



Shanti Shanti Shanti



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Shanti is a Buddhist word which can be interpreted as;

peace, rest, calmness, tranquility or bliss.

In a world today filled with so much turmoil and upheaval how many of us stop to reflect and meditate on the meaning of Shanti, to truly find our inner our strength and center.



A prayer to Center the Soul

With the formative years of a Catholic upbringing – there have always been hymns that comfort me and give me spiritual renewal and the one that I would like to share is;

Let there be peace on Earth

It speaks to the individual, that in this world of turmoil and upheaval, one should look within and find the peace and the comfort to explore all the possibilities; to do good and play our role in a harmonious environment, and as best as possible fair equity, so that moment by moment we have made a conscionable effort to be a part of something that is uplifting and significant.



The Change Starts From Within

Let there be peace on earth, and let it begin
with me,

Let there be peace on earth, the peace that
was meant to be.

With God as our Father, brothers all are we,
Let me walk with my brother,
in perfect harmony.



Radiate and Live the Life that you were Destined to be!!!!

Let peace begin with me, let this be the moment now,
With every step I take, let this be my solemn vow,
To take each moment and live each moment in peace
eternally.

Let there be peace on earth,
and let it begin with me!

