

# The Peace Memo

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February, 2012

## Off and Running

I don't know how 2012 has started for you, but here things are simply chaotic. Family trips, computers parts that won't function as a whole, a constipated goldfish, and myriad tasks that take longer than one thinks they should. To top it all off, the computer in use managed to lose the entire newsletter, just as it was nearing completion.

This issue was planned as a bit of a respite. We take a break from war and economic strife to look at foundations for peacebuilding. Webmaster and Master Proofreader, Ralph Hubbard, introduces *Living in Peace*, an organization that offers ways to develop inner peace. Only if the individual is at peace can s/he work to spread peace. We excerpt articles on collective sanity, the future of peaceful demonstrations, and a healthy role for religion in public life. We've gathered quotes from diverse sources that encourage us to look inward and find our strength.

As ever, we are looking for news of events from all over. Not only does it inform readers of nearby opportunities, it provides tremendous support by letting us know what our colleagues are doing. So please send stories and calendar items to the [editor](#).

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## Living in Peace

By Ralph Hubbard

Lao-tse, a 6th century BC Chinese philosopher, reputedly thought to be the founder of Taoism, once said,

*“If there is to be peace in the world,  
There must be peace in the nations.  
If there is to be peace in the nations,  
There must be peace in the cities.  
If there is to be peace in the cities,  
There must be peace between neighbors.  
If there is to be peace between neighbors,  
There must be peace in the home.  
If there is to be peace in the home,  
There must be peace in the heart.”*

In more recent times, Samdech Preah Maha Ghosananda, a Buddhist monk who passed from this life in March, 2007, and was thought by many to be the Gandhi of Cambodia, had this to say when talking about the suffering of the Cambodian people.

*“The suffering of Cambodia has been deep.  
From this suffering comes great  
Compassion.  
Great Compassion makes a Peaceful Heart.  
A peaceful Heart makes a Peaceful Person.  
A Peaceful Person makes a Peaceful  
Community.  
A Peaceful Community makes a Peaceful  
Nation.  
And a Peaceful Nation makes a Peaceful  
World.  
May all beings live in Happiness and  
Peace.”*

As the founder of the non-profit *Living in Peace* organization I believe there are certain concepts or universal truths about human life that, if understood and practiced, can lead to more personal inner peace and ultimately a more



peaceful world. Making these truths become common knowledge among all people is the mission of *Living in Peace* so that we will have a more peaceful world.

The *Living in Peace* motto is, “*Inner Peace is the beginning of World Peace*”.

We certainly don't claim to have invented or discovered these concepts or universal truths, for there have been many gifted and brilliant thinkers in the areas of psychology and spirituality, who over time have contributed to the body of knowledge about these concepts and helped our understanding of them. What we have done is try to list them as easily understood concepts.

## **Universal Truths that *Living in Peace* Wants to Make Common Knowledge in the World**

1. Our emotions and feelings are not caused by the events in our lives, but rather by the mind's *interpretation* of those events.
2. We can learn to hear our mind's interpretation of events and thereby learn to catch or intercept the reaction of undesirable emotions and feelings.
3. Most of what our minds say to us when interpreting events is either false or questionable, because at a very early age our minds decided how life, people, and events were. Beliefs, expectations, and judgments were then set in place that often were not based on facts or reality and do not serve us as adults.
4. Consciously telling the truth to ourselves about our mind's interpretations of events, and then choosing a new path based on this truth, is one of the easiest ways to maintain inner peace.

5. Our self-worth is not dependent upon anything external to us. We have it because we are.
6. People hold on to resentments because there is an illusion that we get something for doing so.
7. There is great cost to us and to society for holding on to our resentments.
8. Forgiving someone or something that we hold resentment toward does not mean we are saying it is OK that they did what we are resenting them for. It simply means that we will no longer hold ill will toward them.
9. Forgiveness is something that we do for ourselves and not necessarily something we are doing for those we have resented.
10. Self-forgiveness is an important step toward inner peace.
11. A peaceful soul does not hold anger, resentment, intolerance, or prejudice.
12. In every event in life there is an opportunity for growth and a chance to get closer to that which sources us.
13. Having inner peace is a choice and every time we find ourselves out of sync with an intention of living in peace, we have a choice of how we want to live.
14. There is great power in our thoughts and we attract to us what we think.

