

PEACE CAN BE HAD

Peace is the absence of worry.
Peace is lack of anxiety.
Peace is stillness of Heart.
Peace is positive emotions.
Peace is focused concentration
on one thing at a time.



However, Peace,
In a physical body,
In a family,
In a crowded city,
In a busy country,
Elbow to elbow with ambition,
On a planet with billions of people avoiding peace,
Can only be had in the Mind of the heart.

In the mind of the heart is the only place Peace ever exists, anyway.

What's your excuse?