



The Peaceful Path
Humanities way to sustainable peace.

THE 7-DAY PEACE FORMULA

Mastering conflicts, experiencing peace

YOUR WORKBOOK FOR PERSONAL
GROWTH AND PEACEFUL
TRANSFORMATION

THE PEACEFUL PATH BY JULIA DENCKER DISTRIBUTION TO THIRD PARTIES IS NOT PERMITTED

DISCLAIMER

Before using this workbook please ask your doctor, psychologist, or another health professional if this workbook is suitable for you. Looking and reflecting at our conflicts can easily trigger trauma, or other mental, emotional or physical reactions. This book is not a dedicated healing tool, its more so designed for self-reflection and entertainment practices. In no case can the author made responsible for any reactions, symptoms, or consequences appearing after or during the usage of this workbook. And by no means is this workbook intended to do so or to do any other kind of harm to anybody directly or indirectly.

CONTENT

THE 7-DAY PEACE FORMULA



DAY 1

The importance of conflicts and why we need them.
Introduction to conflict analysis



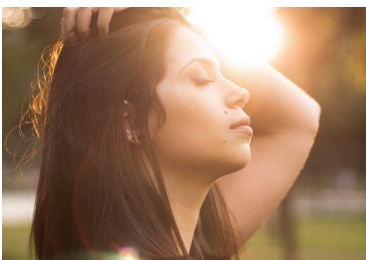
DAY 2

Your conflict behavior. Finding out your conflict type



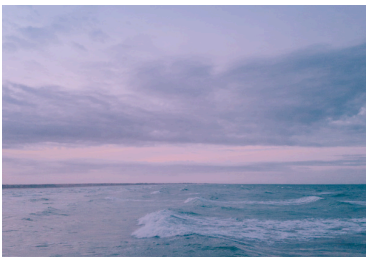
DAY 3

Conflict transformation. Change your status quo



DAY 4

Emotional and body awareness. The key to transformation



DAY 5

Perception of personal conflicts and identification of personal conflict issues

CONTENTS

THE 7-DAY PEACE FORMULA



DAY 6

Discovering your peace potential - the 7 Dimensions of Inner Peace



DAY 7

Your inner peace toolbox for sustainable conflict transformation and inner peace

THE PEACEFUL PATH

Welcome to the 7-Day Peace Formula,

I am Julia, founder of The Peaceful Path and I am happy that you have made the decision to live a peaceful life today!

How to use the workbook

You will need around 30 minutes to read and work through a chapter each day. By the end of those 7 days, you will look at your conflicts very differently, and will have unlocked your inner peace! Share your progress with us using the hashtag #peaceformula. Because together we are stronger!

At the beginning of each chapter you will find space for notes. This way you have all the content, exercises, reflection questions and answers, as well as your personal insights in one place.

It is not the length of time you spend dealing with the content that is important, but your energy. Do you believe that peace is really possible for you? If not (yet), then tell yourself in advance: I choose to believe that peace is possible for me.

INTRODUCTION

THE 7-DAY PEACE FORMULA

On the way to inner peace

This workbook is more than just a companion - it is a key that gives you access to deep self-reflection and inner transformation. On the following pages you will find tools, insights and exercises that will transform your conflicts into sources of strength.

Why is personal conflict transformation so important?

Conflicts are part of life. But how we deal with them can make a crucial difference for us and the people around us. Personal conflict transformation is the key to inner peace and if you are able to deal with conflict peacefully, you are contributing to social peace.

By understanding, acknowledging and constructively transforming conflicts, you not only create harmony within yourself, but also contribute to building and strengthening a peaceful society.

What you can expect in this workbook

1. Understanding conflicts: Delve into the definition of conflicts, discover their diversity and learn why they are not only challenges but also opportunities.
2. Constructive conflict resolution: Learn the difference between constructive and destructive conflict resolution. Understand how your actions affect inner and outer peace.
3. Self-reflection: Use practical exercises to identify and work out your own conflict issues. Understand how personal conflict transformation and self-responsibility are connected.
4. Nonviolent Communication: Explore Marshall Rosenberg's 4 steps of Nonviolent Communication. Discover how this method can change the way you approach conflict.

