



Artwork by RainCookie

Prescription for Peace

1. Forgive our parents totally.
2. Forgive everyone who has ever been here, who is here now, or whoever will be here, including ourselves, totally.
3. Forgive the world totally.
4. Forgive God totally.
5. Take a leap in faith and trust in love, trust in God.
6. Choose to experience peace rather than conflict.
7. Choose to experience love rather than fear.
8. Choose to be a love finder rather than a fault finder.
9. Choose to be a love giver rather than a love seeker.
10. Teach only love.

by Gerald G. Jampolsky, MD