



Day 61

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 PEACE represents.....as I write I'm mindful of the Palestine youth, who allowed explosives to be placed on his body so that his mother would be given \$23 - and the beauty of the embrace of the Israeli soldier as the explosives were removed - we called to be activist for PEACE....what will your part be....

Today's Principle, Today's Practice - PEACE

An 11 year old writes, "Peace is a special thought or a special love or light or spark that we all share within ourselves." Thich Nhat Hanh wrote, "Practice watering seeds of joy and peace and not just seeds of anger and violence, and the elements of war in all of us will be transformed." Today, make a choice to meet each experience with an intention for peace.

Ask yourself: Describe the most peaceful memory you have - how old were you? Where were you and what were you doing? What is peace....the absence of something or the presence of something? What would it mean to find real peace? What is necessary for peace? Is peace possible? What is the role of the individual in creating peace in the world?

Activity - Plant a Peace Garden - what flowers, herbs will you include? Read *The Butter Battle Wars*, by Dr Seuss, and discuss with your family and friends. As a circle (family and friends) create peace quilts - share them with those in need (small children, veterans, a shelter). Write a news headlines such as **PEACE BROKE OUT IN.....**, and have each member of the family create the story - what they saw, felt, heard, etc....

Light a candle for peace: <http://www.gratefulness.org/candles/enter.cfm>

Visit the site, follow the directions, and make the intentions that you are lighting a candle for PEACE - the candle will burn virtually for 48 hours - light one each day!

Visit: <http://oneminutepeacemaker.com> - "join a community transforming the world, one minute at a time"

YES - Become a PEACE Activist - activating Peace where ever you are!

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

Consider these Quotes on Peace:

Peace has no borders- Yitzhak Rabin

If there must be trouble let it be in my day, that my child may have peace - Thomas Paine

Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures. And however undramatic the pursuit of peace, the pursuit must go on - John Fitzgerald Kennedy

Peace is our gift to each other - Elie Wiesel

Peace is not a relationship of nations. It is a condition of mind brought about by a serenity of soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people - Jawaharlal Nehru

For to me every sort of peace with the citizens seemed to be of more service than civil war. [Lat., Mihi enim omnis pax cum civibus bello civili utilior videbatur.] - Cicero

There can never be peace between nations until there is first known that true peace which ... is within the souls of men - Black Elk

Every kind of peaceful cooperation among men is primarily based on mutual trust and only secondarily on



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institutions such as courts of justice and police - Albert Einstein

Peace and friendship with all mankind is our wisest policy, and I wish we may be permitted to pursue it - Thomas Jefferson

When you find peace within yourself, you become the kind of person who can live at peace with others - Peace Pilgrim

Peace is more precious than a piece of land - Anwar Sadat

Peace cannot be achieved through violence, it can only be attained through understanding - Ralph Waldo Emerson

We seek peace, knowing that peace is the climate of freedom - Dwight D. Eisenhower

I believe in the religion of Islam. I believe in Allah and peace - Muhammad Ali

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace - HH the Dalai Lama

Non-cooperation is a measure of discipline and sacrifice, and it demands respect for the opposite views. - MK Gandhi

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

When the power of love overcomes the love of power the world will know peace - Jimi Hendrix

Imagine all the people living a life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will live as one - John Lennon

In the words of John Lennon....."Imagine all the people living a life in peace.....and the world will live as one"

Blessings,

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