THE PEACEFUL PATH

INTRODUCTION

THE 7-DAY PEACE FORMULA

5. The 7 Dimensions of Peace: Determine your peace potential based on the mental, emotional, physical, spiritual, interpersonal, environmental and transcendental dimensions. Find out how you can experience more peace in each area.
6. Build a peace toolbox: Create your own personal peace toolbox with different practices, exercises and methods. This will prepare you for any conflict.
7. Next steps: Reflect on your journey and decide on your next step to deepen what you have learned.

🌱 Your journey begins now!

This workbook is an invitation to self-discovery and self-responsibility. Dive in, explore your conflict landscape and unfold the possibilities for peace that lie dormant within you. If you use the tools you learn here, your view of life will change forever!

Ready for the journey to inner peace? Share your insights, goals and wishes for peace with us on your social media channels using the #peaceformula and connect with other people who want to learn how to resolve conflicts peacefully. Together we change the world.

🌱 Start your journey NOW!

All the best, Julia

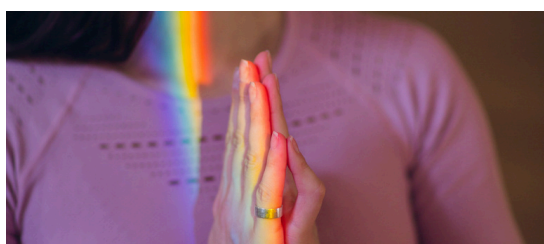
In case you have any questions or recommendations send me an e-mail contact@the-peaceful-path.com!



CONSCIOUSLY CLOSE EACH DAILY CHAPTER

The daily reflection exercises may trigger and release a variety of thoughts and feelings. After each form of reflection, it is therefore important to close this field again, otherwise you run the risk of dragging difficult feelings and issues with you throughout the day. You will notice this if you do not feel well or have less energy than usual.

Here are some exercises you can do at the end of your reflection practice to consciously complete the process and tell your body, heart and mind that the practice is complete for today.



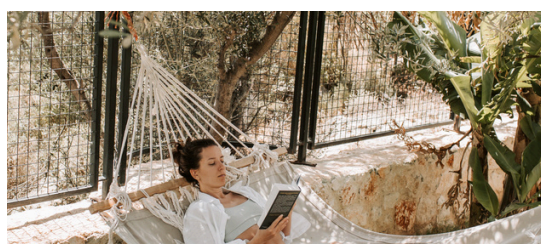
GRATITUDE

Very important! Thank yourself for your courage and the time you took for yourself. Consciously say to yourself “the exercise is over for today, I am now consciously completing this process. I will come back tomorrow and we will go a step deeper!”



MOVEMENT

Move your body gently. This will help you get any blockages moving. These will gradually dissolve and allow you to take a relaxed step into the rest of your day.



RELAXATION

Take a moment and choose any relaxation exercise to suggest to your system that reflection is complete for today.

For example, you can write down what is still bothering you to get it out of your head.



BREATHE

Our breath is life. By consciously breathing in and out, you tell your system that it can relax. It helps you to focus and gives you more life energy.



DAY

7

THE MEANING OF CONFLICT AND WHY WE NEED IT

INTRODUCTION TO CONFLICT ANALYSIS

DAY 1

INTRODUCTION TO CONFLICT ANALYSIS

In this chapter we explore what constitutes conflict and how it affects your life.




✿ Definition of conflicts

Conflicts are serious situations that arise due to different ideas, interests, needs, values, opinions or goals.

✿ Why are conflicts important?

