

# Mother Teresa's one-second remedy for finding peace during Advent and beyond

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***St. Teresa of Calcutta always gave the best advice in the simplest forms.***

**As we begin the Second week of Advent, and light the Second “Angel’s Candle,” we’re reminded of their message of “Peace on earth, goodwill toward men.”**

**The problem is that it’s not always easy to *find* peace amongst the chaos of our daily lives — and even harder to *feel* peace towards those whom have caused disharmony in our lives.**

**Thankfully, we can draw on the timely advice of Mother Teresa who reminded us that “Peace begins with a smile.”**

**It may seem a little too good to be true, but those five words sum up exactly how we can find more peace.**

**If you think about the times when you’re out and about and feeling a little short-tempered, if someone flashes you a smile, you automatically feel your spirits lift.**

**You might also consider the moments in your life when your kids are driving you crazy. All it takes is a goofy, sticky smile and you’re heart instantly melts. Your annoyance turns to love and you feel more at peace.**

**So if we feel better when we receive a smile, imagine the good we could achieve if we share our smiles! If smiles lend themselves to peace, then perhaps this most simple of muscle movements could help a myriad of problems.**

**If you’re a little skeptical, try it out in for Advent. See if you can help spread a little peace with your smile, and if you can get the whole family to join in, too!**