



## Day 21

Beloved Peacekeepers,  
Inspiration.....inspiring, heartfelt, passion - all words that come to mind when I think of those I've witnessed in service to others.....Mother Theresa; Golda; Christopher Reeves; Gandhi; King; Ikeda - a passion for humanity; a deeper call to the Sacred.

### **Today's Principle, Today's Practice - INSPIRATION**

Think of at least two people who exemplify the practice of non-violence. What do you admire about them? Practice these behaviors today so that other people may be inspired.

**Ask yourself:** What and who inspires you and why? How do you know that you are inspired? Is inspiration a function of the head or the heart? If you were truly inspired, what could you accomplish and how would you do it? How would you like to inspire others? What role does inspiration play in non-violence? How can inspiration move the world to Peace?

### **Activities:**

As you review "inspiring people" in your life - what qualities do they possess that you would like to own - make a list and check it twice! Visualize yourself receiving the Nobel Peace Prize for inspiring others.....write your acceptance speech; within the speech recognize those who have inspired you.

**Journal Activity:** Journal your thoughts....

### **Consider these Quotes on Inspiration:**

The universe is one great kindergarten for man. Everything that exists has brought with it its own peculiar lesson. The mountain teaches stability and grandeur; the ocean immensity and change. Forests, lakes, and rivers, clouds and winds, stars and flowers, stupendous glaciers and crystal snowflakes--every form of animate or inanimate existence, leaves its impress upon the soul of man. --Orison Swett Marden

What lies behind us and what lies before us are small matters compared to what lies within us. --Ralph Waldo Emerson

Don't judge each day by the harvest you reap, but by the seeds you plant.  
--Robert Louis Stevenson

Impossible is a word to be found only in the dictionary of fools. --Unknown

If you're going through hell, keep going.  
--Sir Winston Churchill (1874 - 1965) British Statesman, Prime Minister, Author

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. --Ralph Waldo Emerson

The state of your life is nothing more than a reflection of your state of mind.  
--Dr. Wayne W. Dyer

Man's reach should exceed his grasp, or what's a heaven for? --Robert Browning

First they ignore you, then they laugh at you, then they fight you, then you win.  
--Mahatma Gandhi

We shall draw from the heart of suffering itself the means of inspiration and survival.  
--Sir Winston Churchill

To the world you might be one person, but to one person you might be the world  
--Unknown



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Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you too, can become great. --Mark Twain

A candle loses nothing by lighting another candle. --Erin Majors

The day the Lord created hope was probably the same day he created Spring.  
--Bern Williams

How vain it is to sit down to write when you have not stood up to live. --Henry David Thoreau

The human heart feels things the eyes cannot see, and knows what the mind cannot understand. --Robert Vallett

The future belongs to those who believe in the beauty of their dreams. --Eleanor Roosevelt

In the Midst of movement and chaos, keep stillness inside of you.  
--Deepak Chopra

When you reach for the stars, you may not quite get them, but you won't come up with a handful of mud either.  
--Leo Burnett

The inspiration of the almighty gives man understanding. - the Bible

When you do not know what you are doing and what you are doing is the best -- that is inspiration. - Robert Bresson

Inspiration may be a form of super-consciousness, or perhaps of subconsciousness -Aaron Copland

Today, be the inspiration you are! Light a candle for PEACE ....Pass it on.....  
Blessings,

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