

Ten things anyone can do to promote peace:

1. Smile at people you don't know
2. Share your wealth when people ask for help
3. Give hugs generously
4. Play win-win games with children
5. Sing & dance
6. Drive less & exercise more
7. Meditate quietly
8. Listen deeply
9. Speak truthfully, even if your voice shakes
10. Acknowledge the impermanence of your life

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