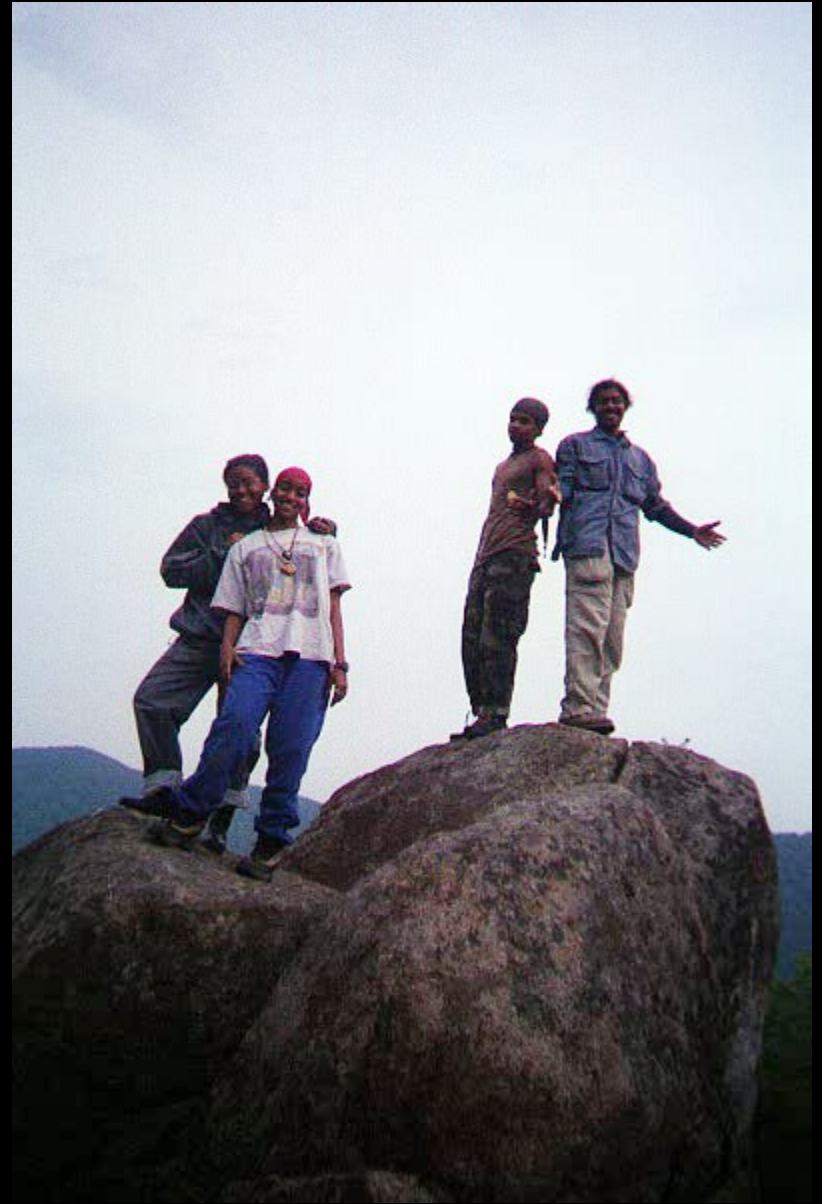




7 Steps Toward Inner Peace



1. Establish a healthy relationship with self.





2. Develop a daily Spiritual Practice.



3. Spend at least 20 mins a day in nature.







4. Build supportive relationships.







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5. Help Somebody.




5. Honor the Sacred in all.









7. Develop the strength and
courage to free yourself;
to face the fire burning
in your heart even if it means that
sometimes you must walk alone.





PEACE

Passionately
Engaged
Compassion
Affecting
Everywhere

“Out of suffering a phoenix can be born.”

Thich Nhat Hanh