If you maintain your inner peace through understanding these concepts and practicing them, then you will find that it is easier to be who you truly are as a person without all the dramas that people can run trying to be what they think they should be or how they think other people think they should be. You can be your authentic self making it easier for others to



be in relationship with you and conversely others who maintain their own inner peace are easier for you to have and maintain satisfying relationships with.

These universal truths or concepts are certainly not all inclusive and some readers might not even agree with all of them, but for most people they are a good start to help anyone be able to understand themselves and others better and have more inner peace. Your feedback is welcome at [ralph@livinginpeace.org](mailto:ralph@livinginpeace.org). Read more at [www.livinginpeace.org](http://www.livinginpeace.org).

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Please consider supporting our work in ways that are appropriate to your location and means. We would love to have more willing hands. Check the calendar for meetings and events in Knoxville. If you buy books online, please consider ordering, through [our portal](#), from Powell's, an independent bookseller in Portland, Oregon whose prices and service are competitive with Amazon's. We get a small percentage of sales completed through this link.

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## Peace Perspectives

Bahá'í: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."--Bahá'u'lláh

Buddhism: "This is peace, this is the excellent, namely the calm of all the impulses, the casting out of all basis, the extinction of craving, dispassion, stopping,"--Nirvana. Anguttara Nikaya v.322

"As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness."--Dalai Lama (Head of the Dge-lugs-pa order of Tibetan Buddhists)

Christianity: "Our peace and confidence are to be found not in our empirical holiness, not in our progress toward perfection, but in the alien righteousness of Jesus Christ that covers our sinfulness and alone makes us acceptable before a holy God."--Donald Bloesch

"A great many people are trying to make peace, but that has already been done. God has not left it for us to do; all we have to do is enter into it."--Dwight L. Moody

Confucianism: The Master said, "In the morning, hear the Way; in the evening, die content!"--Analects 4.8

Hinduism: The Lord lives in the heart of every creature. He turns them round and round upon the wheel of Maya. Take refuge utterly in Him. By his grace you will find

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supreme peace, and the state which is beyond all change.

“The poor long for riches, the rich long for heaven, but the wise long for a state of tranquility.”--Swami Rama

**Jainism:** Eternal peace is the primary state as well as the ultimate goal of soul. Peace is an internal aspect of mind as well as external aspect of the individual, family, society, nation, the world and indeed the whole universe; The internal peace of mind and external peace in the world are two different things; in the absolute sense, they are independent of each other but in practice they are inter-related as well.

**Islam:** A Muslim is one who surrenders to the will of Allah and is an establisher of peace (while Islam means establishment of peace, Muslim means one who establishes peace through his actions and conduct).

**Judaism:** The whole of the Torah is for the purpose of promoting peace. (no source cited)

**Native American:** "Peace...comes within the souls of men when they realize their relationship, their openness, with the universe and all its powers and when they realize that at the center of the universe dwells Wakan-Tanka, and that this center is really everywhere, it is within each of us."-- From The Sacred Pipe, by Black Elk, Lakota Sioux Medicine Man  
**Sikhism:** “If a man sings of God and hears of Him,| And lets love of God sprout within him,| All his sorrows shall vanish,| And in his mind, God will bestow abiding peace.”--Adi Granth, Japuji 5, M.1, p. 2

**Taoism:** “Freedom from desire leads to inner peace.”-- Lao Tse

"This is the way of peace:  
Overcome evil with good,  
and falsehood with truth,  
and hatred with love."

--[Peace Pilgrim](#) (1908-1981)

“Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions.”--Gerald Jampolsky quotes (American psychiatrist)

“A smile is the beginning of peace.”--Mother Teresa

“Peace is not merely a distant goal that we seek but a means by which we arrive at that goal.”-- Martin Luther King, Jr

“It isn't enough to talk about peace, one must believe it. And it isn't enough to believe in it, one must work for it.”--Eleanor Roosevelt

“He who lives in harmony with himself lives in harmony with the world.”-- Marcus Aurelius, Roman Emperor, C.E. 161 - 180

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## Social Psychosis and Collective Sanity

by [Winslow Myers](#)

We know from the sad experience of Nazi Germany or Khmer Rouge Cambodia that it is possible for whole nations to become mentally ill, with horrendous consequences. At the time, however, the Nazis or the Khmers had no idea that they were deeply out of touch with the reality that all people are equally worthy of respect and care. ...

