

Living the Gift of Peace



War is complicated trickery built on the lie that harming others is beneficial.

You do not have to be a victim of treachery that leads to discord. In a suffering world, you can be the conduit of peace that changes everything. Peace makes sense because the essence of human beings is loving-kindness. You want to connect with peace because your nature is peace. That should be good news. The fact is that humans want freedom from war but fail to act peacefully. Your job is to make peace appear in this life, this moment, right now.

Peace is simple.

You are peace.

ACT: Take out a sheet of paper and list 10 reasonable ways you can help others. Start with the beings in your everyday life (*e.g., backyard birds, pets, family, friends*). Do not list actions you are currently doing to help. Oh yes, drop the big idea of saving the starving children in Africa – unless you are Bono the lead singer for U2. For most people, great schemes stop effort. Act responsibly by starting small with a list that can actually be accomplished.

