



TESS Newsletter

Accordance to Article 7  
Section 3 of its Constitution

No. 10 of 21st July 2014  
Episode 108

“ Turning Possibilities into Realities ”

## Building a Global Movement for Change [UNSG]: The Promise (part 40)



**"Working Hard at Working Smart" (part LI)**

# The Quest for Peace



**"Without an integrated understanding of life, our individual and collective problems will only deepen and extend. The purpose of education is not to produce mere scholars, technicians and job hunters, but integrate men and women who are free of fear; For only between such human beings can there be enduring peace."**

Jiddu Krishnamurti, 12 May 1895 - 17 February 1986,  
Speaker and Write, Philosophical and Spiritual subjects.

## The future we want: The Promise: The Force Beyond

# How is Peace achieved? One soul at a time

Source: World Peace Newsletter.com

**The greatest thing in life is internal peace, external peace and global peace!**

**Peace is the key ingredient to Happiness.**

**Peace within means peace without.**

**Learn Peace - Teach Peace - Share Peace!**

**Be the change you wish to see in the world.**

**Peace starts from within!**

**A change in perception leads to a change in attitude,  
which leads to a change in behavior, which leads to a change in the world.**

**Life's what you make it!**

- Peace is not merely the absence of war and hatred (negative peace / cold war) but also the presence of cooperation, compassion and worldwide justice (positive peace / hot peace).
- The means we use to reach our ends are *extremely* important. Hopefully your "means" are kindness-centered and non-destructive. Often (possibly always) being kind is more important than proving you are right. When it is critical that you prove your point, remember to intertwine wisdom with compassion. Recent events would suggest that the human race is failing to learn that change can be achieved more effectively by peaceful means than by negative, destructive and hateful means.

**Do you believe that “Peace for All and All Peace” has a chance to create Peace on Earth?  
Are you a Prince or a Princess of Peace?**

There are many ways to promote peace in the world but perhaps the best way is to promote it within

ourselves. Peace is a gradual and wonderful event that occurs because compassionate people are inspired to help others discover the joy of peace! Helping others also has the direct effect of increasing our personal peace and well-being, but this is merely one of the *many* bonuses that come from sharing our kindness with our fellow human beings. Did we mention that it is better to give than to receive? :)

Peace, like reading, writing, mathematics, drawing, emotional intelligence and enlightenment ("understanding/comprehension/compassion/meditation/intuition"), are learned skills that improve our knowledge, maturity, health, happiness and longevity. **Peace is probably the most important lesson we should learn during our lives and the sooner the better.** The advent of the world wide web may just provide the boost in knowledge, wisdom & peace humankind has been waiting for. Improved communication may be the difference between extinction and survival. Through knowledge, Peace will evolve. Knowledge is power. Knowledge combined with Enlightenment leads to wisdom. *Wisdom is Peace!*

Blessed are the peacemakers (those actively working to reconcile alienated persons) for they shall be called the children of God.

We believe that every person ought to have the opportunity to find peace. That being said, who are the ones who are most likely in the position to help those who cry out for help? Probably those who have already found peace and have the resources to reach out to those in need. **Now that we are truly a global village, it may be more important than any time in human history that we really become our brother's keeper.** Please help in any way you can. The rewards to the entire world will be almost unimaginable. (Paradise on Earth?) Peace be with you!

## Peace Building

Peace Definition - created by the  
WorldPeaceNewsletter FaceBook  
community - October 2011

**Peace is a vastly greater concept than the lack of war, violence, poverty and inner turmoil. Peace is the combination of bodily peace, family peace, local peace, national peace, inner peace and world peace.**

Accordingly, true peace must begin with food, water, vitamins, nutrition and medical care for both rich and poor alike. Next, peace training starts with the family and in our education systems. Peace needs to surround us in the form of local safety and security which is best achieved through communication and negotiation with neighbors to attain mutual trust and respect for one another. Governments and state leaders can assist in the peace process by creating and encouraging/enforcing moral and ethical standards, thus promoting justice, liberty, freedom, ethnic and religious tolerance, and constructive relations with all nations.

Inner peace may be the most important key to peace because through love (both of self and the world), faith, meditation, self-esteem, compassion, hope, kindness, gratitude and wisdom (self-cultivation), peace will spread to those around you. World peace is achieved by combining all the "peaces" together to

create hot peace (as opposed to cold war). **Hot peace** is the absolute presence of worldwide justice, freedom, cooperation, negotiation (working with both friends and enemies), education, mutual respect, sharing, compassion, kindness, happiness, joy, equanimity, human dignity and harmony with nature, animals and mother earth. World Peace is merely an unsolved puzzle waiting for loving people to put the "peaces" together. Through love, World Peace not only becomes possible, peace becomes probable.

The benefits of human beings working together to create peace for all, will be reduced poverty, crime, war, hate, injustice, pollution, etc. The true benefit is living in a world where love, caring and compassion become the standard in this beautiful planet.

**In any journey we choose to undertake we must take the first step and shortly thereafter the next steps become obvious. Without the first step, the tenth and twentieth steps never become reality and we have no possibility of reaching our destination.**

- "There is always great uncertainty when you don't know how to begin and you seem perpetually caught up in the stream of life. If you speak in terms of the person on the street they don't seem to have a chance because they are never really able to look inwards; unless perhaps they read books on the subject." "In fact, no one is excluded and all beings are candidates for Bodhisattvahood, anyone can become an awakened person." - Chogyam Trungpa Rinpoche
- Yes, sometimes the first steps may lead nowhere but as Thomas Edison wrote "I learned 99 ways not to make a light bulb". He understood that both difficulty and perseverance were necessary components in the effort to reach a worthwhile goal.

May Peace be with us all always...

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**The journey continues...**