



A Minute for Peace Quotes (2nd Edition)

Collected by the Rotary Club of Georgetown, Texas, Racial Unity and Peacebuilding Committee

1. "People must learn to hate, and if they can learn to hate, they can be taught to love." — Nelson Mandela
2. "Be sweet and grateful for everything. Share your emotions to someone you love."
— Cooper Elementary Student
3. "For though my faith is not yours and your faith is not mine, if we are each free to light our own flame, together we can banish some of the darkness of the world."
— Rabbi Lord Jonathan Sacks
4. "We cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life." — Pope Francis
5. "We haven't stopped nursing the silent secret that our own lives, the lives of our loved ones and the lives of those who are 'like us' are more precious than those of the rest of the world." — Ronald Rolheiser
6. "If we do not work for individual transformation, talking about world peace is just entertainment." — Sadhguru
7. "From the equality of rights springs the identity of our highest interests; you cannot subvert your neighbor's rights without striking a dangerous blow to your own." — Carl Schurz
8. "True peace is not merely the absence of war, it is the presence of justice." — Jane Addams
9. "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." — Desmond Tutu

10. "It is certain, in any case, that ignorance, allied with power, is the most ferocious enemy justice can have." — James Baldwin
11. "The world is too small for anything but brotherhood." — Arthur Powell Davies
12. "Peace is such hard work. Harder than war. It takes way more effort to forgive than to kill." — Rae Carson
13. "Our goal must not be to seek peace in our lifetime, but peace for all time." — Spirit Science
14. "Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace." — Dwight D. Eisenhower
15. "While you are proclaiming peace with your lips, be careful to have it even more fully in your heart." — Francis of Assisi
16. "The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace." — Carlos Santana
17. "World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion." — Dalai Lama
18. "It's important what thoughts you are feeding into your mind because your thoughts create your belief and experiences. You have positive thoughts, and you have negative ones too. Nurture your mind with positive thoughts: kindness, empathy, compassion, peace, love, joy, humility, generosity, etc. The more you feed your mind with positive thoughts, the more you can attract great things into your life." — Roy T. Bennett
19. "If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality." — Desmond Tutu
20. "If we cannot end now our differences, at least we can help make the world safe for diversity. For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal." — John F. Kennedy

21. "If we have no peace, it is because we have forgotten that we belong to each other." — Mother Teresa
22. "Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict -- alternatives to passive or aggressive responses, alternatives to violence." — Dorothy Thompson
23. "Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." — Winston Churchill
24. "You never really understand a person until you consider things from his point of view." — Harper Lee
25. "Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other." — Elie Wiesel
26. "World peace must develop from inner peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion." — Dalai Lama XIV
27. "Until he extends the circle of his compassion to all living things, man will not himself find peace." — Albert Schweitzer
28. "Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come." — Henri Nouwen
29. "Collective fear stimulates herd instinct, and tends to produce ferocity toward those who are not regarded as members of the herd." — Bertrand Russell
30. "Peace is not something you wish for; It's something you make, something you do, something you are, and something you give away." — John Lennon
31. "I believe that telling our stories, first to ourselves and then to one another and the world, is a revolutionary act. It is an act that can be met with hostility, exclusion, and violence. It can also lead to love, understanding, transcendence, and community." — Janet Mock

32. "You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas." — Shirley Chisholm
33. "Tolerance, like any aspect of Peace, is forever a work in progress." — Octavia E. Butler
34. "One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings." — Franklin Thomas
35. "We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers. Our abundance has brought us neither peace of mind nor serenity of spirit." — Martin Luther King, Jr.
36. "We're all water from different rivers, that's why it's so easy to meet; we're all water in this vast, vast ocean, someday we'll evaporate together." — Yoko Ono, peace activist
37. "I raise up my voice—not so I can shout, but so that those without a voice can be heard. We cannot succeed when half of us are held back." — Malala Yousafzai
38. "Courage is contagious. A critical mass of brave leaders is the foundation of an intentionally courageous culture. Every time we are brave with our lives, we make the people around us a little braver and our organizations bolder and stronger." — Brené Brown
39. "Peace demands the most heroic labor and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience." — Thomas Merton
40. "If you stop and think about how it would feel to *be* the other person, you can almost always figure out how to behave toward that person." — Michelle Herman
41. "Peace is not when everyone agrees. It is when we can respect our disagreements and still play in the sandbox together." — Unknown
42. "Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. — Rumi

43. "Nothing in our world will change for the better until we change our consciousness. If we hate, we experience hate. If we fear, we experience fear. If we divide, we experience division. If we choose peace, we experience peace. If we choose unity, we experience connection. If we choose love, we experience love."
— Jennie Lee, author of *Spark Change*
44. "Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect." — Chief Seattle, Duwamish (1780-1866)
45. "Between individuals, as between nations, peace means respect for the rights of others." — Benito Juarez, Zapoteca (1806-1872)
46. "Peace and justice are two sides of the same coin." — Dwight D. Eisenhower
47. "Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice." — Baruch Spinoza
48. "First keep peace with yourself, then you can also bring peace to others." — Thomas a Kempis
49. "Those who make peaceful revolution impossible will make violent revolution inevitable." — John F. Kennedy
50. "There is a criterion by which you can judge whether the thoughts you are thinking and the things you are doing are right for you. The criterion is: Have they brought you inner peace?" — Peace Pilgrim
51. "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner." — Nelson Mandela
52. "The practice of peace and reconciliation is one of the most vital and artistic of human actions." — Thich Nhat Hanh

Additional Sources for Peace Quotes

<https://parade.com/1303881/michelleparkerton/peace-quotes/>

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