



*"Peace cannot be kept
by force, it can only
be achieved by
understanding".*

- Albert Einstein



*"Do not let people pull
you into their storms.
Instead, pull them
into your peace".*



*"Peace begins with a
smile".*

-Mother Teresa



*"Peace is not absence
of conflict. It is the
ability to handle
conflict by peaceful
means".*

- Ronald Reagan



*"Forgive others. Not
because they deserve
forgiveness, but
because you deserve
peace".*



*"When the power of
love overcomes the
love of power, the
world will know
peace".*

-Jimi Hendrix



*"Weak people
revenge. Strong
people forgive.
Intelligent people
ignore".*



*"People at war with
themselves will
always cause
collateral damage in
the lives of those
around them".*

-John Mark Green



*"Share your smile
with the world. It is
a symbol of
friendship and
peace".*

-Christie Brinkley



*"Select your battles
wisely. Often times
peace is more
important than being
right".*

Photo: Anne-Maria Yritys/Gulf of Finland

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DEEPTech



*"If you want peace, you do not talk to your friends.
You talk to your enemies". - Desmond Tutu*



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*"Peace is always beautiful".
- Walt Whitman*



Photo: Anne-Maria Yritys/Gulf of Finland

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*"To find peace, be willing to lose connection with people,
places and things that create noise in your life".*



Photo: Anne-Maria Yritys/Gulf of Finland

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*"Those who are at war with others are not in
peace with themselves".*



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*"At the end of the day I am at peace because
my intentions are good and my heart is pure."*



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"We build too many walls and not enough bridges". - Isaac Newton



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*"Those who make peaceful revolution impossible
will make violent revolution inevitable". -JFK*

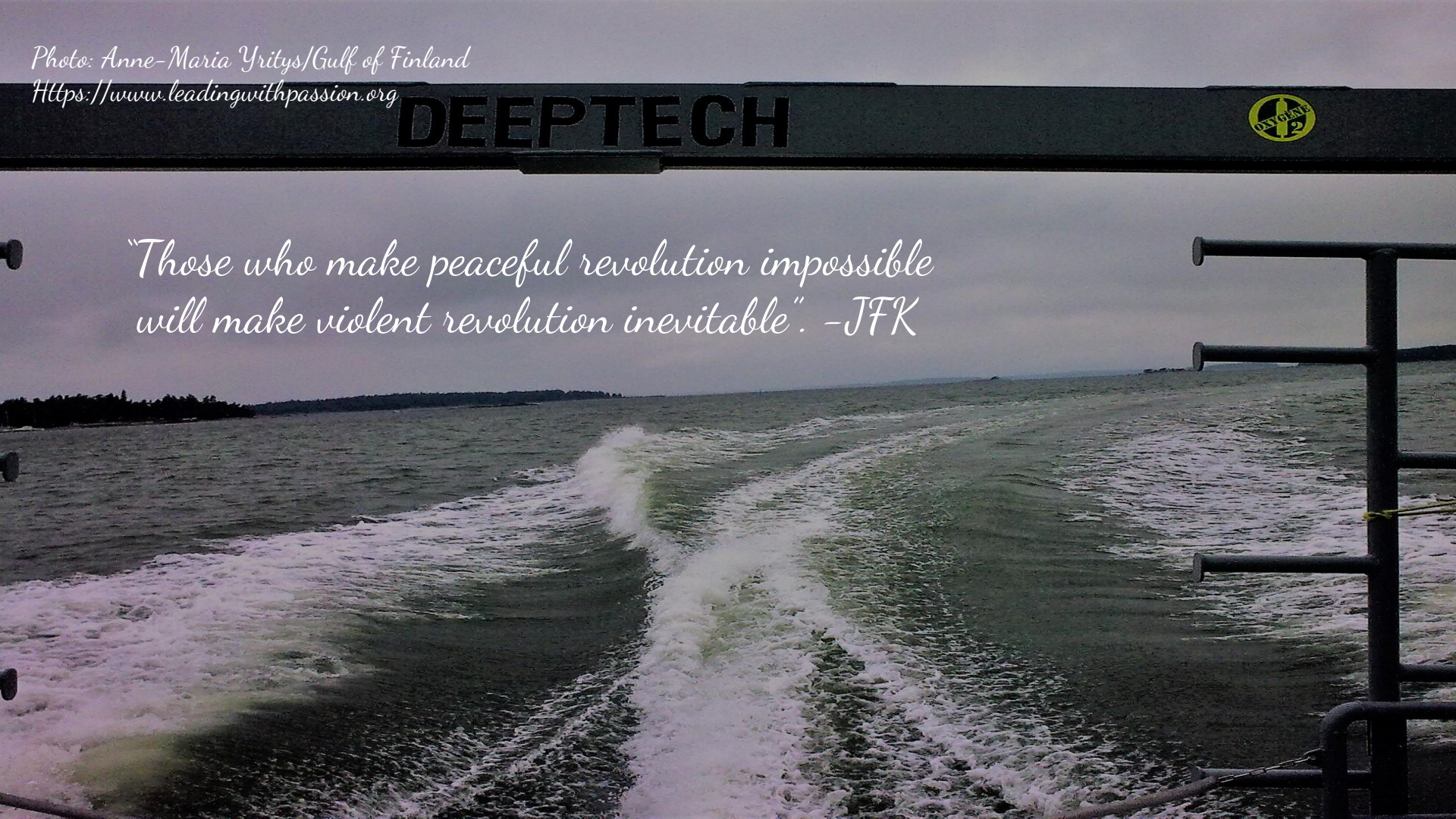


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"Learning to ignore things is one of the great paths to inner peace". -Robert J. Sawyer



