

Peace Talk!

Your Role as a Peacemaker

Peace Activities: To reflect and be mindful of each opportunity to demonstrate inner and outer peace

1. **Mindfulness of Others Exercise:** When we have calm and peaceful thoughts inside, we feel good. When people are quiet and calm, it is a way to listen to God. Find a quiet place to sit comfortably on the floor or with your feet on the floor. Relax your muscles. Close your eyes. Breathe in slowly. Let the breath out calmly through your nose. Feel the warm air. Try not to think about anything else. Once you have 'the peaceful feeling', do this guided imagery. You can do this alone or with others.

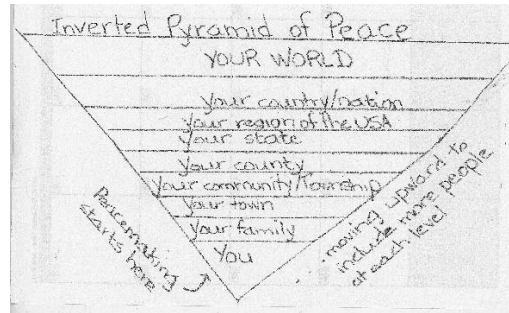
Imagine a room full of warm golden light. You can think of it being in front of you or even inside you. Think of somebody you love there in the room, shining in the beautiful light. Think of them in a loving, happy way. Is there something you could do to help them or make them feel good? Keep them in the room. Don't hurry. When you are ready, let them leave the room, and let someone else come in. Repeat the thoughts about how you can be a helpful peacemaker and loving person to each person you bring into the room filled with warm light.

2. **The Attention of a Frog Exercise:** A frog is a remarkable creature. It is capable of enormous leaps, but it can also sit very, very still. Although it is aware of everything that happens in and around it, the frog tends not to react right away. The frog sits still and breathes, preserving its energy instead of getting carried away by all the ideas that keep popping into its head. The frog sits very, very still while it breathes. Its frog tummy rises a bit and falls again. Rises and falls. You can do this too. You need mindful attention. Attention to your breath. Attention and peace and quiet to stay calm.



3. **Inverted Pyramid of Peacemaking**

Use this chart to discover how one simple peacemaking action on your part can affect people and the earth in other sections. Collectively, we CAN change the world.



Here is an example of how this works:

1. First, I shop for and contribute a toy for a child at Nemours Hospital (The service project of our Youth Quaker Education classes).
2. My family supports me in this action, as does Gwynedd Friends Meeting (my community).
3. This action, combined with other Meeting members and attenders who contribute, is effective at the county and state level. It helps make a hospital stay less scary, more friendly. It lets children know that others in the wider community care about them.
4. This action also affects the staff who work at Nemours Hospital and the parents of the children who are in the hospital (wider community). They feel happy that the children have toys to distract them from their worry or discomfort.
5. One toy—lots of goodness added to the world. That one kind action—the purchase and gift of a toy—moved from an individual act, to the family, community, county/state. Kindness and peace spread far and wide!!

May Peace Prevail on Earth (activities related to Gwynedd Friends' Peace Pole)

Resource: Peaceful Inside by John Lampen

Sitting Still Like a Frog: Mindfulness Exercises for Kids and their Parents by Eline Snel