“Peace cannot be kept by force, it can only be achieved by understanding.”

- Albert Einstein
“Do not let people pull you into their storms. Instead, pull them into your peace.”
“Peace begins with a smile”.

-Mother Teresa
“Peace is not absence of conflict. It is the ability to handle conflict by peaceful means”.

- Ronald Reagan
“Forgive others. Not because they deserve forgiveness, but because you deserve peace”.

Photo: Anne-Maria Yritys/Amsterdam

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"When the power of love overcomes the love of power, the world will know peace."

-Jimi Hendrix
“Weak people revenge. Strong people forgive. Intelligent people ignore”.

Photo: Anne-Maria Yritys/Amsterdam

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“People at war with themselves will always cause collateral damage in the lives of those around them”.

—John Mark Green
“Share your smile with the world. It is a symbol of friendship and peace”.

- Christie Brinkley
“Select your battles wisely. Often times peace is more important than being right”.
“If you want peace, you do not talk to your friends. You talk to your enemies”. - Desmond Tutu
“Peace is always beautiful”.
- Walt Whitman
“To find peace, be willing to lose connection with people, places and things that create noise in your life”.

Photo: Anne-Maria Yritys/Gulf of Finland

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“Those who are at war with others are not in peace with themselves.”
“At the end of the day I am at peace because my intentions are good and my heart is pure.”
"We build too many walls and not enough bridges". - Isaac Newton
“Those who make peaceful revolution impossible will make violent revolution inevitable.” - JFK
“Learning to ignore things is one of the great paths to inner peace.” - Robert J. Sawyer
“There is no path to peace. Peace is the path”.

-Mahatma Gandhi
“No price is too great to pay for inner peace”.

-Sri Chinmoy
“Find ecstasy within yourself. It is not out there. It is in your innermost flowering. The one you are looking for is you”. - Osho
“True peace is not merely the absence of war, it is the presence of justice”. -Jane Addams
“When there is no enemy within, the enemies outside cannot hurt you”. -African Proverb
“You have to meet people where they are, and sometimes you have to leave them there”.
-Iyanla Vanzant
“Humanity is lost because people have abandoned using their conscience as their compass.” - Suzy Kassem
“We seek peace, knowing that peace is the climate of freedom”. - Dwight Eisenhower

Photo: Anne-Maria Yritys/Ao Nang

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“A conqueror is always a lover of peace”.
-Karl Von Clausewitz
“You cannot calm the storm, so stop trying. What you can do is to calm yourself. The storm will pass.”
“If you want peace, stop fighting. If you want peace of mind, stop fighting with your thoughts.” - Peter MCWilliams
“There never was a good war and a bad peace”. - Benjamin Franklin
“Nothing can bring you peace but yourself.”

- Ralph Waldo Emerson
“Let me bring peace into moments of chaos”.
-Jonathan Lockwood Huie
“Starve your distractions and feed your focus”.

Photo: Anne-Maria Yritys/Gulf of Finland

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“Live without pretending, love without depending, listen without defending, speak without offending.”
"If you do not like something, just take away its only power: Your attention".

Photo: Anne-Maria Yritys/Gulf of Finland

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"If we learn to forgive and forget, peace will be there". - Debasish Mridha
“Peace in my heart, peace in my soul, wherever I am going I am already home.”
“In the midst of movement and chaos, keep stillness inside of you.” - Deepak Chopra
“Silence is golden.”
“You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.” - Eckhart Tolle
“Plant the seed of kindness in your heart and it will blossom into peace”. - Michael Sotelo
“You cannot find peace by avoiding life”.
-Virginia Woolf
“Nonviolence is not a garment to be put on and off at will. Its seat is in the heart. It must be an inseparable part of our being”. -Mahatma Gandhi
“When something disturbs the peace of your heart, give it up.”
“Be filled with wonder, be touched by peace”.

Photo: Anne-Maria Yritys

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“For every minute you remain angry, you give up 60 seconds of peace of mind”.

-Ralph Waldo Emerson
We often add to our pain & suffering by being overly sensitive, over-reacting to minor things & sometimes taking things too personally.

Dalai Lama XIV
“Peace is the greatest weapon for development that any person can have”.

-Nelson Mandela

Photo: Anne-Maria Yritys

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“Make peace with your past so that it does not spoil your present.”
“Gratitude is peace”. - Anne Lamott

Photo: Anne-Maria Yritys

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“There are hundreds of languages, but a smile speaks them all.”
“The world is a dangerous place. Not only because of those who do evil, but also because of those who look and do nothing”.

