

## **Leaders, Self-Control, and Peace**

Self-control is an inner strength that helps us be guided not by our impulses but by our long-term goals. Those who can govern their emotions remain calm even in the most difficult situations and do not get swept away by the heat of the moment. This strength is not innate; it is built through daily practice, conscious decisions, and small victories. Often, self-control means saying no to something tempting in the short term but harmful to our long-term path. Conscious breathing and presence can help us regain control when tension overwhelms us. Developing self-control also improves our relationships, as fewer impulsive reactions arise and more space is left for understanding. Patience is one of its most important pillars, giving us time to think and make wiser choices. When we recognize our own limits, we can regulate our behavior more easily and avoid being controlled by external circumstances. Self-control is not suppression but a conscious choice about how we respond to a situation. Every small victory on this path strengthens our confidence and perseverance, making us more stable from within.

Many believe that if every leader lived with self-control and truly supported peace, there would be no more war on Earth. Human behavior is often shaped by energies, moods, and emotional patterns. When loving, supportive energies surround us, it becomes easier to cultivate self-control within ourselves. With awareness and love, we can rise above negative influences and signal to the world—and to ourselves—that we do not choose the path of fear or destruction. Every person decides which inner camp they belong to: the camp of peace or the camp of conflict. Although it can be difficult, self-control and love together form a shield that protects us from negativity.

A true leader does not lead from power but from inner silence. Those who live with self-control create peace around themselves and set an example for those still seeking balance. Peace does not come from the outside—it begins within us and slowly weaves itself through the world. When one person learns to govern themselves, a small point of peace is born. And if enough people light such a flame, the darkness simply disappears.