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*"There is no path to peace. Peace is the path".
-Mahatma Gandhi*

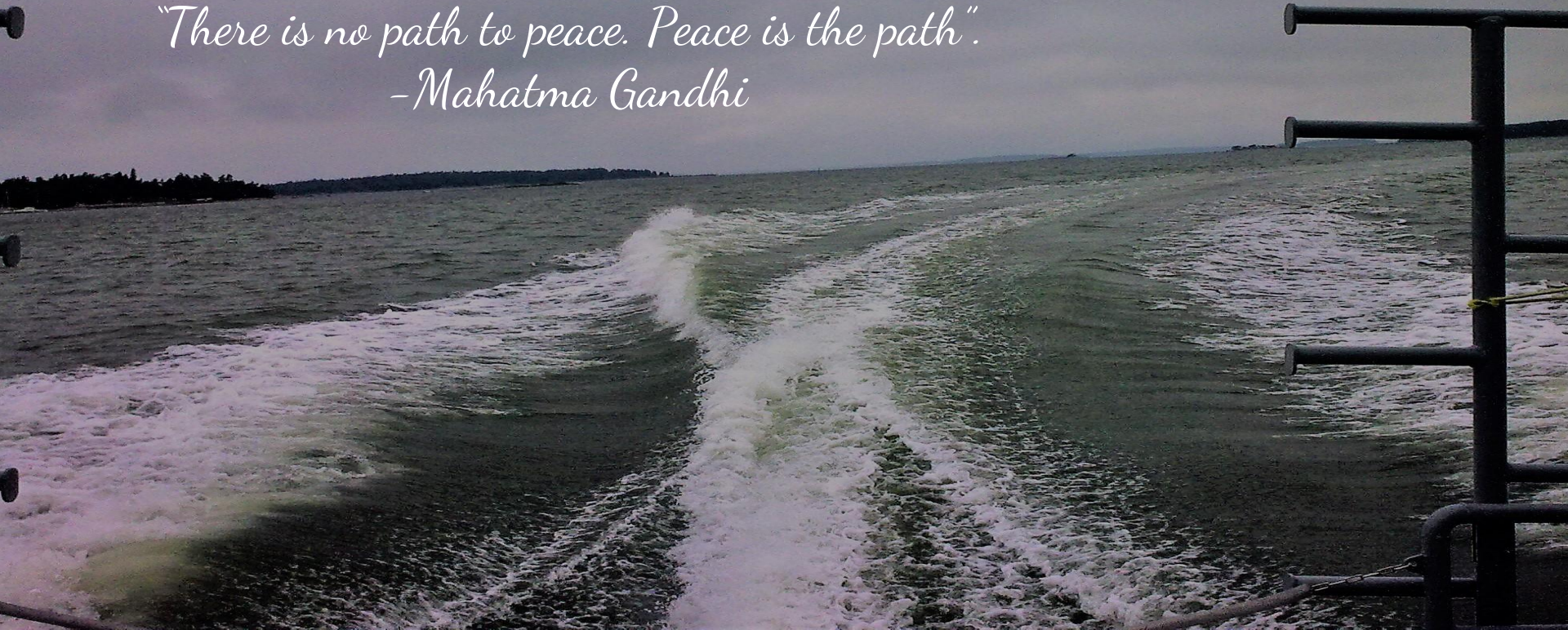


Photo: Anne-Maria Yritys/Gulf of Finland

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*"No price is too great to pay for inner peace".
-Sri Chinmoy*





"Find ecstasy within yourself. It is not out there. It is in your innermost flowering. The one you are looking for is you". - Osho



*"True peace is not merely the absence of war,
it is the presence of justice". -Jane Addams*



*"When there is no enemy within, the enemies
outside cannot hurt you". -African Proverb*



*"You have to meet people where they are, and
sometimes you have to leave them there".
-Iyanla Vanzant*



*"Humanity is lost because people have
abandoned using their conscience as their
compass". - Suzy Kassem*