Conflicts are more than just challenges. They show us that different opinions exist and broaden our horizons. Deep transformation processes lie hidden in conflicts that remind us as people to constantly develop. You always have the power to change your status quo. You just have to decide to do so!

SPACE FOR YOUR NOTES AND INSIGHTS

 Share your insights, goals and wishes for peace with us on your social media channels and connect with others.
Use the hashtag #peaceformula

SOLVE CONFLICTS

We can either make conflicts worse or resolve them through our behavior and reaction. That is why a distinction is made between constructive and destructive conflict resolution.

🌿 The difference between constructive and destructive conflict resolution

- Constructive conflict resolution: This involves addressing conflicts in a way that leads to positive change and a sustainable solution. The goal is to find a solution together that takes into account the needs of all parties.
- Destructive conflict resolution: In contrast, destructive approaches tend to exacerbate the conflict and lead to long-term negative effects. This could be done, for example, through aggression, blame or avoidance.

🌿 Your perspective decides!




Do you look at your life
through the lens of conflict?




Or do you look at your life
through the lens of peace?

The lens through which you view your life and emerging challenges determines how you deal with conflicts.

REFLECTION QUESTIONS

 How do you experience conflicts in your life?

 To what extent do conflicts influence your perception and your decisions?

 Describe how you typically react in conflicts.



DAY

2

YOUR CONFLICT BEHAVIOR

DETERMINING YOUR CONFLICT TYPE

DAY 2

DETERMINING YOUR CONFLICT TYPE

In this chapter I encourage you to get to know the different facets of your conflict behavior.




Your roles in conflicts

Conflicts are violent when psychological or even physical violence is used. This often happens to assert one's own interests and can happen consciously or unconsciously. In the following, we will focus on your experiences in order to sharpen and deepen your understanding of conflicts.

Your conflict behavior

Your behavior in conflicts can also be violent. And perhaps completely unconsciously and unintentionally. Therefore, the first step in resolving conflicts is to analyze your current conflict behavior. If you know your current conflict strategies, you can consciously decide whether you want to behave in the same way or differently in the future.

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CONFLICT BEHAVIOR

Your conflict behavior determines how you feel in conflicts and what opportunity you give yourself and others to resolve the situation peacefully.

On this page you will find the 5 archetypes that your conflict behavior can take on. Depending on the situation and who else is involved in the conflict, you can embody different archetypes. This is because unconscious power dynamics are often expressed in conflicts.

It may well be that you defend and fight in one conflict and avoid it in another. However, if you think about it for a while and take a closer look, you will often find an archetype that you primarily embody.

THE SUPPORTER:
ACCOMMODATING AND
GIVING IN

THE PROBLEM SOLVER:
COLLABORATE AND
INTEGRATE

THE GOLDEN MEAN:
FINDING COMPROMISES

THE TOUGH FIGHTER:
COMPETE AND DEFEND

THE HARMONIC:
AVOIDING

PERCEIVE


In order to live in inner peace, it is fundamentally important that you know your status quo and are able to mindfully perceive your behavior as soon as a conflict arises.


Perception helps you decide whether to fight, avoid, give in or compromise.

In most cases, the goal and starting point of peace is cooperation and integration with and from your inner parts and other people. However, a conflict can also show where you need to set boundaries in order to maintain your peace and integrity.

REFLECTION QUESTIONS

 Which conflict behavior of the 5 archetypes do you embody most often and why?

 How does it feel for you when you engage in this conflict behavior?

 How would you like to act in conflicts instead and why?



DAY

3

PERCEPTION OF CURRENT CONFLICTS

IDENTIFICATION OF PERSONAL CONFLICT ISSUES

DAY 3

PERCEPTION OF CONFLICTS

Today we will work out your current conflict issues. This is another crucial step to increase your self-awareness.




Your conflict issues

Yesterday we looked at your current conflict behavior and your experiences with violence. Today we're going to break down your current conflict issues and take a closer look at them.

