

WHAT IS PEACE?

From *The Peace Book: 108 Simple Ways to Create a More Peaceful World*,
By Louise Diamond, Third Edition, pages XVIII-XIX

Peace is more than the absence of war, violence, or conflict, though that is an important first step. Peace is a presence—the presence of connection.

Inner peace is about connection with our true and natural self, and a sense of being part of something larger. This connection gives rise to serenity, balance, and a feeling of well-being.

Peace with others is about our connection with the open heart, through which we remember our shared humanness. This brings us to the practice of conflict resolution, forgiveness, and reconciliation.

Peace in our communities and in the world requires a connection to respect for our multiple differences, and for the right of all people to justice, freedom, and dignity. This leads to trust, community, and co-existence.

Peace is a state of mind and a path of action. It is a concept, a goal, an experience, a path. Peace is an ideal. It is both intangible and concrete, complex and simple, exciting and calming. Peace is personal and political; it is spiritual and practical, local and global. It is a process and an outcome, and above all a way of being.

Ultimately, peace is about the quality of our relationships—with ourselves and with others. How can we live together, in the smallest individual and family units and in the largest networks of peoples and nations, in ways that honor who we are as dignified human beings?