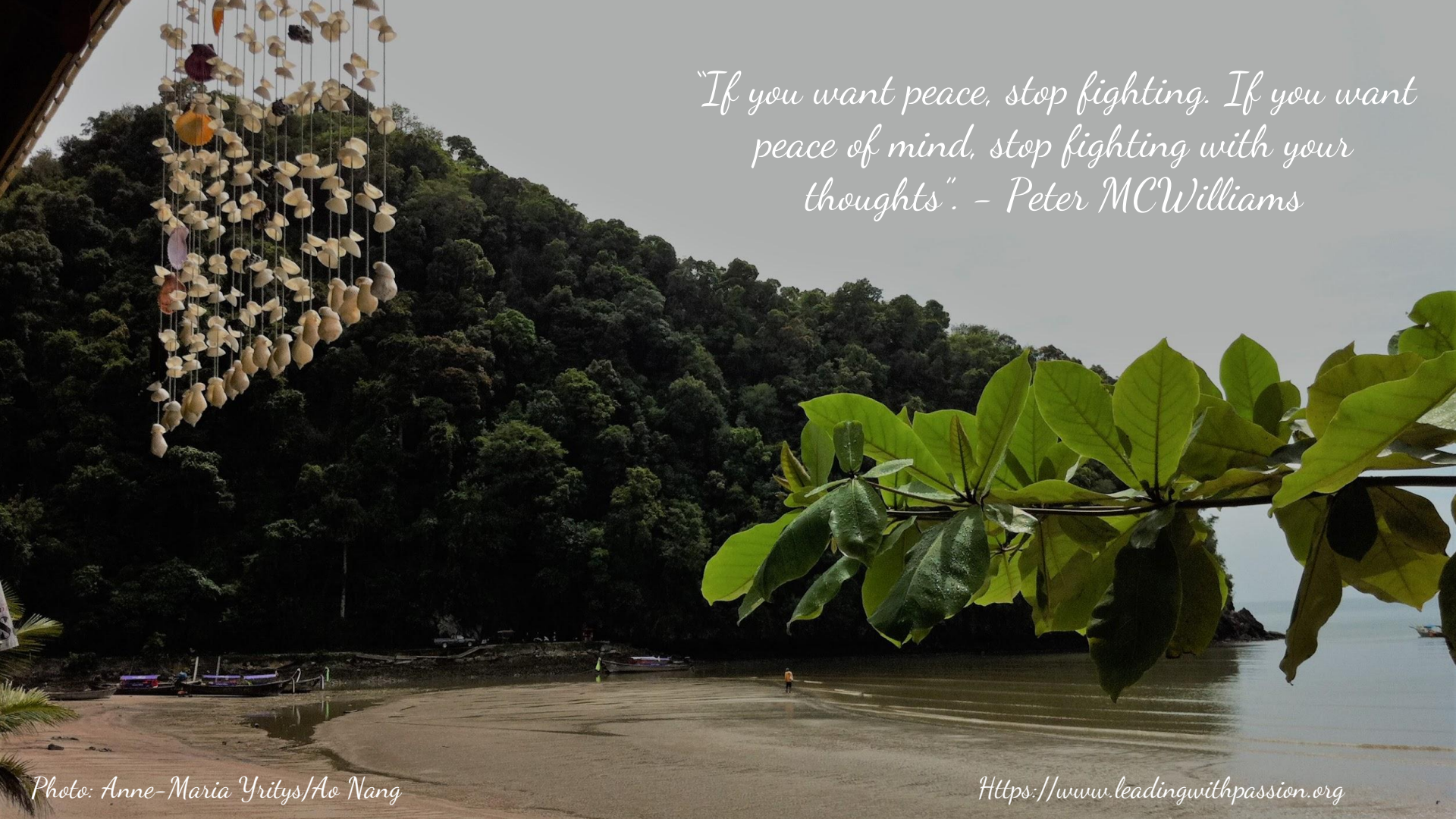
*"We seek peace, knowing that peace is the
climate of freedom". - Dwight Eisenhower*



*"A conqueror is always a lover of peace".
-Karl Von Clausewitz*



*"You cannot calm the storm, so stop trying.
What you can do is to calm yourself. The
storm will pass".*



*"If you want peace, stop fighting. If you want
peace of mind, stop fighting with your
thoughts". - Peter MCWilliams*



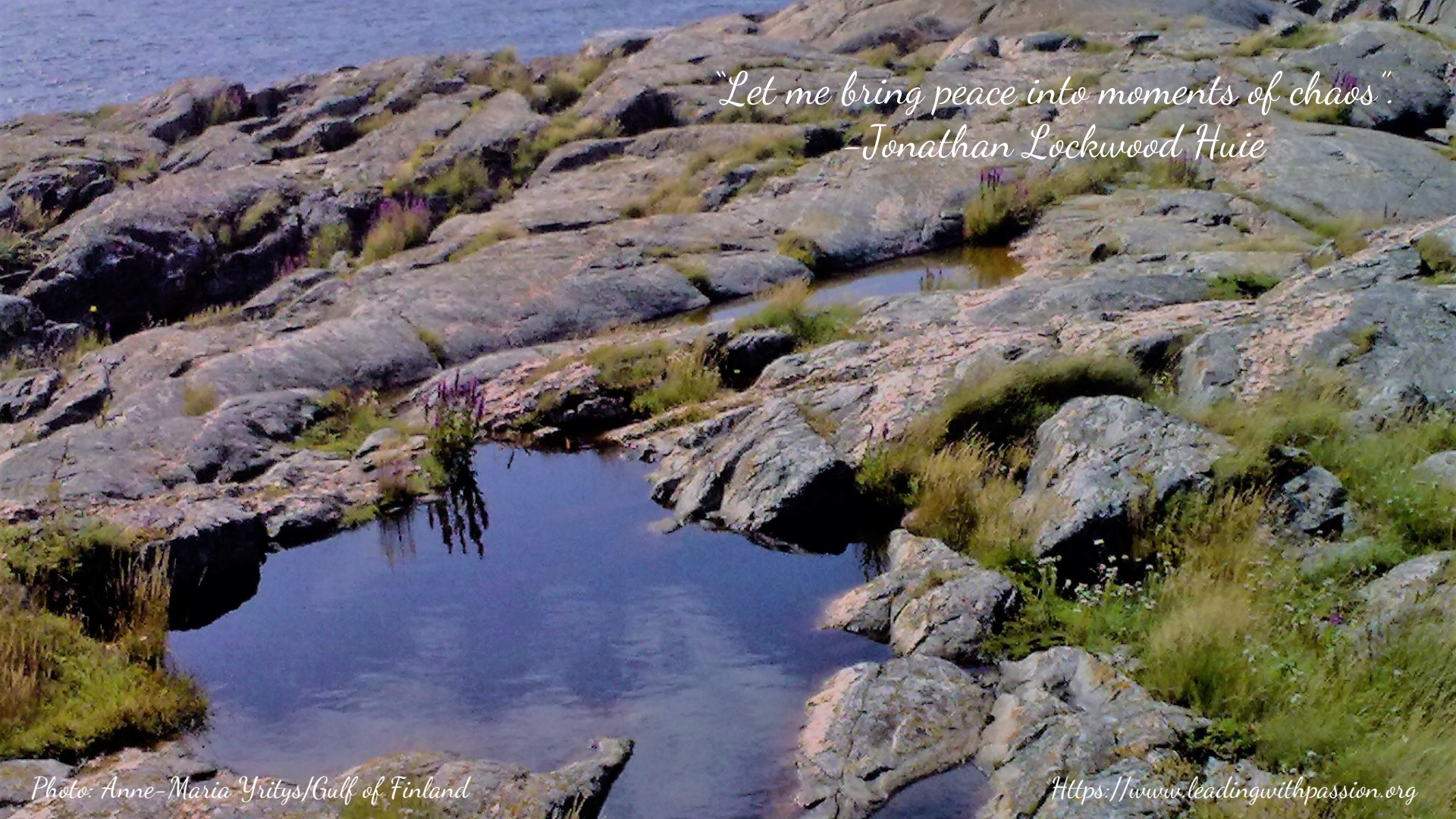
"There never was a good war and a bad peace". - Benjamin Franklin