- Albert Einstein
“Hate is easy. Love takes courage”. 
“Conflict is the beginning of consciousness.”

- M. Esther Harding
"What is so good about conflict that it makes it so valuable that you do not want to give it up"?

- Jacob Glass
“The hottest place in hell is reserved for those who remain neutral in times of great moral conflict”.

-Martin Luther King Jr.
“Conflict is inevitable. Combat is optional”.

Max Lucado
“To solve our most difficult problems we must radically change our thinking”.

-Stephen Covey
“Conflict avoidance is not the hallmark of a good relationship. On the contrary, it is a symptom of serious problems and poor communication”.

-Harriet B. Braiker
“People need love and connection, but most settle for connection because love is too scary”.

-Tony Robbins
“The only kind of bad conflict is unresolved conflict”.

Photo: Anne-Maria Yritys/Maisansalo Finland   Https://www.leadingwithpassion.org
“If you avoid conflict to keep the peace, you start a war inside yourself.”
“Getting mad at people for being who they are makes as much sense as getting mad at a chair for being a chair”.

-Marshall Goldsmith
“Show respect even to people who do not deserve it. Not as a reflection of their character, but as a reflection of yours”.

– Dave Willis
“When there is trust, conflict becomes nothing but the pursuit of truth, an attempt to find the best possible answer”.

-Patrick Lencioni
“Do not believe everything you hear. There are always three sides to a story. Yours, theirs, and the truth.”
“Avoidance is the best short-term strategy to escape conflict, and the best long-term strategy to ensure suffering”.

-Brendon Burchard
“For good ideas and true innovation, you need human interaction, conflict, argument, debate”.

– Margaret Heffernan
“Successful people ask better questions, and as a result, they get better answers”.

-Tony Robbins
"You are always responsible for how you act, regardless of how you feel. Remember that".
“Reconciliation is to understand both sides”.

- Thich Nhat Hanh

Photo: Anne-Maria Yritys/Thailand.

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“Never in the field of human conflict was so much owed by so many to so few”.

-Winston Churchill
“The cynics may be the loudest voices, but I promise you, they will accomplish the least”.

- Barack Obama
“Man maintains his balance, poise and sense of security only as he is moving forward”.

– Maxwell Maltz
"A good manager does not try to eliminate conflict. S/he tries to keep it from wasting the energies of people."

-Robert Townsend
“NO. Is a complete sentence.”

-Anne Lamott
“Emotional awareness is necessary so you can properly convey your thoughts and feelings to another person”.

-Jason Goldberg
“Listening helps us focus on the heart of the conflict”.

-Gary Chapman
“Keep in mind how fast things pass by and are gone. Those that are now and those to come”.

-Marcus Aurelius
“The measure of your life will not be in what you accumulate, but in what you give away”.

- Dr. Wayne W. Dyer
“If you focus on results, you will never change. If you focus on change, you will get results”. -Jack Dixon
“Give yourself permission to feel anger, pain, resentment. Relax, then let it go, with love”.

Photo: Anne-Maria Yritys/Thailand.

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“When you stop avoiding conflict and difficulty in life, brick-by-brick you are tearing down the wall of fear”.
-Brendon Burchard
“Set goals beyond your reach so you always have something to live for”.

-Ted Turner
“If you don’t have a conflict or a challenge, you don’t have a story”.
- Tom Kellner
“Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict”. - William E. Channing
“In the middle of every difficulty lies opportunity”.
- Albert Einstein
“It is time for women to stop being politely angry”.

-Leymah Gbowee
“Authenticity, listening, understanding, and making peace are core foundations to building trust as a leader”.
“I want my son to grow up in a place where the people are more powerful than the government and not the other way around”.

-Tony Blair
"It is important to speak your truth. Not to convince anyone else of it. Everyone must make up their own minds".
“Go where you are celebrated, not tolerated. If they can’t see the real value of you, it is time for a new start.”
“Conformity is the jailer of freedom and the Enemy of growth”.
-JFK
“Be wary of the arrogant intellectual who comments from the stands without having played on the field”.

-Ray Dalio
“Higher EQ leaders are more likely to make better decisions, engage & influence more effectively & create the right mood for the job.”
“The only thing of importance that leaders do is to create and manage culture”.

- Edgar Schein
“The more transformative your idea is, the more patience you will need to make it happen.” - Marc Benioff
“Proximity to power deludes some into thinking they wield it”.

-Frank Underwood
“Culture is built through shared learning and mutual experience”.

- Edgar Schein
“Having free time is not opulence, it is a danger”.
-Radhanath Swami