Reflection

In the past few days you have already answered some reflection questions. Today we are going to go a lot deeper! Even if these exercises are uncomfortable or perhaps even unfamiliar to you, complete them. Because all the answers to your questions lie WITHIN you. No one outside can give you the answers you need for transformation. Change requires courage. I know you are brave. Now convince yourself!

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REFLECTION QUESTIONS 1/2


Becoming aware of current conflicts:

Let's start with an exciting step! Take a moment, take a deep breath and think: Where is the tension brewing in your life right now? What relationships, work situations or family dynamics are causing an inner storm? That's the first step - recognition!

Analysis of conflict issues:

Now it gets exciting! Take a look at the key points of these conflicts. Are they power games? Communication problems? Or maybe values that are on a collision course? Use methods like mind mapping to visually capture these issues - let the patterns shine through!

REFLECTION QUESTIONS 2/2


 Identify personal conflict issues: Write a list of issues.


Welcome to the treasure hunt in your own psyche! Imagine you are an archaeologist digging for hidden beliefs and fears. What topics are currently fraught with conflict? If you like, use creative techniques such as journaling or visualization to bring these topics to light.

These questions can help you find your topics:

- What current conflicts are you experiencing in your life? (Relationships, work, family, etc.) · What recurring patterns or themes do you notice in these conflicts?
- How do you react emotionally to conflict situations? Which feelings dominate?
- What aspects of your life could lead to conflict? (Power, communication, values, etc.) · Are there themes that resurface in different conflict situations?
- To what extent could personal fears or unresolved emotions influence your conflicts?

EXERCISE SUGGESTIONS TO DEEPEN YOUR REFLECTION PRACTICE

 Imagine you realize that communication is often the main issue. You could keep a communication diary to discover patterns. Every time a conflict occurs, you write down how the communication went and your feelings about it.

 Write a letter to yourself from the perspective of a neutral observer. What would this observer say about the underlying issues? Discover your inner treasures!



DAY

4

EMOTIONAL AND PHYSICAL
PERCEPTION

THE KEY TO TRANSFORMATION

DAY 4

FEELINGS AND THE BODY


Everything is connected. We often react automatically in conflicts, either because we have learned this behavior at home or because experiences of shock and trauma are triggered in us. Do you know the feeling of not being able to control your reaction and later regretting having acted in this way? You ask yourself "who is actually in control here?"




🌿 Deep self-understanding

By understanding that your reaction in conflicts is connected to the information stored in your body, you dive a step deeper into self-awareness. The feelings that arise in conflicts are stored in your body and can lead to reactions that we feel we cannot control. By becoming aware of which conflict issues are connected to which feeling and which body reaction, you create more awareness and understanding for yourself. The next time you experience an issue, feeling or pain/pressure/pulling, it will be easier for you to understand what is going on and to act consciously, instead of reacting uncontrollably as you normally would.


SPACE FOR YOUR NOTES AND INSIGHTS

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REFLECTION QUESTIONS 1/2

 Reflection on emotional reactions:

Now let's dive into the ocean of your emotions! Why do you catch fire when conflicts arise? Do you understand the emotions that come up like wild waves? These emotions are your guideposts. Reflect on how they influence the course of your conflicts.

 Imagine you feel anger in a conflict. Why? Was it a violation of your values or was a boundary crossed? This anger is a ticket to a deeper understanding of yourself. Replace anger with the other four basic emotions: surprise, fear, joy and sadness and ask yourself the questions again. What insights do you gain about yourself and your emotions?

REFLECTION QUESTIONS 2/2

Reflection on physical reactions:

Feel inside yourself. Where do you feel a pulling or aching sensation in your body when you deal with your emotions and feelings? Which issues are connected to which part or area of your body? This exercise creates deeper awareness and understanding of the connections between your thoughts, your emotions and physical phenomena.

Go through your list of topics from yesterday step by step, close your eyes and ask yourself, “In which area of my body is this topic anchored?”



