

PEACE

P: Peace *noun*

1. freedom from war or hostilities.
2. an agreement between contending parties to abstain from further hostilities.
3. freedom from strife or dissension.
4. freedom from civil commotion; public order and security: a justice of the peace.
5. freedom from mental disturbance: peace of mind.
6. ease of mind or conscience.
7. a state of being tranquil or serene.
8. quiet; stillness; silence.

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MEDITATION

How does one evoke inner peace?

Little movement, a sense of space between the notes, everything is in balance.

Peace is acceptance, the celebration of diversity, autonomy and coexistence.

In this rendition of peace, there is a peaceful coexistence: diverse sounds and instruments play and can be heard without obscuring or opposing each other.