

Intentions for Peace



Why intentions?

What we think and imagine determines our reality.

The Roman Emperor, philosopher, and meditator, Marcus Aurelius, explained it like this: “You have power over your mind — not outside events. Realize this, and you will find strength.”

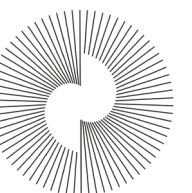
He also said, “The things you think about determine the quality of your mind. Your soul takes on the color of your thoughts.”

By using peaceful intentions every day, and by starting our activities with them, we make peace with ourselves, with our families, with our friends, and in our communities.

How to use intentions?

Before making a peaceful intention, first take a moment to center yourself in the present moment.

Let your heart be in it!



Intention 1

Among all people in the world
Let there be compassion
Let there be kindness
Let there be love
Let there be peace.

This intention is especially useful within your family, among friends, and in your local communities.

Intention 2

Everything around you is absorbing peace, including the sky, the oceans, the trees, the people, the wildlife, the buildings — and everything is radiating peace.

This intention is especially useful in nature, in public places, and urban areas.

Intention 3

Everyone is becoming peaceful, nurturing correct thinking, right understanding, and integrity of purpose.

This intention is especially useful in the workplace, before and during meetings, and when facing challenges in understanding others.