A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark and jagged, with patches of green moss and small purple flowers growing between them. The water is a deep blue, and the sky is a lighter blue. The overall scene is serene and natural.

*"Nothing can bring you peace but yourself".
- Ralph Waldo Emerson*

Photo: Anne-Maria Yritys/Gulf of Finland

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A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark, jagged, and covered with patches of green moss and small purple flowers. The water is a deep blue-grey color. In the background, the sea extends to the horizon under a clear sky.

*"Let me bring peace into moments of chaos".
-Jonathan Lockwood Huie*

A photograph of a rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark, jagged, and covered with patches of green moss and small purple flowers. The water is a deep blue-grey color. In the background, the sea extends to the horizon under a clear sky.

"Starve your distractions and feed your focus".

Photo: Anne-Maria Yritys/Gulf of Finland

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A photograph of a rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks and vegetation. The rocks are dark and jagged, with patches of green moss and small purple flowers. The water is a deep blue-grey color. In the background, the sea is visible, and the sky is a pale blue. The overall scene is peaceful and natural.

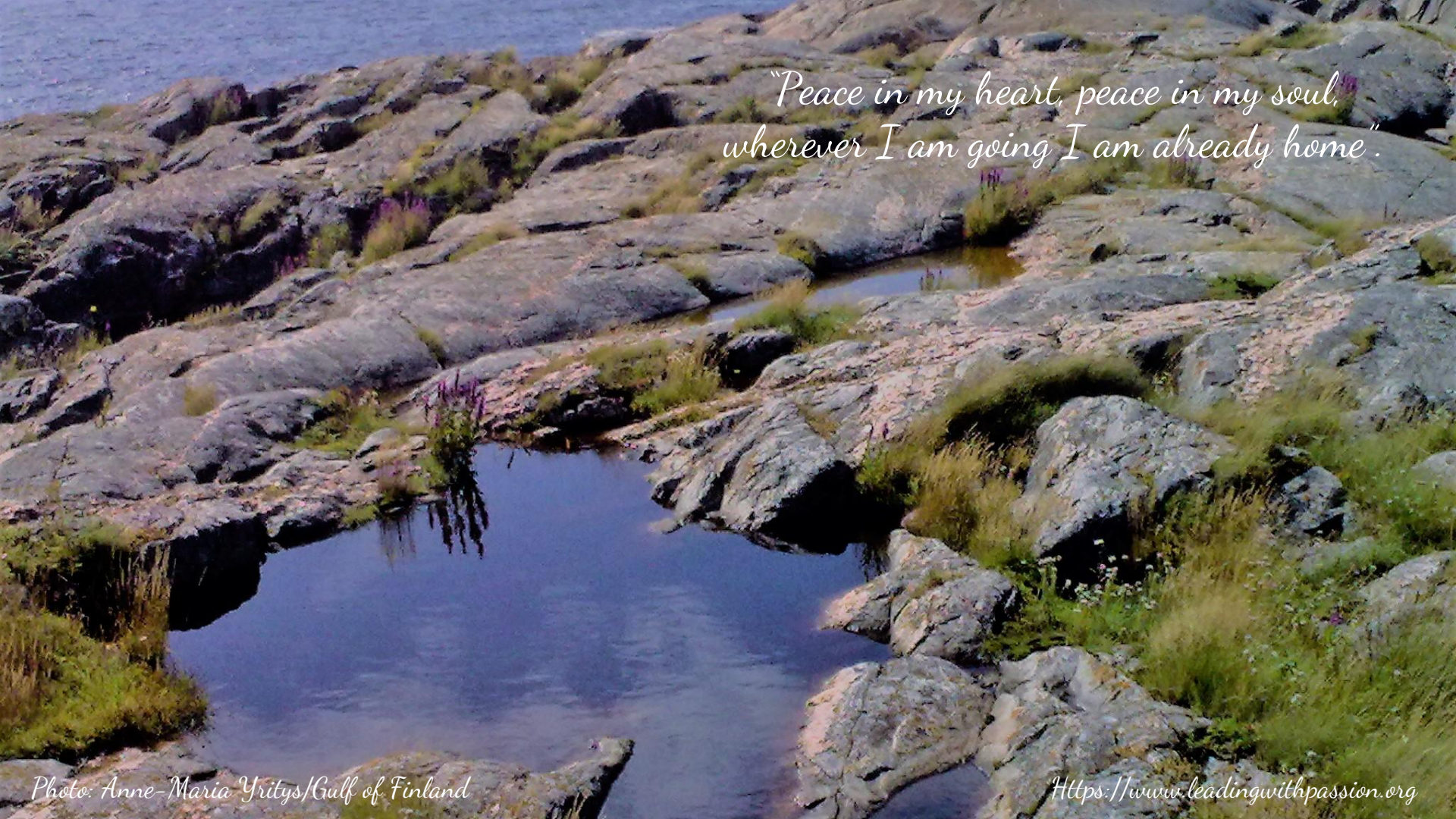
*"Live without pretending, love without
depending, listen without defending, speak
without offending".*

A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark and jagged, with patches of green moss and small purple flowers growing between them. The water is a deep blue, and the sky is a lighter blue. The overall scene is serene and natural.

