**Peace - Ponderings**

**Pain will come, just like pleasure. Hate will come, just like love. And when both are accepted, unaffected by the mind, then there will be peace. *(Baba Hari Das)***

**Peace of mind is not something you get, it’s something that you have already if you stop disturbing it. *(Dean Ornish, in Yoga International magazine)***

**Let there be peace at least between you and me. *(Ashleigh Brilliant, in Pot-Shots)***

**Peace, if it ever exists, will not be based on the fear of war, but on the love of peace. *(Herman Wouk)***

**To honor the truest expression of humanity, we must all call for peace. We must accept only peace. But first, we must become peace itself, not an idea or image of peace, but actual peace, the peace in which violence cannot arise, because its true causes have been seen, understood, and transformed. *(Robert Rabbin)***

**Peace begins with the spirit of God within us. *(William L. Fischer)***

**Peace: In international affairs, a period of cheating between two periods of fighting. *(Ambrose Bierce, journalist)***

**If we are peaceful, and if we are happy, we can blossom like a flower, and everyone in our family and our entire society will benefit from our peace. *(Thick Nhat Nanh)***

**Man needs to know that he can resolve his deep frustrations. This help comes not to him, but through him. Call yourself a child of God -- and believe it -- and you become a true peacemaker. *(Dr. Eric Butterworth, in Discover the Power Within You, p. 69)***

**Peace comes not from the absence of conflict in life but from the ability to cope with it. *(Bits & Pieces)***

**The peace that we desire and need in the world is that which "passeth understanding." Peace cannot come by treaties or agreements, or by wars and boundary lines. Peace can only come when men become receptive to it and become peacemakers in the process of expressing it from within. *(Dr. Eric Butterworth, in Discover the Power Within You, p. 69)***

**The fewer desires, the more peace. *(Thomas Wilson, in Maxims of Piety and Christianity)***

**I dream of giving birth to a child who will ask, “Mother, what was war?” *(Eve Merriam, in Peacemaking: Day by Day)***

**The world will never have lasting peace so long as men reserve for war the finest human qualities. *(John Foster Dulles, former U.S. Secretary of State)***

**Courage is the price that life exacts for granting peace. *(Amelia Earhart)***

**God wants nothing from you but the gift of a peaceful heart. *(Meister Eckhart)***

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**For every minute that you remain angry, you give up 60 seconds of peace of mind. *(Ralph Waldo Emerson)***

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**Peace is that state in which fear of any kind is unknown. *(John Buchan, in Pilgrim’s Way)***

**We find inner peace, not through silence alone, if by silence we mean exclusive solitude of some sort, as if we could find freedom only by shutting people out. To do this is to find that we have shut ourselves out, too. Nor do we find it by mere contemplation of “the One without a second” by renouncing the social world that we have found too difficult. The many are also with us on “the Mount” of meditation, howbeit each ascends by his own path. *(Horatio W. Dresser, in Unity magazine)***

**He that would live in peace and at ease, must not speak all he knows, nor judge all he sees. *(Ben Franklin)***

**You can't separate peace from freedom because no one can be at peace unless he has his freedom. *(Malcolm X, in Malcolm X Speaks*)**

**Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away! *(Robert Fulghum)***

**There is no path to peace, peace is the path. *(Mahatma Gandhi)***

**The peace of God is everything I want. The peace of God is my one goal; the aim of all my living here, the end I seek, my purpose and my function and my life, while I abide where I am not at home. *(A Course In Miracles Workbook, p. 380)***

**Star Peace, not Star Wars is needed to avert nuclear apocalypse. *(Mikhail S. Gorbachev)***

**Do not seek to have everything that happens happen as you wish, but wish for everything to happen as it actually does happen, and your life will be serene. *(Epictetus)***

**When the power of love overcomes the love of power, the world will know peace. *(Jimi Hendrix)***

**Peace is a situation that is not made at the council tables, but in the hearts of men. *(Herbert Hoover)***

**You can’t hug children with nuclear arms. *(Bumper sticker)***

**It's not the situation that's causing your stress, it's your thoughts, and you can change that right here and now. You can choose to be peaceful right here and now. Peace is a choice, and it has nothing to do with what other people do or think. *(Gerald G. Jampolsky, M.D.)***

**Peace without justice is tyranny. *(William Allen White)***

**If this world can never have peace without justice, our prospects for peace are not very bright. *(Ashleigh Brilliant, in Pot-Shots)***

**First keep the peace within yourself, then you can also bring peace to others. *(Thomas A Kempis)***

**What kind of peace do we seek? Not a Pax Americana enforced on the world by American weapons of war. Not the peace of the grave or the security of the slave. I am talking about genuine peace, the kind of peace that makes life on earth worth living, the kind that enables men and nations to grow and to hope and to build a better life for their children. Not merely peace for Americans but peace for all men and women; not merely peace in our time, but peace for all time. *(John F. Kennedy)***

**One day we must come to see that peace is not merely a distant goal we seek but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means. *(Martin Luther King Jr.)***

**To know the peace of God is to lack for nothing. To have this peace within your heart is to have everything. *(Donna Miesbach, in Unity magazine)***

**No leader or prophet could win the public without certain promises of change in the social and political order because in countries where persecution and injustice prevail, people always look to a leader to bring peace. *(George M. Lamsa, in Gospel Light, p. 82)***

**If everyone demanded peace instead of another television set, then there'd be peace. *(John Lennon)***

**There is a serenity that comes from being self-sufficient and feeling complete, whole, and satisfied with myself and what I’m doing. It is my contention that all of the other good things we endeavor to provide for ourselves, including sound nutrition, daily exercise, vitamin supplements, material wealth, etc., will be of reduced value unless we learn to live in harmony with ourselves, which means knowing ourselves and finding peace in our own company. This peace is a natural occurrence of spending time alone. *(Susan Smith Jones, in New Realities magazine)***

