

## About peace

Each one of us knows the feeling of satisfaction.  
Being happy, I am in harmony and unison with myself and my environment.  
Discontent and strife are accompanied by tension, stress and defensiveness.  
Is it possible that man can live in peace and equanimity, without hurting themselves and others? Is there somewhere a stable and true peace on earth?  
How can we avoid hurting each other?

A loving and selfless person will not hurt no one and will always be balanced and unaffected. He will see the good, think good and do good.  
The way of love is the way of peace, which is the way to Jesus.

Jesus says, *"Peace I leave with you, my peace I give you."* (Joh.14, 27)

As I am ready and eager to live in selfless love, I will set my mind to support my fellowmen and to serve them in a positive way. Service to others is service to God.

Jesus says, *"Whatever you did for the least of these my brethren, ye have done it unto me."* (Matt. 25:40)

Acting out of love, I will hurt no one, not even myself  
The peace God is the source of true love and lasting happiness.  
Peace is a divine value, helping us to live in joyful fellowship with all people in our community.

Let us pray to God to give us this peace, which will enable us to live in harmony and unison with ourselves and with our fellowmen. As we are willing to give up selfishness, to see good, to think good and do good and to ask God for his peace, then our loving Father will grant us the fulfillment of this desire of our heart.

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