Peace is simplicity. Simplicity is beauty.

Choose a day as your day of simplicity.

Speak little, and listen with attention.

Do something incognito and nice for a person you are close to.

Eat simple and natural food.

Create time periods for not doing anything – just walk, look around, live the moment.
Have your mind open to a more profound and silent sensitivity.

 Appreciate each scene and each person as they are.

 In the evening, write down your discoveries.

 Observe the state of your mind.
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