DAY

5

CONFLICT TRANSFORMATION

CHANGING YOUR STATUS QUO

DAY 5

CONFLICT- TRANSFORMATION

Until now you were in perception, now the change of your status quo begins!




✿ Steps to change

This is about the path from current reality to your vision. Identify small, doable steps that will bring you closer to your ideal self. Write an action plan for your personal conflict transformation. Example: If you currently tend to withdraw, one step could be to actively listen and communicate your thoughts clearly. Set realistic goals and celebrate your progress!


✿ Transformation


In order to sustainably transform your conflict behavior, you can learn new methods that will help you. That's why today you'll learn about non-violent communication according to Rosenberg.

SPACE FOR YOUR NOTES AND INSIGHTS


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REFLECTION QUESTIONS 1/3

 Now dream big! Imagine how you would like to behave in conflicts with yourself. What emotions would you like to experience? How would you like to communicate with yourself? Visualize your ideal version, your best self in conflict situations. Only in the next step will you address your desired conflict behavior in situations with other people. Now the focus is on you.

 Now we come to your interpersonal conflict behavior! Imagine how you would like to act in conflicts. What emotions do you want to evoke? How do you want to communicate? Visualize your ideal version, your best self in conflict situations with others.

REFLECTION QUESTIONS 2/3

 What small and big steps can you take to realize the best version of yourself in conflicts? What needs to change? Be specific!

NONVIOLENT COMMUNICATION

Nonviolent Communication was developed by Marshall B. Rosenberg, a psychologist who has long worked in the context of international and regional conflicts.

In his work, he noticed that in conflicts a language of violence is often used, which makes it more difficult and sometimes even impossible to find a solution together.

Since feelings and needs in conflicts are often hidden under external issues - who hasn't heard of the discussion about the dishwasher not being emptied? - Rosenberg developed a 4-step method to help us first become aware of our own perception of the situation, feelings, needs and our actual desires, i.e. our wishes.

If you want to learn more about NVC before you go any further, you can find the podcast episode [here](#) and the two-part interview with Robin Trabert, trainer for Nonviolent Communication, [here](#).

THE 4 STEPS OF NONVIOLENT COMMUNICATION A KEY TO CHANGE

Observation:

- Look closely and describe the specific actions or situations without judging.

Feeling:

- Recognize and name your feelings in the situation. Is it frustration, confusion or perhaps disappointment?


Need:


- Identify your basic needs that play a role in the situation. These could be needs for respect, understanding or security.

Wish:

- Make a specific request that fits your needs. Be clear and precise.

REFLECTION QUESTIONS 3/3

 Now choose 3 current conflicts that you have with yourself and others and practice applying the 4th NVC steps. Avoid long-winded explanations or similar. Try to get to the point about your observations, feelings, needs and wishes/requests as precisely and briefly as possible.

 How do you feel now after this exercise?



DAY

6

DISCOVERING YOUR PEACE POTENTIAL

THE 7 DIMENSIONS OF INNER PEACE

DAY 6

YOUR PEACE POTENTIAL


Now that you have completed 5 days of intensive reflection on your current conflict experience, we will delve into the basics of creating peace within.



Inner peace

Knowing your conflict behavior and experience is a basic requirement for finding peace. Peace is not just a value, a state and a vision, but also a process. This means that it must be cultivated again and again in order to be experienced. The world around you keeps turning and so you are bombarded with influences every day that can positively or negatively affect your experience of peace. By getting to know the 7 dimensions of your inner peace today, you will delve a level deeper into your self-understanding. By learning to sense whether you are at odds mentally, emotionally, physically, spiritually, interpersonally, in relation to your environment or (if this applies to you) in your transcendental connection (to God, the universe, etc.), you can select more targeted practices that will help you find your peace, your inner center.

