

PEACE™ framework for Contemplative Practices

Pause: Settle the dynamic, striving, active, analytical mind to renew connection with the whole self, including mind, body, and spirit.

Exhale: Breathe deeply, especially in stressful situations, to restore balance in the nervous system and facilitate the ability to respond skillfully to stressors rather than react or repress.

Attend: Be aware of the present moment experience by mindfully attending to sensations, thoughts, and emotions.

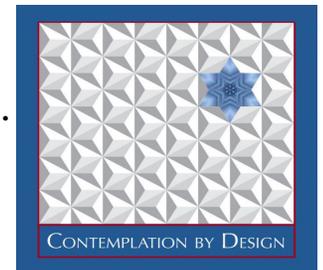
Connect: Compassionately connect to what is happening now: in nature, intra-personally, interpersonally and as a community member — and discern how to relate in ways that nourish and sustain health and well-being for oneself and others.

Express: Express oneself in authentic, creative, and compassionate ways — including designing innovative solutions to complex social problems, deepening knowledge through scholarship, creating inspiring art, offering kindness, friendship, and volunteering and engaging in community service.

PEACE™ practices cultivate resilience, emotional intelligence and compassionate action.



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Pause: Quieting the mind can occur by offering oneself time in more silence and stillness. Create a personal space and routine for enjoying stillness practice. This will help establish the ability to pause the striving mind whenever and where ever you wish. Time spent in longer contemplative retreats and meditation can deeply root this skill.

Exhale: Breathing and breath-based movement practices cultivate presence and resilience
Yoga, Qigong, Tai Chi, Aikido, Labyrinth walking, Contemplative dance, Breath counting and befriending the physiological process of breathing, and more formal practice of Pranayama, contribute to embodied awareness, resilience, and equanimity.

Attend: Present moment mindful awareness of sensations, thoughts, and emotions develops through practice of open-monitoring and focused-attention meditation.

Connect: Relationships with nature, oneself and others is deepened through generative contemplative practices such as: journaling, values clarification, visualization, loving-kindness, and compassion cultivation meditation *and* relational contemplative practices such as: storytelling, council circles, dyad work, deep listening, Sabbath community-wide contemplative pause.

Express: Compassionate and altruistic action toward oneself and others emerges and is sustained by the grounding provided by the four fundamental cornerstones of PEACE listed. Compassionate expression deepens and extends PEACE for all.
Expression includes: Creative Practices: Art. Music. Theater. Improvisation. Hobbies. Vocation. Ritual/Cyclical practices. Cultural or spiritual ceremonies/rituals. Community-engaged learning/research/service. Vigils. Marches. Pilgrimage. Volunteering. Mentoring.