

Everyday Peacemaking: *Personal Leadership* for Sustainable Peacebuilding

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Personal Leadership is an inner methodology using six practices with bodymindfulness and creativity to discern our right action in whatever situation has stirred us up. It enables us to lead from the inside out to create better social worlds. It requires a balancing of our intrinsic neurological system that orients us to our inner world with our extrinsic system that focuses outside and around us.