

## Suggestions for Daily “Words of Peace”

A smile is the beginning of peace.

- *Mother Teresa*

It matters not who you love, where you love, why you love, when you love, or how you love, It matters only that You love.

--*John Lennon*

Peace is not merely a distant goal that we seek but a means by which we arrive at that goal.

- *Martin Luther King, Jr.*

If you wish to experience peace, provide peace for another. If you wish to know that you are safe, cause another to know that they are safe. If you wish to better understand seemingly incomprehensible things, help another to better understand. If you wish to heal your own sadness or anger, seek to heal the sadness or anger of another.

--*Dalai Lama*

You can't shake hands with a clenched fist.

-- *Indira Gandhi\**

I will permit no man to narrow and degrade my soul by making me hate him.

-- *Booker T. Washington*

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*

Those who are at war with others are not at peace with themselves.

- *William Hazlett*

We cannot change the past, but we can change our attitude toward it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility. Exchange love for hate --- thereby, making the present comfortable and the future promising.

- *Maya Angelou*

The best way of avenging thyself is not to become like the wrong-doer.

- *Marcus Aurelius Antonius*

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.

- *Pearl S. Buck*

