



6 Livelihood Guidelines for a Peaceful Life

CONSUME MINDFULLY

Eat with awareness and gratitude.

Pause before buying and see if breathing is enough.

Pay attention to the effects of media you consume.

PAUSE. BREATHE. LISTEN.

When feeling compelled to speak in a meeting or conversation, pause.

Breathe before entering your home, place of work, or school.

Listen to the people you encounter.

PRACTICE GRATITUDE

Notice what you have.

Be equally grateful for opportunities and challenges.

Share joy, not negativity.

CULTIVATE COMPASSION AND LOVING KINDNESS.

Notice where help is needed and be quick to help

Consider others' perspectives deeply.

Work for peace at many levels.

DISCOVER WISDOM

Cultivate "don't know" mind.

Find connections between spiritual teachings and your life.

Be open to what arises in every moment.

ACCEPT CONSTANT CHANGE.



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