

C U L T I V A T I N G P E A C E I N D A I L Y L I F E

the

Rhythm of Peace Project

an educational program
to nourish and empower your efforts for peace...



The vision of a peaceful world, held in the hearts of millions of us across the globe, will ultimately be realized by uniting our individual efforts.

The *Rhythm of Peace* Project invites people of all ages to join in a daily focus on peace, and to participate in co-creating a healthy and sustainable planetary culture of peace...

To support a daily focus on peace, the *Rhythm of Peace* Project offers 30 universal themes, one for each day of the month, that support cultivating both inner and outer peace.

The daily themes highlight some of the tools (e.g., deep listening, compassionate action, forgiveness, non-judgment, letting go, etc.) we can use to cultivate peace in our busy lives. Each theme serves as a gentle reminder to adopt peace as a guiding principle in our daily interactions.

The 30 themes are available in a beautiful 4-color book (*Rhythm of Peace: Cultivating Peace in Daily Life* by Deborah Aikens, PhD), on the *Rhythm of Peace* website, and on the *Rhythm of Peace* Facebook page. You can also download a free calendar of the 30 themes from the website.

Our mission is to:

**Empower compassionate,
daily actions for peace
in homes, families, workplaces,
and communities.**

**Promote and practice the values
that build a healthy foundation
for a culture of peace.**



Let's energize the vision of a
"sustainable global society founded on
respect for nature, universal human
rights, economic justice,
and a culture of peace."
(The Earth Charter)

Join us in creating a more peaceful world,
today, and every day...

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