

Peace Beyond the Pain – 5 Peace Building Practices

Even during sad times, perfect peace can and does exist. It's not a tricky balance or even a paradox. Perfect peace is a result. How? By immersing oneself in deep truths consistently in what is the nature of existence and wisdom philosophies. Possibly there are other ways, but this has been my path. The beauty of this life of choice and practice is that it has immediate and long-term benefits.

As physical beings, we can't escape the pain associated with such. Yet, we don't have to suffer needlessly. We actually don't have to suffer at all. When we choose to develop our consciousness state and understand that we are not separate from the whole, then we ignite a world of exceptional possibilities and then live some of them. Just how good can it get?