SPACE FOR YOUR NOTES AND INSIGHTS

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Use the hashtag #peaceformula

YOUR INNER PEACE

In my scientific research and survey on inner peace, 7 dimensions have emerged that influence your experience of peace within. The first 4 dimensions are your inner dimensions, over which you have influence. The last 3 dimensions are external dimensions, over which you have no control over what actually happens. In these, you can only determine your thoughts, feelings and behavior in this regard.

The starting point is always a conscious decision. You are able to make conscious decisions if you know yourself and can observe yourself well. This way you can act consciously instead of reacting.

 The 7 dimensions of inner peace

The 4 inner dimensions


- the mental Dimension
 - your thoughts about yourself and what you experience and experience on the outside. They have an enormous influence on your feelings, your body and your soul, as well as your actions on the outside. They are the starting point of all evil and all happiness.
 - Ask yourself: Do you like the current thought? Do you really want to identify with it? Does this thought define you?
- the emotional dimension
 - Your feelings determine how at peace you are. The more positive feelings you can perceive, the more often you are at peace.
 - Ask yourself: Is this feeling really your feeling? If not, how do you want to deal with it? If yes, how do you want to deal with it?
- the physical dimension
 - also has a strong influence on your sense of peace. If you are in pain or have little energy, then your inner peace is limited, but not impossible!
 - Ask yourself: What can I do for my body to make it feel better and more loved?
- the soul dimension
 - The connection to your soul is representative of your life's purpose or theme. Are you simply working or are you pursuing a larger goal that goes beyond and reaches beyond your own life?
 - Ask yourself: Am I connected to my soul? What is my life theme or purpose? Am I actively pursuing it?

YOUR INNER PEACE

The 3 external dimensions

- the interpersonal dimension
 - As humans, we are relational beings, meaning we depend on other people. Therefore, the quality of our relationships also influences our peace.
 - Ask yourself: what influence do my relationships have on my inner peace?
- the environmental dimension
 - This dimension includes everything that happens on the outside. Everything you perceive on the outside has either a positive, negative or even a positive and negative influence on you. By learning to recognize which external influences are good for you and which influences affect your inner peace, you can decide more consciously what you want to experience. Nevertheless, this is where the greatest trigger potential lies, because the outside is illogical and unpredictable.
 - Ask yourself: what of what you consume, be it food, drinks, media, transport, etc., is really good for you? What isn't actually good for you, but you do it anyway? Why do you consume it if it's not good for you? Do you feel socially obligated to do so? How can you create more balance for yourself here?
- the transcendental dimension
 - This dimension may not be relevant for everyone. It describes your relationship to God, the divine power, the universe, universal love, etc.
 - Ask yourself: What do I believe in? What is my relationship with God, the universe, ...? Do I feel like God, the universe, ... is punishing me or do I feel like I am loved unconditionally?

REFLECTION QUESTIONS 1/2

 Look within yourself and spontaneously assign a number between 0 and 10 for each of the 7 dimensions of peace.
0 = absolute absence of inner peace; 10 = absolute inner peace.

mental

emotional


physically

mentally


interpersonal

Environment

transcendental

 Look at the numbers you have assigned. What do you learn from them about yourself and your current state of inner peace?

REFLECTION QUESTIONS 2/2

 Now think of 3 steps for each dimension to increase your experience of peace in this area.

 Implement at least 3 of these steps today and observe the inner and outer transformation!

A person is walking on a sandy beach towards the ocean at sunset. The sky is filled with warm orange and yellow light. A large, semi-transparent green rectangle is overlaid on the center of the image, containing the text. The person is a small silhouette in the distance, walking away from the viewer.

DAY

7

YOUR PEACE TOOLBOX

TOOLS FOR SUSTAINABLE CONFLICT TRANSFORMATION
AND INNER PEACE

DAY 7

INNER PEACE PRACTICES

Welcome to the final step of your journey, building your peace toolbox.




Why do we need a peace toolbox?