*"If you do not like something, just take away
its only power: Your attention".*

A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding dark, jagged rocks. The rocks are covered with patches of green moss and small, purple flowering plants. The water is a deep blue-grey color. In the background, the sea extends to the horizon under a clear sky.

"If we learn to forgive and forget, peace will be there". - Debasish Mridha

A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark and jagged, with patches of green grass and small purple flowers growing between them. The background shows more rocks and the sea under a clear blue sky.

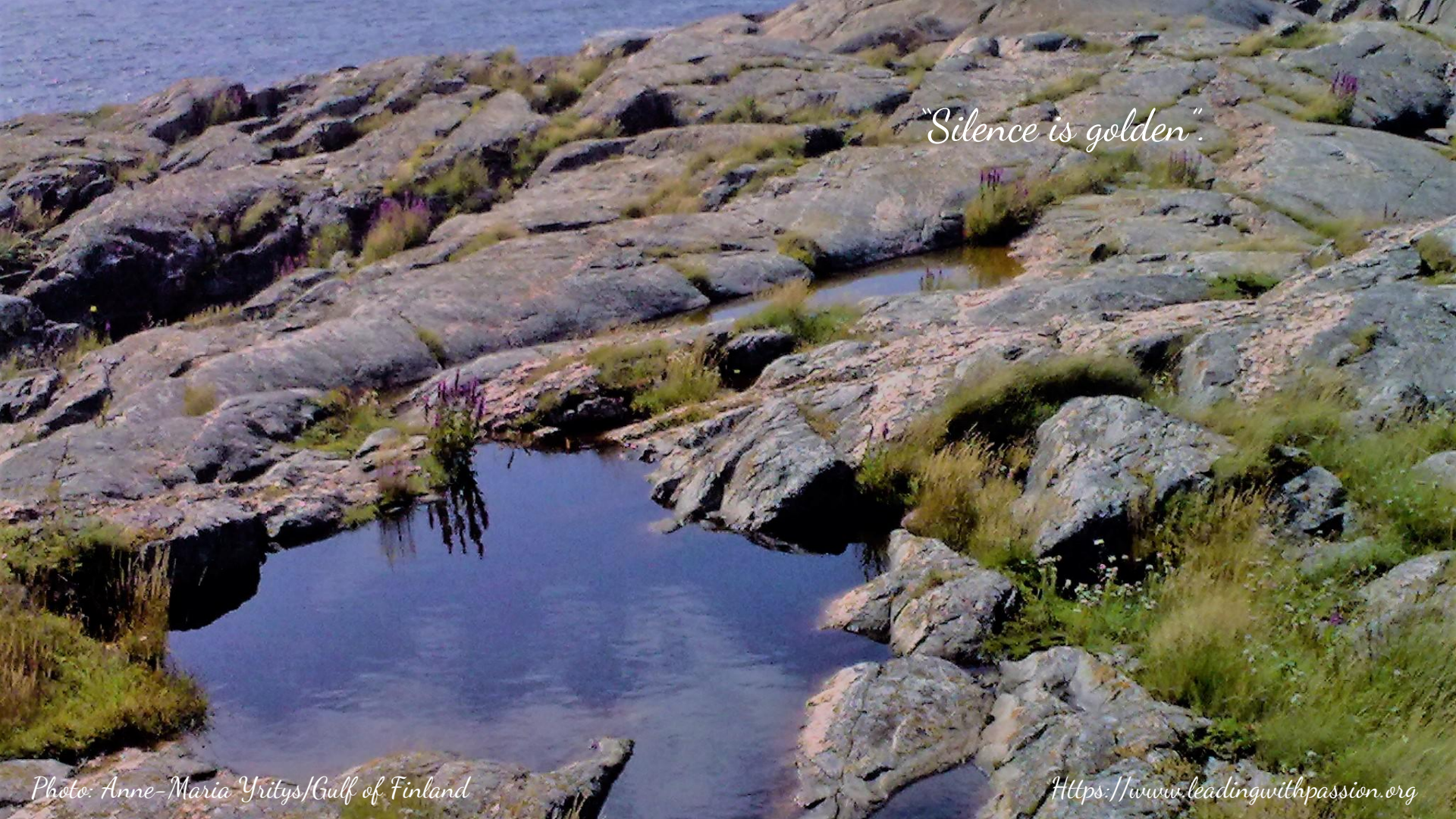
*"Peace in my heart, peace in my soul,
wherever I am going I am already home".*

A photograph of a rugged, rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark and jagged, with patches of green moss and small purple flowers growing between them. The water is a deep blue, and the sky is a lighter blue. The overall scene is peaceful and serene.

*"In the midst of movement and chaos, keep
stillness inside of you". - Deepak Chopra*

Photo: Anne-Maria Yritys/Gulf of Finland

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A photograph of a rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks. The rocks are dark, jagged, and covered with patches of green moss and small purple flowers. The water is a deep blue-grey color. In the background, the sea extends to the horizon under a clear sky.

