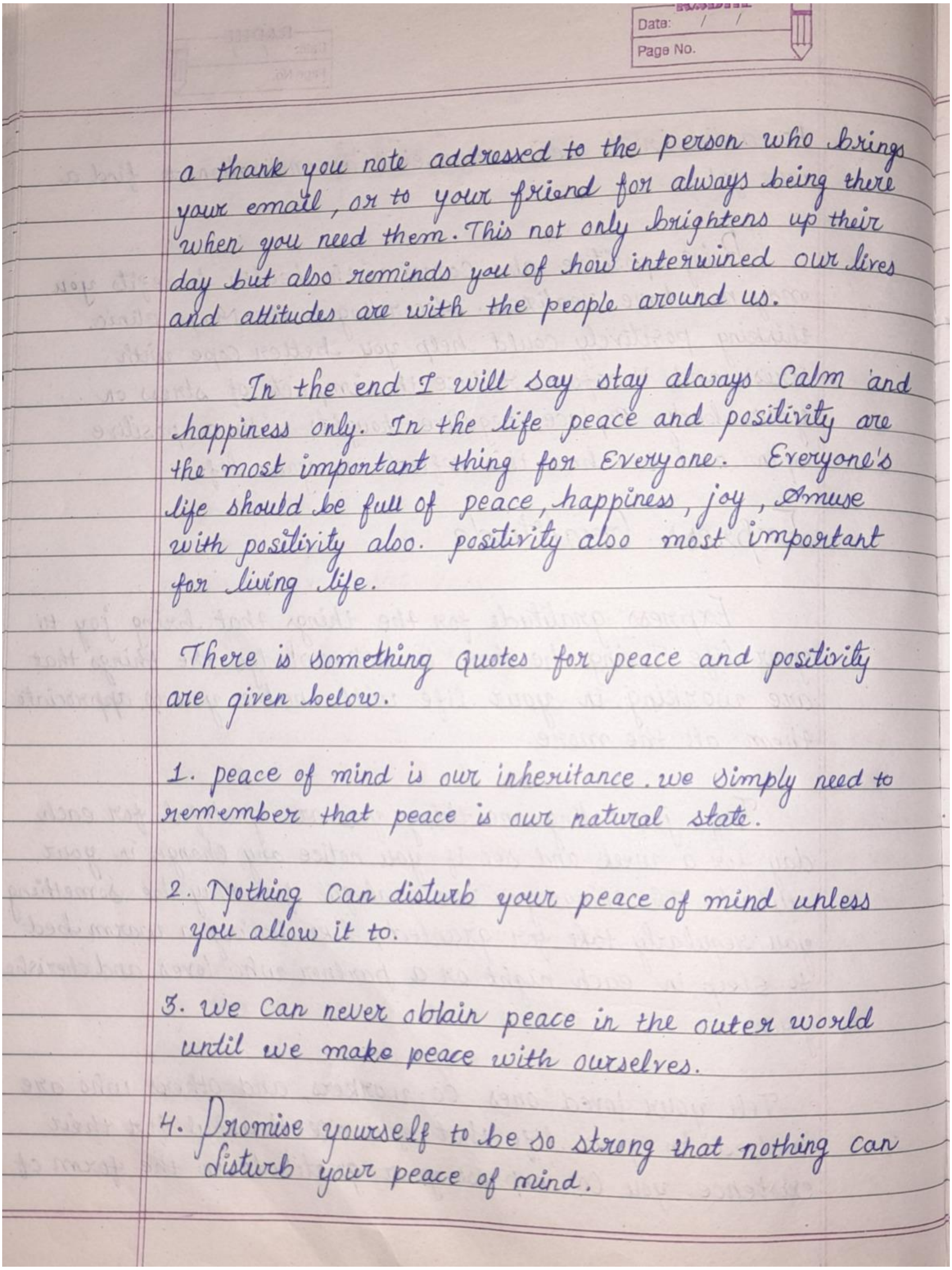
Being positive also Comes with health benefits you may not have realized. According to the Mayo clinic, thinking positively could help you better Cope with stress and therefore reduce the impacts of stress on your body. Replace negative thoughts with a positive spin and see how this reflects in your life.

Express Gratitude

Express gratitude for the things that bring joy to your life. Taking the time to acknowledge the things that are working in your life will enable you to appreciate them all the more.

Try journaling one thing you are grateful for each day for a week and see if you notice any Change in your attitude. The things you are grateful for may be something you regularly take for granted, like having a warm bed to sleep in each night or a partner who loves and cherishe you.

Tell your loved ones, Co-workers, and others who are involved in your life that you are thankful for their existence. you Can express your gratitude in the form of



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a thank you note addressed to the person who brings your email, or to your friend for always being there when you need them. This not only brightens up their day but also reminds you of how interwined our lives and attitudes are with the people around us.

In the end I will say stay always Calm and happiness only. In the life peace and positivity are the most important thing for Everyone. Everyone's life should be full of peace, happiness, joy, Amuse with positivity also. positivity also most important for living life.

There is something Quotes for peace and positivity are given below.

1. peace of mind is our inheritance. we simply need to remember that peace is our natural state.

2. Nothing Can disturb your peace of mind unless you allow it to.

3. We Can never obtain peace in the outer world until we make peace with ourselves.

4. Promise yourself to be so strong that nothing can disturb your peace of mind.