

# peace is a practice

Peace is a practice that transcends mere absence of conflict; it is an active engagement with the world and oneself. In a time of increasing global tension and personal stress, the importance of cultivating peace in our daily lives cannot be overstated. This article delves into what it means to practice peace, the various methods to do so, and its broader implications for society.

## The Concept of Peace as a Practice

Peace is often viewed as a state of being, a momentary experience that can be disrupted by external circumstances. However, redefining peace as a practice emphasizes that it requires ongoing effort and commitment. This perspective encourages individuals to actively cultivate peace within themselves and their communities.