"Silence is golden".

Photo: Anne-Maria Yritys/Gulf of Finland

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A photograph of a rocky coastline. In the foreground, a small, calm pool of water reflects the sky and the surrounding rocks and vegetation. The rocks are dark and jagged, with patches of green moss and small purple flowers. The water is a deep blue-grey color. In the background, the sea is visible, and the sky is a pale blue. The overall scene is peaceful and serene.

*"You find peace not by rearranging the
circumstances of your life, but by realizing who
you are at the deepest level". -Eckhart Tolle*



*"Plant the seed of kindness in your heart and
it will blossom into peace". - Michael Sotelo*



*"You cannot find peace by avoiding life".
- Virginia Woolf*



"Nonviolence is not a garment to be put on and off at will. Its seat is in the heart. It must be an inseparable part of our being". -Mahatma Gandhi



"When something disturbs the peace of your heart, give it up".



"Be filled with wonder, be touched by peace".



*"For every minute you remain angry, you give
up 60 seconds of peace of mind".*

- Ralph Waldo Emerson



*"We often add to our pain & suffering by being
overly sensitive, over-reacting to minor things &
sometimes taking things too personally".*

- Dalai Lama XIV



*"Peace is the greatest weapon for development
that any person can have".*

- Nelson Mandela



*"Make peace with your past so that it does
not spoil your present".*



"Gratitude is peace". -Anne Lamott

Photo: Anne-Maria Yritys

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*"There are hundreds of languages,
but a smile speaks them all".*



*"The world is a dangerous place.
Not only because of those who do
evil, but also because of those who
look and do nothing".*

-Albert Einstein



"Hate is easy. Love takes courage".



*"Conflict is the beginning of
consciousness".*

- M. Esther Harding



*"What is so good about conflict
that it makes it so valuable that
you do not want to give it up"?*

- Jacob Glass



"The hottest place in hell is reserved for those who remain neutral in times of great moral conflict".

-Martin Luther King Jr.



"Conflict is inevitable. Combat is optional".

-Max Lucado



*"To solve our most difficult
problems we must radically change
our thinking".*

-Stephen Covey



*"Conflict avoidance is not the
hallmark of a good relationship.
On the contrary, it is a symptom of
serious problems and poor
communication".*

-Harriet B. Braiker



*"People need love and connection,
but most settle for connection
because love is too scary".*

- Tony Robbins



*"The only kind of bad conflict is
unresolved conflict".*



"If you avoid conflict to keep the peace, you start a war inside yourself".



*"Getting mad at people for being
who they are makes as much sense
as getting mad at a chair for being
a chair".*

-Marshall Goldsmith



"Show respect even to people who do not deserve it. Not as a reflection of their character, but as a reflection of yours".

-Dave Willis



"When there is trust, conflict becomes nothing but the pursuit of truth, an attempt to find the best possible answer".

-Patrick Lencioni



"Do not believe everything you hear. There are always three sides to a story. Yours, theirs, and the truth".



"Avoidance is the best short-term strategy to escape conflict, and the best long-term strategy to ensure suffering".

-Brendon Burchard



*"For good ideas and true
innovation, you need human
interaction, conflict, argument,
debate".*

-Margaret Heffernan



"Successful people ask better questions, and as a result, they get better answers".

-Tony Robbins



*"You are always responsible for
how you act, regardless of how you
feel. Remember that".*

Photo: Anne-Maria Yritys/Thailand.

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*"Reconciliation
is to understand
both sides".*

*-Thich Nhat
Hanh*

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*"Never in the
field of human
conflict was so
much owed by
so many to so
few".*

*-Winston
Churchill*

Photo: Anne-Maria Yritys/Thailand.

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*"The cynics may
be the loudest
voices, but I
promise you,
they will
accomplish the
least".*

*-Barack
Obama*

Photo: Anne-Maria Yritys/Thailand.

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*"Man maintains
his balance,
poise and sense
of security only
as he is moving
forward".*

-Maxwell Maltz

A photograph of a tropical beach. The foreground is a wide expanse of white sand, scattered with small pieces of brown debris and a single reddish-brown stick. The ocean is a vibrant turquoise color, with white foam from a wave washing onto the shore. The horizon is visible in the distance under a blue sky with light, wispy clouds.

Photo: Anne-Maria Yritys/Thailand.

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"A good manager does not try to eliminate conflict. S/he tries to keep it from wasting the energies of people".

*-Robert
Townsend*

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*"NO. Is a
complete
sentence".*

-Anne Lamott

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*"Emotional
awareness is
necessary so you
can properly
convey your
thoughts and
feelings to
another person".*

*-Jason
Goldberg*

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*"Listening helps
us focus on the
heart of the
conflict".*

*-Gary
Chapman*

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*"Keep in mind
how fast things
pass by and are
gone. Those that
are now and
those to come".*

*-Marcus
Aurelius*

A photograph of a tropical beach. The foreground is a wide, sandy shore with some small pieces of driftwood and coral. The water is a vibrant turquoise color, with gentle waves lapping at the shore. The sky is a deep blue with some light clouds. The overall scene is peaceful and serene.

Photo: Anne-Maria Yritys/Thailand.

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*"The measure of
your life will not
be in what you
accumulate, but
in what you give
away".*

*-Dr. Wayne
W. Dyer*

Photo: Anne-Maria Yritys/Thailand.

