



Day 34

Beloved Peacekeepers,
Today's work/word is LOVE.

Today's Principle, Today's Practice - LOVE

Gandhi wrote, "Nonviolence is based on the assumption that human nature unfailingly responds to the advances of love. Today, focus on what you appreciate most about the person you like the least.

Ask yourself: How do you know that you are loved, and how does it make you feel? How do you know when you love someone else? Is it possible to love someone, but not like them? What are "acts of love" that you have experienced or witnessed? How can "acts of love" move the world towards peace?

Activity - A key principle of nonviolence is the commitment to oppose the deed, not the doer of the deed. Through the willingness to "love" the nonviolent practitioner seeks to open the heart of their adversary. What is meant by "love your enemy?" What is meant by "open the heart" of the adversary? Give examples of how "love" has changed a relationship between individuals or groups of people for the better.

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider this Quotes on Love:

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. - 1 John 4:18

Love worketh no ill to his neighbour; therefore love is the fulfilling of the law. Romans 8:10

Relationships are like Rome. Difficult to start out, incredible during the prosperity of the 'Golden Age', and unbearable during the fall. Then, a new kingdom will come along and the whole process will repeat itself until you come across a kingdom like Egypt.. that thrives, and continues to flourish. This kingdom will become your best friend, your soulmate, and your love. - Helen Keller

Love is a daily, mutual exchange of value. - Denis Waitley

If you judge people you have no time to love them. - Mother Theresa

All mankind loves a lover. - Ralph Waldo Emerson

A coward is incapable of exhibiting love; it is the prerogative of the brave. -Gandhi

Love gives itself; it is not bought. - Henry Wadsworth Longfellow

Love is not enough. It must be the foundation, the cornerstone- but not the complete structure. It is much too pliable, too yielding. - Bette Davis

There is no remedy for love but to love more. - Henry David Thoreau

Love is what we were born with. Fear is what we learned here. - Marianne Williamson

Speak to me of love, said St Francis to the almond tree, and the tree blossomed. - Nicholas Kazantzakis

The only abnormality is the incapacity to love. - Anais Nin

There is only one terminal dignity - love. - Helen Hayes

Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well. -Vincent Van Gogh.

Let your love be stronger than your hate or anger. Learn the wisdom of compromise, for it is better to bend a little than to break. - HG Wells



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Our true identity is to love without fear and insecurity. Our higher potential finds us when we set our course in that direction. The power of love and compassion transforms insecurity. -Doc Childre.

The first duty of love is to listen. - Paul Tillich

There is a Law that man should love his neighbor as himself. In a few years it should be as natural to mankind as breathing or the upright gait; but if he does not learn it he must perish. - Alfred Adler

The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings. . -Buddha

As you can imagine, there are many great quotes on or about LOVE. Each of us have our favorites - yet, today, let's take the wisdom of the Buddha, let our thoughts, our actions, are being, spring from love for all.....

Blessings,

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