If you feel that you are losing or have lost your inner peace due to an internal or external conflict, then simple practices, learned methods and tools can help you find your way back. Your toolbox can always stay the same or constantly change. There is no right or wrong here.

How to build it


What do you already have up your sleeve that will help you find peace again? In this chapter you will find other tried and tested methods. Choose the method you feel drawn to and try it out. Repetition determines your success!

SPACE FOR YOUR NOTES AND INSIGHTS

 Share your insights, goals and wishes for peace with us on your social media channels and connect with others.
Use the hashtag #peaceformula

 What methods do you have in your peace toolbox so far?

CHOOSE WHAT APPEALS TO YOU

 Design your peace toolbox

- On the next page, select additional tools, methods and practices that suit you
- Add other methods to the toolbox that you discover and find effective
- Use the tools actively to transform conflicts
- Ask others what methods, practices and tools they use and share the methods you have in your peace toolbox to inspire others to try them out
- check in with your inner child in a safe setting and ask, what did it enjoy most doing back then?
Add some of the things you feel called to to your unique toolbox

So, you are going to create your personal peacefulness toolbox that can help you in any situation, no matter if you are already in peace with yourself or face conflict in a certain area. These are the ways you take responsibility for yourself! Have fun!

TRIED AND TESTED SUGGESTIONS

Nonviolent Communication (NVC):

- Gain in-depth knowledge of NVC. Understand the 4 steps: observation, feeling, need, request. Apply them actively in your conflict situations.

Meditation and mindfulness:

- Integrate regular meditation into your routine. Mindfulness practices help you stay in the moment and cultivate serenity.

Self-reflection:

- Use regular self-reflection to recognize your behavioral patterns. Ask yourself: How do I deal with conflicts? What can I improve?

Conflict resolution techniques:

- Learn different conflict resolution methods, e.g., win-win strategies, compromise finding, or the collaborative problem solving approach.

Creative expressions:

- Use creative practices such as painting, writing or music to express emotions and promote inner peace.

Breathing and relaxation exercises:

- Learn stress management techniques through conscious breathing and relaxation exercises.

Social support:

- Build a supportive social network. Share experiences, listen to others and learn that you are not alone.

Conflict mentoring:

- Consider professional conflict coaching to receive individual support and guidance in conflict situations. Interested in working with me? Then check out the current offers on the-peaceful-path.com.


Empathiepraxis:


- Practice empathy towards yourself and others. Understanding what lies behind actions and words promotes understanding and compassion.


Nature connection:

- Spend time in nature. Nature provides a healing space that can broaden perspective and promote inner peace.

REFLECTION QUESTIONS 1/2


 Which methods did you choose?


 How do you feel now that you have set up your peace toolbox?

 Feel free to share your findings with me at contact@the-peaceful-path.com or on social media using the hashtag #peaceformula

REFLECTION QUESTIONS 2/2

 What have you learned about yourself in the last 7 days?

 Do you feel more at peace within yourself? If so, what does this experience mean to you?

 What are your next 3 steps to consolidate and deepen what you have learned?

Have you courageously tackled every single reflection question, even the most unpleasant ones, in the last 7 days and recognized the added value of these? Then the 7 Dimensions of Peace Journal is the perfect everyday tool for you!

Embark on an even deeper journey with yourself and track your inner state of peace while you are committing to easy and simple little tasks each week to improve your personal peace, over the course of three months.

You cannot imagine what happens to your life and understanding of yourself when checking in with you daily through such a simple, yet deep and effective tool! [Get you copy here and use the code PEACEFORMULA to get it for 10% off \(only valid for the pdf version\)!](#)

THE 7-DAY PEACE FORMULA FROM THE PEACEFUL PATH BY JULIA DENCKER DISTRIBUTION TO
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WHAT PREVIOUS MENTEES AND COURSE PARTICIPANTS HAD TO SAY

”

"The 1:1 mentoring really helped me to overcome a long-standing inner conflict that I had been hiding from myself for a long time. Now I am happier and more confident in my life and feel like I can walk with my head held high. Being free of this inner conflict allows me to be more peaceful with myself and others. Thank you!"



