

SPREADING PEACE

**LIVING IN HARMONY SHOULDN'T BE STRANGE
WE NEED A TRANSFORMATION AND CHANGE
IT CAN HAPPEN WITH EASE AND GRACE
WITH THE HELP OF ALL HUMAN RACE**

**[CHORUS]
I THINK PEACE
I FEEL PEACE
I AM PEACE OH YEAH
I'M SPREADING PEACE,
I'M SPREADING LOVE,
I'LL SPREAD IT OUT TO EVERYONE
I THINK PEACE
I FEEL PEACE
I AM PEACE OH YEAH
PREJUDICE WILL FALL APART
WHEN WE LISTEN TO OUR HEART**

**SENDING OUR LEADERS POSITIVE VIBES
TO HELP THEM FIND A COMPROMISE
OUR POLICIES CAN BE REVISED
IF WE'LL COME TOGETHER AND RISE**

[REPEAT CHORUS]

**SOMETIMES THINGS JUST NEED TO FAIL
SO JUSTICE CAN PREVAIL
WE NEED TO STAY AWAY FROM FEAR
AND START BELIEVING PEACE IS HERE**

[REPEAT CHORUS]

**HUMAN CONFLICT WILL MINIMIZE
STATE INTENTIONS AND VISUALIZE
THAT THE WORLD IS A PEACEFUL PLACE
SENDING LOVE TO ALL HUMAN RACE**

**[REPEAT CHORUS]
[REPEAT CHORUS]**



MINDFUL MOMENTS

MY JOURNAL



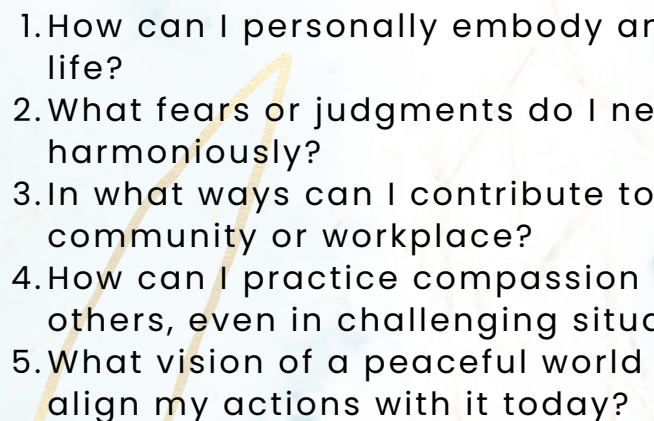
Why Journaling Helps You Heal & Shift Your Mindset

Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for Spreading Peace

1. How can I personally embody and spread peace in my daily life?
 2. What fears or judgments do I need to release to live more harmoniously?
 3. In what ways can I contribute to positive change in my community or workplace?
 4. How can I practice compassion and understanding toward others, even in challenging situations?
 5. What vision of a peaceful world inspires me, and how can I align my actions with it today?
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I contribute
to a world of
unity, love,
and
cooperation.

I release fear
and embrace
compassion
and
understanding.

I trust my
heart as my
guide in all
relationships.

I think peace,
I feel peace, I
am peace.

I visualize a
peaceful and
just world and
take aligned
action.

I send positive
energy to
leaders,
communities,
and all beings.

I am a
channel for
peace,
inspiring
others
through my
actions and
intentions.

I trust that
transformatio
n and change
can happen
with ease and
grace.