



## *Four Principles of Peace Exercise*

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1. Describe a challenging situation in your life.
2. Which of the 4 principles (below) can be applied to your situation?
3. Apply it now.
4. What feels different?

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### **4 Principles of Peace**

*Peace is present*

*Peace is an inner process*

*Peace is the cessation of againstness*

*Peace is a choice, available regardless of any conditions*

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**Institute for Individual and World Peace**

*“Making the world a place of peace, one person at a time...”*

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