



## Day 35

Beloved Peacekeepers,

Our work today is understanding....understanding the allows us to know others more deeply. Understanding that transcends cultures, environment, governments - individuals to individuals seeking to understand.

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

Thich Nhat Hanh says, "When you understand, you cannot help but love. Practice looking at all living beings with the eyes of compassion." Send a silent thought of love to ten people today. Share your experience with someone.

**Ask yourself:** Describe what it feels like to be understood. Referring to the quote above by Thich Nhat Hanh, what do you think it means? What does it mean to "walk in another person's moccasins?" When you don't understand someone's motives, how do you feel? How do you act? How does understanding contribute to a more peaceful world?

**Activity** - Use watercolors to describe the feeling of understanding. When the page is filled with color, use ink to write a sentence about a time when you were understood and it changed your mind about someone or something.

Write an acrostic poem with the word "understanding." To write an acrostic poem, use each letter of the word "understanding" to begin each line of the poem.

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

### **Consider this Quotes on Understanding:**

Seek first to understand, then to be understood. - Stephen Covey

Understanding can overcome any situation, however mysterious or insurmountable it may appear to be. - Norman Vincent Peale

Every man supposes himself not to be fully understood or appreciated - Ralph Waldo Emerson

Could a greater miracle take place than for us to look through each other's eyes for an instant? - Henry David Thoreau

Look deep, deep into nature, and then you will understand everything better. - Albert Einstein

I do not want the peace which passeth understanding, I want the understanding which bringeth peace. - Helen Keller

Yes, understanding that bringeth peace - that is our goal in deepening the practice of nonviolence.

Blessings,

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