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"If you focus on results, you will never change. If you focus on change, you will get results". -Jack Dixon

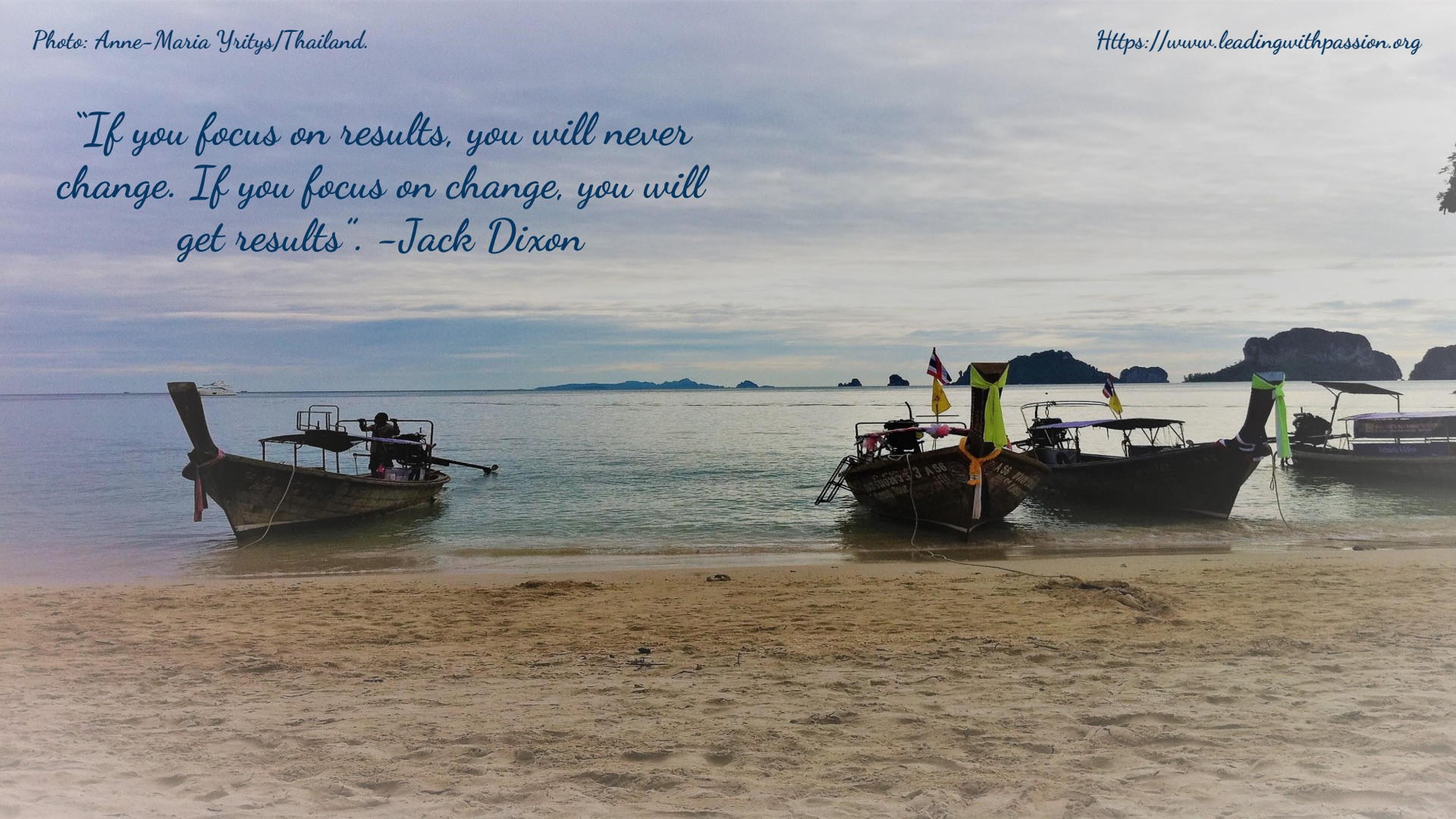


Photo: Anne-Maria Yritys/Thailand.

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*"Give yourself permission to feel anger,
pain, resentment. Relax, then let it go,
with love".*



*"When you stop avoiding conflict and
difficulty in life, brick-by-brick you are
tearing down the wall of fear".*

-Brendon Burchard



Photo: Anne-Maria Yritys/Thailand.

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*"Set goals beyond your reach so you
always have something to live for".*

-Ted Turner



Photo: Anne-Maria Yritys/Thailand.

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*"If you don't have a conflict or a
challenge, you don't have a story".
- Tom Kellner*



*"Difficulties are meant to rouse, not
discourage. The human spirit is to grow
strong by conflict". - William
E. Channing*



Photo: Anne-Maria Yritys/Thailand.

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*"In the middle of every difficulty lies
opportunity".*

- Albert Einstein



Photo: Anne-Maria Yritys/Thailand.

