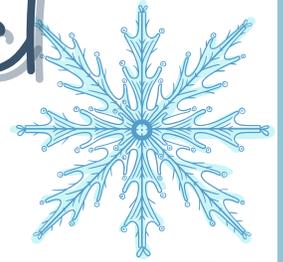




# Cavaliers Connect

## PEACE

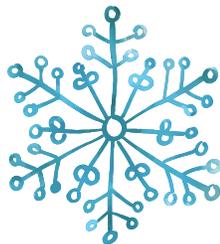


Peace (or peacefulness) can mean a state of harmony, quiet or calm that is not disturbed by anything at all, like a still pond with no ripples.



### 9 WAYS TO EXPERIENCE PEACE

- Focus your attention on those things you can control.
- Spend time in nature.
- Be true to yourself.
- Mind What you Eat.
- Exercise on a regular basis.
- Do Good Deeds.
- Be assertive.
- Meditate
- Avoid trying to change others



<https://tinyurl.com/2jyajmka>

### HOW DO YOU DESCRIBE PEACE?

What does Peace look like?

What does it sound like?

How does it feel?

Where do you go to find peace?

Picture a peaceful place in your mind.

Describe a peaceful experience you have had.





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# -PEACE-

It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of the those things and still be calm in your heart.



I hope that you become filled with so much happiness that it heals every part of you.

