



Day 24

Beloved Peacekeepers,

Today we move our practice of principles into the realm of our interpersonal relationships -- in order to create a peaceful world, we must learn to practice nonviolence with one another.

Today's Principle, Today's Practice - Harmony

Choosing not to engage in any form of gossip today contributes to harmony. Today, choose to see the good in yourself and others rather than finding fault.

Ask yourself: What is the meaning of harmony? How does it feel, look or sound? Describe the idea of harmony as it relates to an individual, a family, or a community. How do you know when things are in harmony? What are some areas of your life or school that you feel need harmonizing? What steps could you take to help accomplish this? How does harmony support non-violence?

Activities:

Sing a simple song in unison with others. Decide on those areas in your life that could be more harmonious. What steps are you willing to take to be an agent for more harmonious interactions in those areas.

Journal Activity: Journal your thoughts....from the activities above.

Consider these Quotes on Harmony:

You don't get harmony when everybody sings the same note. - Doug Floyd

Beauty of style and harmony and grace and good rhythm depend on simplicity. - Plato

Opposition brings concord. Out of discord comes the fairest harmony - Heraclitus

There is music wherever there is harmony, order or proportion. - Thomas Browne

Happiness is not a matter of intensity but of balance and order and rhythm and harmony - Thomas Merton

A life in harmony with nature, the love of truth and virtue, will purge the eyes to understanding her text. - Ralph Waldo Emerson

Music is an agreeable harmony for the honor of God and the permissible delights of the soul. - Johann Sebastian Bach

"Happiness is when what you think, what you say, and what you do are in harmony." - Mahatma Gandhi

"If there is right in the soul, there will be beauty in the person; if there is beauty in the person, there will be harmony in the home; if there is harmony in the home, there will be peace in the world." Chinese Proverb

"All things are connected. Whatever befalls the earth befalls the children of the earth."-- Chief Seattle, Suqwamish and Duwamish tribes

When the universe is in harmony with man - the eternal, we know it as truth but we feel it as beauty. - Tagore

In bringing about World Peace, I know that all people and all nations will remain individual, but unified for the common purpose of promoting peace, happiness, harmony, and prosperity. - Ernest Holmes

Blessings,

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