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No previous generation has had to make prospective judgments about what they needed to change or sacrifice to ensure the distant future for the entire human species.

Few of our national figures are leading on such issues. Instead, the value-ideal of consumerist economic prosperity built upon models of endless growth continues to dominate the marketplace of ideas and determine the criteria for political success.

*Find the whole article at*  
<http://www.commondreams.org/view/2011/11/10-8>

## Is Anonymous our future?

by [Nathan Schneider](#)

The more I learn about Anonymous, especially in light of the offline, on-the-ground praxis of the Occupy movement, the more I've been wondering whether we're seeing a glimpse of the future for all of us. ...

As Mary King has so [often](#) pointed [out](#) in her [columns](#) on Waging Nonviolence, the form that a resistance movement takes has a big effect on the society that emerges after it, especially if the movement has some amount of success. The preoccupation with process and internal culture in both Anonymous and the Occupy movement, therefore, has justifiably high stakes. With that in mind, in [a new essay on the Harper's website](#), I try to extrapolate from texts approved by various Occupy assemblies what a post-revolutionary Planet Occupy might look like.

I see no quick-and-easy legislative, executive, or judicial patches for the problems which the movement means to confront. I've come to think, instead, that the movement's lasting contribution could be something substantially more ambitious: a wholesale rethinking of

political life, more akin to the promulgation of revolutionary France's Declaration of the Rights of Man and of the Citizen than, say, the introduction of a financial-transaction tax or the revocation of the Supreme Court's *Citizens United* decision.

*Find the whole article at*  
<http://wagingnonviolence.org/2012/01/is-anonymous-our-future/>

## Prophetic Politics: Charting a Healthy Role for Religion in Public Life

Does God take sides in the elections? Is there a voters' guide hiding in our holy books? Should we pray for electoral inspiration?

Secular people tend to answer an emphatic "NO" to those questions, as do most progressive religious folk. Because religious fundamentalists so often present an easy-to-caricature version of faith-based politics -- even to the point of implying that God would want us to vote for certain candidates -- it's tempting to want to banish all talk of the divine from political life. ...

Do we owe loyalty to a nation-state? Under what conditions, if any, is the taking of a human life justified? What is the appropriate relationship of human beings to the larger living world?

These basic moral/spiritual questions underlie everyone's politics, and our answers are shaped by the philosophical and/or theological systems in which we find inspiration and insight. Since everyone's political positions reflect their foundational commitments, it doesn't seem fair to say that those grounded in a secular philosophy can draw on their traditions, but people whose political outlooks are rooted in religion have to mute themselves.

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Rather than trying to bracket religion out of politics, we should be discussing how religious traditions can play a role in a healthy politics, and one productive place to start in the context of the Christian tradition is [Walter Brueggemann's](#) new book, [The Practice of Prophetic Imagination: Preaching an Emancipatory Word.](#)

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## The Sparrow Sings

December, 2011

The beginning is near!

One of the headlines in a recent edition of the *Milwaukee Journal Sentinel* dealt with fraud committed by some food stamp recipients. It may be true that about 1% of the recipients take advantage of the program, but it neglects the biggest culprits of fraud in our society. There are 37 corporations that currently pay no income taxes, not because they are war tax resisters or because they want to share their money with others. No, they do it because they will never have enough for themselves. They find the loopholes in the system or store their money outside of the country. Then there is the Pentagon which, according to former Secretary of Defense Donald Rumsfeld, cannot account for over \$2.3 trillion of taxpayer money. The sacred cows in our country, the 37 corporations and the U.S. military, are seldom made accountable for their fraudulent ways. No one in Congress or the White House is going to bite the hand that feeds his or her political campaign. As usual, the ones who are blamed most for taking advantage of the taxpayer are the poor and disenfranchised while nothing much is said

about the biggest culprits. The economy is not weak because of the poor, the unemployed, the mentally ill, the homeless and the refugees. The economy is weak because greed has eaten away the very fabric of our society. Those who have the most want more from the less fortunate and needy. The more they have the more they want. The reason you will not read about this in a major newspaper or hear it on the network news is that these media sources are run by the very same corporations who are guilty of the problem with the economy. As Christ and many others after Him have told us, we must learn to be nonviolent, which entails loving one's neighbor and being willing to suffer so that his or her neighbor may have what she or he needs to survive.--Don Timmerman

“One must be a revolutionary before one can be a pacifist.” ----A.J. Muste

“Power at its best is love implementing the demands of justice. Justice at its best is love correcting everything that stands against love.”--Dr. Martin Luther King Jr.

