



## Day 60

Beloved Peacekeepers,

As we continue our practice 64 days/64 ways we are reminded that what we do as individuals impacts the whole of our communities. Today, our practice continues its focus on the wholeness of community. Our principle/practice today is witnessing - and all the wonders witnessing represents.....

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

"We are each other's bond," writes poet Gwendolyn Brooks. Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion. Today be willing to stand up for truth by your presence, your words and actions.

**Ask yourself:** Have you ever acted as a witness for a ceremony or court proceeding? What was your responsibility? What would you do if you witnessed a violent act? How does it feel to witness an act of fairness? How does it feel to witness an act of injustice? How do you bear witness on life?

**Activity** - Think of a time when you witnessed a wonderful event; an unexpected event -- share with family and friends the wonderment. Take time with an elder -- ask them about their lives -- what was the most significant discovery that impacted your life; what one event in history stands out the most in your mind; what do you want to be remembered for -- bear witness to their experience, their lifetime -- practice being a "deep listener," listen without judgment -- as you will share this experience with others.

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

### **Consider these Quotes on Intervention:**

When someone "bears witness" in a culture of nonviolence, they are present to observe and document an event or an experience so that what happens is not forgotten. There is personal testimony, video, radio, etc., that documents what has taken place. Sometimes people serve as witnesses to an election to say whether or not the election is honest and fair, to discourage the intimidation or influencing of a citizen's vote. Sometimes a witness escorts people in danger, with the belief that a witness discourages violence and illegal or immoral action. Sometimes a witness listens and records the experience of others, so that the experience of another human being is honored and the importance of an event is acknowledged. Sometimes the mere presence of a witness can influence and prevent violence - author unknown

There are many words written that captures the essence of "witnessing" -- none more powerful than those found throughout the Bible - ultimately, witnessing means more than being nice or demonstrating compassion. Witnessing means taking time to show others, your the standards you hold dear and how by living them your life has improved -- as can theirs. It's showing others by living, breathing, walking your talk. And as Emerson said "your actions speak so loudly, I cannot hear your words." Bear witness this day to that which you value -- love, peace, unity, beauty, all part of a Higher Power, all part of each of us!

Blessings,

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