



A Minute for Peace Quotes

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. "As we live our truths, we will communicate across all barriers, speaking for the sources of peace. Peace that is not lack of war, but fierce and positive." — Muriel Rukeyser, American Poet
3. "We maintain the peace through our strength: weakness only invites aggression. Peace is not the absence of conflict; it is the ability to handle conflict through peaceful means." — Ronald Reagan
4. You show your humanity by how you see yourself not as apart from others but from your connection to others." — Desmond Tutu
5. "War itself is, of course, a form of madness. It's hardly a civilized pursuit. It's amazing how we spend so much time inventing devices to kill each other and so little time working on how to achieve peace." — Walter Cronkite
6. "Peace is not something you wish for. It is something you make, something you are, something you do, and something you give away." — Robert Fulghum
7. "Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it toward others. And the more peace there is in us, the more peace there will also be in our troubled world." — ETTY HILLESUM
8. "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

9. "I do not want the peace that passeth understanding. I want the understanding which bringeth peace." — Helen Keller
10. "Choose. The single clenched fist lifted and ready, or the open hand, held out and waiting. Choose: For we meet by one or the other." — Carl Sandburg
11. "If we are to have peace on earth ... our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective." — Martin Luther King, Jr.
12. "Blessed is the season which engages the whole world in a conspiracy of love." — Hamilton Wright Mabie
13. "Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves." — Eric Sevareid
14. "What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future." — Agnes M. Pahro
15. "When the world seems crazy, chaotic, destructive, you can choose to create your own world of peace and love. You do not have to immerse yourself in the illusion of craziness. You can create your own heaven on earth by being kind, surrounding yourself with good people, and nurturing the earth." — Unknown
16. "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
17. "For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile." — Elie Wiesel
18. "If you don't know the guy on the other side of the world, love him anyway because he's just like you. He has the same dreams, the same hopes and fears. It's one world, pal. We're all neighbors." — Frank Sinatra
19. "The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord." — 'Abdu'l-Bahá

20. "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." — Nelson Mandela
21. "No matter how big a nation is, it is no stronger than its weakest people, and as long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you might otherwise." — Marian Anderson
22. "No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite." — Nelson Mandela
23. "We must realize the truth of ourselves — we are one human family. One a part of the other. My old work horse Teddy and the fancy registered horse visiting us had no trouble eating out of the same dish. We must discover the same." — Sister Lucy Poulin
24. "A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's accepted by a majority." — Booker T. Washington
25. "A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror." — Ken Keyes, Jr.
26. "We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams." — Jimmy Carter
27. "I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality ... I believe that unarmed truth and unconditional love will have the final word." — Martin Luther King, Jr.
28. "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." — Barack Obama

29. "To bring about change, you must not be afraid to take the first step. We will fail when we fail to try." — Rosa Parks
30. "When all the people in the world love one another, then the strong will not overpower the weak, the many will not oppress the few, the wealthy will not mock the poor, the honored will not disdain the humble, and the cunning will not deceive the simple." — Jwozi, Chinese philosopher
31. "You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one." — John Lennon
32. "Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures." — John F. Kennedy
33. "It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it." — Eleanor Roosevelt
34. "World peace can be achieved when, in each person, the power of love replaces the love of power." — Sri Chinmoy
35. "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
36. "When the power of love overcomes the love of power, the world will know peace." — Jimi Hendrix
37. "When it gets down to having to use violence, then you are playing the system's game. The establishment will irritate you – pull your beard, flick your face – to make you fight. Because once they've got you violent, then they know how to handle you. The only thing they don't know how to handle is non-violence and humor." — John Lennon
38. "Collective fear stimulates herd instinct and tends to produce ferocity toward those who are not regarded as members of the herd." — Bertrand Russell
39. "Everyone thinks of changing the world, but no one thinks of changing himself." — Leo Tolstoy

40. "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." — Mother Teresa
41. "We are not trapped or locked up in these bones. No, no. We are free to change. And love changes us. And if we can love one another, we can break open the sky." — Walter Mosley
42. "And that is how change happens. One gesture. One person. One moment at a time." — Libba Bray, *The Sweet Far Thing*
43. "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete." — Buckminster Fuller
44. "No matter what people tell you, words and ideas can change the world." — Robin Williams
45. "Try to be a rainbow in someone's cloud." — Maya Angelou
46. "We have to be better. We have to love more, hate less. We've gotta listen more and talk less. We've gotta know that this is everybody's responsibility." — Meghan Rapinoe
47. "Spread love everywhere you go. Let no one ever come to you without leaving happier." — Mother Teresa
48. "Hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal." — Buddha
49. "Words have the power to both destroy and heal. When words are both true and kind, they can change our world." — Buddha
50. "The practice of forgiveness is our most important contribution to the healing of the world." — Marianne Williamson
51. "Peace is a day-to-day problem, the product of a multitude of events and judgments. Peace is not an 'is,' it is a 'becoming.'" — Haile Selassie
52. "Of all our dreams today, there is none more important—or so hard to realize—than that of peace in the world." — Lester B. Pearson

Additional Sources for Peace Quotes

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

<https://www.countryliving.com/life/inspirational-stories/g34884947/peace-quotes/>

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