



The Edmonton Peace Festival

September 21 - October 2

“Cultivating Peace at the Heart of Our City”

Peace Festival Ideas for: **INDIVIDUALS**

“Every thought, every word, and every action that adds to the positive and the wholesome is a contribution to peace. Each and every one of us is capable of making such a contribution.”
--Aung San Suu Kyi

We hope that you will choose to become involved in Edmonton’s Peace Festival by attending some of the Festival events.

But we also invite you to use these 12 days to discover ways that you can develop and deepen your own personal commitment to peace.

Here are a few ideas:

- * *Nurture your own inner peace* – perhaps through meditation, mindfulness, prayer, spending time in nature
- * *Peace through service* – spend time helping others
- * *Peace through conscious consumption* – use your purchasing power to “vote” for the kind of world you want.
- * *Peace through gratitude* – focus on counting your blessings
- * *Peace through forgiveness* – of yourself and others
- * *Peace through environmentalism* – recognize your interconnection with all life on the planet

* ***Peace through Ahimsa.***- this was integral to Gandhi's life and means doing no harm in thought, word or deed.

* ***Peace through honouring and respecting legacy*** – we are here because of the efforts of countless generations that came before us – what we do today will be the legacy we leave for the countless generations still to come.

“Be the change you wish to see in the world”

~ Mahatma Gandhi ~