

“Peace Link”

Pause for peace at NOON and/or 3:00 PM, today and every day...

What is Peace Link?

Peace Link is an educational initiative that encourages daily peace practices and links participants with the global peace community.

Our ancient experience confirms at every point, that everything is linked together, everything is inseparable.
Dalai Lama

How can I participate?

Join with others from around the world, and pause for peace at NOON and/or 3:00 PM (in all time zones) today, and every day.

Peace Link offers a practical, daily opportunity to pause for peace, and connect with others, to create a more peaceful world...

*In this interconnected Universe,
every improvement we make in our private world
improves the world at large for everyone.*
David Hawkin

Peace Link builds on the global commitment to peace that is celebrated each year on the International Day of Peace (September 21st). At 12:00 noon, in all time zones, people from every country in the world come together for a minute of silence to affirm our shared commitment to peace at all levels, from the personal to the planetary.

Peace Link invites people of all ages to pause for peace EVERY DAY at noon and/or 3:00 PM to express our commitment to peace.

Peace Link is an education and awareness initiative of the [Rhythm of Peace](#) Project. Our mission is to empower compassionate daily actions for peace in homes, families, workplaces, and communities. We believe that each of us can contribute to a more peaceful world through our daily actions and choices. We hope you'll join us and invite a few friends...



Visit us at rhythmofpeace.org and facebook.com/rhythmofpeace.



Suggestions for using “Peace Link”

Adopt the habit of pausing for peace every day at NOON and/or 3:00 PM.

1. Pause from your activities for 1-5 minutes.
2. Center yourself in your heart.
3. Take a few slow, relaxing breaths. On each inhale, imagine that you're receiving peace. On each exhale, release tension and fatigue.
4. Visualize the earth, and say your favorite peace prayer or intention.
Example: “May peace live in my heart. May peace live in the hearts of all people.”