”

"Thanks to our work together, I was able to relax much better into my current life situation and gain an objective view of the situation from above. The journey to myself gave me strength and I learned to take responsibility for the small and the big things in my life. I truly feel at peace now. Thank you, Julia!"



”

"The first session was great and very painful at the same time. It felt very nice to speak my inner thoughts out loud and to start sorting out and organizing the chaos with Julia's help. I feel relieved to have made a start, but now a lot of approaches, questions and newly discovered fears are buzzing around in my head. I am excited to see what the next sessions will do to my inner life."



CONSCIOUSLY COMPLETE THE 7-DAY PEACE FORMULA



The Peaceful Path
Humanities way to sustainable peace.

DONE!

7 days of inner peace work with the Peace Formula are completed.

I am proud of you and now ask you to consciously complete today's exercise and reflection and review the last 7 days.

Share your progress and insights with us using the hashtag #peaceformula

If you need support you can find it here:

[Juls Peaceful Path](#)

[YouTube](#)

[7 Dimensions of Peace Journal](#)

[Peace Tribe monthly membership](#)

[1:1 Mentoring Programs](#)

[You can find more information about how to work and contact me on the next page.](#)

A person is walking on a beach at sunset. The person is in the foreground, walking away from the camera towards the right. The beach is wet, reflecting the sunset light. In the background, there are mountains and a cloudy sky. The overall mood is peaceful and inspiring.

7 DAY PEACE FORMULA

CONGRATULATIONS!

**BE PROUD OF YOURSELF AND YOUR COURAGE TO HAVE
GONE THIS FAR FOR YOURSELF!**

**WITH YOUR COURAGE YOU HAVE MADE THE WORLD A
LITTLE MORE PEACEFUL.**

THANKS!

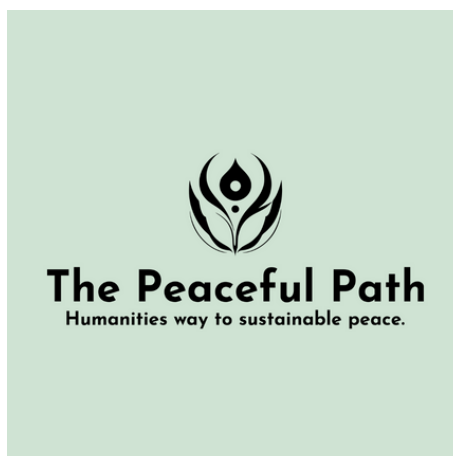
HOW YOU CAN CONTACT ME

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- Instagram https://www.instagram.com/juls_peaceful_path/

I look forward hearing from you!

Warm regards, Julia



EXPERIENCE OF VIOLENCE

Violence determines our lives much more and, above all, more subtly than we suspect. In order to adequately assess your conflict behavior, we must create awareness of the areas in which you have experienced violence or in which you yourself commit violence.

If you want to learn more about Galtung's violence triangle model, listen to this podcast episode.

DIRECT VIOLENCE

This is the most obvious form of violence, where physical harm is directly inflicted. Examples include physical attacks and wars.



STRUCTURAL VIOLENCE


This is about invisible structures in society that create and maintain injustice.


Poverty, discrimination and unequal access to resources are examples of this.


CULTURAL VIOLENCE

Ideologies, myths or stereotypes that justify or legitimize violence. Examples include racist beliefs or sexist norms.

REFLECTION QUESTIONS 1/2

 What impact does direct violence have on your life? Have you had personal experiences with physical aggression?

 To what extent do you experience structural violence? Are there social or economic injustices that affect you?

 How does cultural violence manifest itself in your life? Are there certain beliefs or norms that justify violence for you? Or do you suffer because of the values and beliefs of others?