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*"It is time for women to stop being
politely angry".
-Leymah Gbowee*

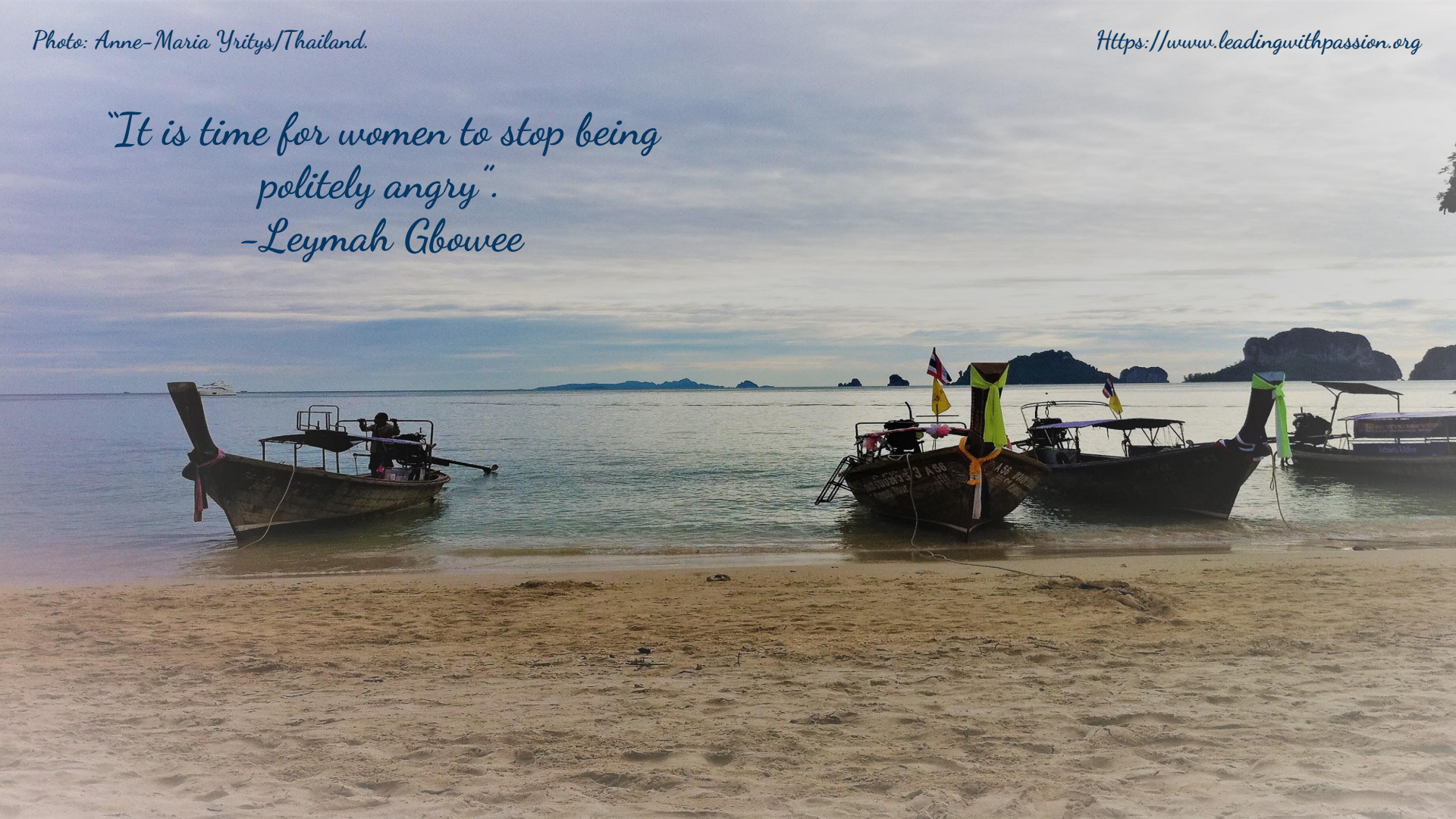


Photo: Anne-Maria Yritys/Thailand.

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*"Authenticity, listening, understanding,
and making peace are core foundations to
building trust as a leader".*



*"I want my son to grow up in a place where
the people are more powerful than the
government and not the other way around".*

- Tony Blair



Photo: Anne-Maria Yritys/Gulf of Finland

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"It is important to speak your truth. Not to convince anyone else of it. Everyone must make up their own minds".



Photo: Anne-Maria Yritys/Gulf of Finland

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"Go where you are celebrated, not tolerated. If they can't see the real value of you, it is time for a new start".



Photo: Anne-Maria Yritys/Gulf of Finland

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*"Conformity is the jailer of freedom and the
Enemy of growth".*

-JFK



Photo: Anne-Maria Yritys/Gulf of Finland

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*"Be wary of the arrogant intellectual who comments
from the stands without
Having played on the field".*

-Ray Dalio



Photo: Anne-Maria Yritys/Gulf of Finland

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"Higher EQ leaders are more likely to make better decisions, engage & influence more effectively & create the right mood for the job".



A photograph of a rugged, rocky coastline. The foreground and middle ground are dominated by large, grey, textured rocks. Patches of green grass and small purple flowers are scattered across the rocks. A small, dark pool of water is nestled between the rocks in the center. In the background, the deep blue sea meets the shore under a clear sky.

Photo: Anne-Maria Yritys/Gulf of Finland

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*"The only thing of importance that leaders do is
to create and manage culture".*

-Edgar Schein

Photo: Anne-Maria Yritys/Gulf of Finland

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*"The more transformative your idea is, the more
patience you will need to make it
happen". - Marc Benioff*



A photograph of a rugged, rocky coastline. The foreground and middle ground are dominated by large, grey, textured rocks. Patches of yellowish-brown grass and small purple flowers are scattered across the rocks. A small, dark pool of water is nestled in a crevice between the rocks. In the background, the deep blue sea stretches to the horizon under a clear sky.

Photo: Anne-Maria Yritys/Gulf of Finland

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*"Proximity to power deludes some into thinking
they wield it".*

-Frank Underwood

Photo: Anne-Maria Yritys/Gulf of Finland

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*"Culture is built through shared learning and
mutual experience".*

-Edgar Schein



Photo: Anne-Maria Yritys/Gulf of Finland

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"Having free time is not opulence, it is a danger".

-Radhanath Swami