### INTERESTING FACTS

Some 30 companies paid their lobbyists more than they paid in taxes.--Truthdig, 12/18/11

President Obama reads 10 letters a day from Americans with 7 staffers in the Correspondence Office selecting which of the 11,000 letters received each day are read.

About 1/3 of the budget for the Veterans Health Administration is devoted to veterans with mental-health or addictions problems.

It is estimated that 5,000,000 tons of debris from the Japanese earthquake will arrive on the shores of the West Coast of the U.S. by Oct., 2013.

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The village of Feldheim, Germany with 37 homes and farm buildings runs totally on renewable energy alone. ----Milwaukee Journal Sentinel, 1/2/12

Bradley Manning has been imprisoned for 19 months without a trial. He now faces the death penalty while the criminals exposed by Wikileaks suffer no consequences. "Despite the military's mantra of having the best legal system in the world, the past treatment of Manning ... have added to the low points of Abu Gharib and Guantanamo in the history of military 'justice.'"--Ann Wright, 29-year veteran of the U.S. military

In 1947 President Truman pardoned 1,523 of the 15,805 WWII draft resisters.--War Resisters League

[The Case For Withdrawal From Afghanistan](#) edited by Nick Turse details the ravages of three decades of warfare here in Afghanistan. People living here have suffered the loss of an estimated two million people killed in the wars. 850 children die every day because of disease and hunger.--Kathy Kelly of the Voices of Creative Nonviolence

As many as 139 countries no longer impose the death penalty. Membership in the European Union is open only to countries that have no death penalty. In December of 2012 the U.N. General Assembly will be voting on an unprecedented resolution to urge the worldwide abolition of the death penalty.--WorldPress.com

The U.S., with 300 million people, gives \$23.5 billion in non-military aid to developing countries. The next 4 richest countries, with 333 million people, give \$44.7 billion.--Yes magazine, 5/22/08

The American Paradox: 18.5 million vacant houses and 3.5 million homeless. ----Human Rights Now

NOTES FROM 21ST STREET: It is a cold day in January. I am watching the sparrows at the bird feeder. The seeds are low. The birds are upset with one another, more want to be on the rim that still has bird seed available. I will fill the bird feeder, and many more birds will be able to eat at one time. It is an easy problem to solve when I have enough seed. Many resources humans use cannot be replenished so easily. To supply others in need we will have to use less and modify our lives. The Nature Conservancy calendar gave a way to help others. "By eating more veggies and less meat you'll not only be healthier, our planet will be too. Livestock generates more greenhouse gas emissions than all the planes, trains and automobiles." John Robbins adds more info on the topic. He states that it takes 16 pounds of grain to produce a pound of feedlot beef. It takes only 1 pound of grain to produce a pound of bread. So as we enter the new year perhaps we can eat more veggies and less meat. It is one simply, healthy way to help others and our Mother Earth.  
Peace, Roberta

THE SPARROW SINGS  
Don and Roberta  
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Source of this month's separator graphic:  
[http://chineseculture.about.com/library/symbol/blcc\\_inner\\_peace.htm](http://chineseculture.about.com/library/symbol/blcc_inner_peace.htm)

Pronunciation using Chinese Pinyin: nei4 xin1 ping2 jing4

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## **MARK YOUR CALENDAR!**

When	Who	What	Where	Details
2 <sup>nd</sup> Sunday of each month	<a href="#">PIET</a>	Planning meeting	<a href="#">Church of the Savior</a> 934 Weisgarber Rd. Knoxville, TN	
Feb 28, 7-9 PM	<a href="#">Jeff Sharlet</a> , Mellon Assistant Professor of English Dartmouth College, Hanover, NH	<b>Second Annual David L. Dungan Memorial Lecture</b>	Cox Auditorium, Alumni Memorial Building University of TN Knoxville, TN	<i>The Noise of Democracy: Faith, Faithlessness, and the Country In Between</i>  <b>** Please use link below for more information and directions to the lecture</b>
	<b>YOUR</b>	<b>NEWS</b>	<b>ITEM</b>	<b>HERE !!</b>

\*\* <https://www.facebook.com/events/337364316303220/>