**Peace-making is not a thing you have to do in the world around you. In the most dramatic way, the world around you will be changed “in the twinkling of an eye” as you change. An electric light doesn’t have to go out into the room and try to sweep away the darkness. When the light is turned on, the light radiates and the darkness disappears. It is as simple as that -- but it is not easy. *(Dr. Eric Butterworth, in Discover the Power Within You, p. 70)***

**If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner. *(Nelson Mandela, in Long Walk to Freedom)***

**Of one thing I am certain, the body is not the measure of healing – peace is the measure. (George Melton)**

**A reader suggests, “If you want peace of mind, you have to learn there's almost nothing in this world that can't be ignored.” *(L. M. Boyd)***

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**I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there. *(Mother Teresa)***

**What can you do to promote world peace? Go home and love your family. *(Mother Teresa)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*When you make your peace with authority, you become authority. *(Jim Morrison, rock singer)***

**I would rather have peace of mind, than give someone a piece of my mind. *(Jon Mundy)***

**Nuclear weapons have made war obsolete as a means of resolving conflicts between great powers. In the nuclear age, our goal must be peace. But perfect peace – a world without conflict – is an illusion. It has never existed and will never exist. Real peace is not an end to conflict but a means to living with conflict. *(Richard Nixon, in Victory Without War)***

**Those who are at war with others are not at peace with themselves. *(William Hazlitt)***

**The great expert on international questions, Sir Alfred Zimmern, was one day walking with a friend in a garden at Oxford University. The friend asked: “What in your opinion, is the greatest obstacle between us and the building of enduring world peace?” Sir Alfred answered immediately: “The small-scale individual.” *(Gerald Kennedy, in Pulpit Digest)***

**A peaceful man does more good than a learned one. *(Pope John XXIII)***

**Peace is not just the absence of war. Like a cathedral, peace must be constructed patiently and with unshakable faith*. (Pope John Paul II)***

**Pray for harmony and peace, pray that violence will cease; May we daily plant “peace” seeds through our caring words and deeds. *(William Arthur Ward)***

**Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means. *(Ronald Reagan)***

**When you have peace, you are able to receive your good. If you are in inner turmoil, you will close the door. *(Jack E. Addington)***

**Would we recognize peace if it all of a sudden “broke out?” Do we even know what peace is, or is its definition totally based on individual perception. So, it would seem that in the desire for planetary peace, one needs first to seek it in his own individual world. We must take the light into our own darkness and clear away those things which deny us our inner peace. *(Sandra Radhoff, in Spectrum)***

**Without repentance those who have created peace through their power imagine that they have created pure peace: and suffer from the delusion that the enemies of their peace are God's enemies. *(Reinhold Niebuhr, in Beyond Tragedy)***

**If you want peace of mind, resign as general manager of the universe. *(Walter Lippmann)***

**Among individuals, as among nations, peace is the respect of others' rights. *(Benito Juarez, Mexican statesman)***

**The more you sweat in peace, the less you bleed in war. *(Admiral Hyman Rickover, USN)***

**The road to Peace goes through a difficult territory called Trust and Forgiveness. *(Ashleigh Brilliant, in Pot-Shots)***

**It isn’t enough to talk about peace. One must believe in it. And it isn’t enough to believe in it. One must work at it. *(Eleanor Roosevelt)***

**Nuclear weapons: may they rust in peace. *(Bumper sticker)***

**Sign on door at State Farm Insurance in Bloomington, Illinois, on days when there is no bad weather: “Rust In Peace.” (Suggested by State Farmer). *(Bill Flick, 1997)***

**The machines of war, may they rust in peace forever. *(Glenn Mosley)***

**A calm sea does not make a skilled sailor. *(African proverb)***

**Peace begins with a smile -- smile five times a day at someone you really don't want to smile at . . . do it for peace. *(Mother Teresa)***

**If man does find the solution for world peace, it will be the most revolutionary reversal of his record we have ever known. *(George C. Marshall)***

**Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice. *(Baruch Spinoza)***

**The Holy Spirit uses several spiritual markers to indicate and confirm His will. The first one is the marker of peace. *(Charles Stanley)***

**You believe that if you had more time, you would have more peace. But it's the other way around; if you had more peace, you would have more time. Creating more time is not logistical, but attitudinal. (*Alan Cohen)***

**It is understanding that gives us an ability to have peace. When we understand the other fellow's viewpoint, and he understands ours, then we can sit down and work out our differences. *(Harry Truman)***

**If you want peace, don't talk to your friends. Talk to your enemies. *(Desmond Tutu)***

**Peace comes not from doing, but from undoing; not from getting, but from letting go. *(Dean Ornish, in Yoga International magazine)***

**A peace which depends upon fear is nothing but a suppressed war. *(Henry Van Dyke)***

**The Voice for God is always quiet, because it speaks of peace. Peace is stronger than war because it heals. War is division, not increase. No one gains from strife. *(A Course In Miracles)***

**We have war when at least one of the parties to a conflict wants something more than it wants peace. *(Jeane J. Kirkpatrick)***

**Peace is not a season; it is a way of life. *(Abbey Press)***

**There is no way to peace -- peace is the way. *(A. J. Muste)***

**Peace is not God's gift to his creatures. It is our gift -- to each other. *(Elie Wiesel, in New York Times)***

**Ask not that events should happen as you will, but let your will be that events should happen as they do, and you shall have peace. *(Epictetus)***

**When a person finds no peace within, it is useless to seek it elsewhere. *(Bits & Pieces)***

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