

Peace Could Happen

I believe that if all human beings realized that we are on the same team, and if we all just started treating each other with the compassion, understanding and acceptance with which we would each choose to be treated, peace could happen! Hey, isn't that a basic "Religious" principle? You know - the one that most "Religious" people TALK about but do not actually DO!

Smiling at others is not difficult! Saying a friendly hello to everybody is easy! Make eye contact and truly connect with the people around you. Communicating openly and honestly and kindly, cooperating with others, anticipating the needs of the people you live and work with and arranging your work to complement the work of others, would promote peace and happiness, in our own lives, and the lives of those around us.

I do not believe judgment is our job. I believe our job is to treat everybody we meet, every minute of the day, as if that person was our self! OK, so maybe it would be easier if we all looked and dressed and behaved the same, believed the same things and spoke the same language! However, it would be Boring! Where would be the challenge? Where would be the lesson?

Try it. The difference in your life, and therefore the lives of those around you, will be miraculous.

I am a happy friendly person. I cooperate with others so they cooperate with me. I treat others with kindness, helpfulness, honesty and fairness and doing so makes ME feel good. My interaction with other people is usually pleasant as they treat me with the same courtesy.

I truly do not understand the folks I run into who seem to want to cause strife and discontent in their lives and the lives of others. I feel sorry for them, because of what I know that they are missing. Their words and actions may hurt my feelings, but they cannot hurt my spirit. My spirit only hurts if I react and try to hurt them back, so I just do not do that.

I simply choose not to be around negative, uncooperative people. There is always a way to work around a negative person instead of banging heads with them. Find another person to help you or find another way to do what you have to do. Limit your contact and keep it on an impersonal, professional level. Do not fight with them. The conflict will just keep escalating, and you do not teach peace by practicing war.

People teach and learn by example. If you practice peace, you will keep learning to do it better and better and, by your example, you will show others that there is a happier way to be.

It seems to me that if we all practice peace daily with our family, friends, co-workers and every person we come in contact with, we will soon learn to do it easily and naturally and as our only course of action. As those friends, family, co-workers and others see how happy we become and realize how much more peaceful and relaxed our lives are, they will understand that there is a better way to be. They will start

responding to us in kind and as it becomes their natural behavior, they will extend it out to others.

Do you see the pattern here?

My Goodness, peace really could break out all over the planet. It could - and should - start with us!

...I have to add a postscript. I wrote this article this morning in a hotel room in Philadelphia, and then I went out to lunch. While standing on the sidewalk outside the hotel, I practiced smiling and speaking to people passing by. I realized how different and more difficult the "making eye contact" part is, in a city.

In our small town, people are not nearly as isolated from those surrounding them as the Philadelphians. Folks here seemed "conditioned" to avoid eye contact. Even though I was standing there looking relaxed and happy, (and like the unsophisticated farm girl, I am) they looked away as soon as I looked toward them, before they could catch my smile.

Therefore, we may have to work a little harder sometimes but it will prepare us for the more difficult task of winning over those conditioned to hate us. Do not give up! Anything as important as peace is worth working for.

Patricia Kenworthy

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