

Peace Starts with Us Round Tables in Rome, Italy

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After last year's success, the round table cycle has begun again. This time with peace as it's theme, where everyone can share and express their thoughts about their personal path that they are on researching inner peace along with their feelings of peace towards others.

Each of the participants brought precious contributions, be it from work, familial, social or professional life experiences.

Dr. Evaldo Cavallaro confirmed the importance of being able to transmit contents in a better way, according to the other party.

Elisabetta Nistri pointed out that the best communication arises when dialogue can activate the conscience of a person and the discussion therefore arrives at a conclusion that can sometimes be closer to one person's position, or the other in the beginning but is equally shared.

Giuseppe Cali' highlighted that we don't only communicate through words but also through our thoughts, feelings, intentions and prayers. It is possible to create energy that surrounds us and that can be transferred to people. From here, the importance is to control not only our words but also our feelings and to use these channels to bring happiness to others. At the end of any kind of discussion or dialogue, the most important thing is how much I care for the people with whom I discuss.