



**PEACEBUILDING AND  
CONFLICT PREVENTION**

# The 10 Ripples of Peace

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Ripples of Peace are offered as sources of inspiration that you can use to help create Peace in the world.

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

*"10th Ripple of Peace: Listen to music that exemplifies Peace to you".*

*"9th Ripple of Peace: Enjoy time with a loving animal".*

*"8th Ripple of Peace: Think from Peace".*

*"7th Ripple of Peace: Maintain a clutter-free environment".*

*"6th Ripple of Peace: Use photographs and artwork to enhance peaceful feelings".*

*"5th Ripple of Peace: Enjoy nature".*

*"4th Ripple of Peace: Pray for Peace and then live as if your prayer has been answered".*

*"3rd Ripple of Peace: Find and display quotations about Peace".*

*"2nd Ripple of Peace: Draw a picture of Peace".*

*"1st Ripple - "Write about what Peace means to you".*

# 10<sup>th</sup> Ripple of Peace

Dear Friends of Peace,

As my wife and I spent Thanksgiving away from home, that meant being apart from our loving animal companions. While we enjoyed our time together in a different holiday setting, we both know when it's time to return home to reconnect with our devoted companions.

For those of us that have these close relationships, you understand. What I find challenging is the callous disregard that many people have for these sources of unconditional love.

When I encounter these situations, I allow the following ripple to gently dilute thoughts of concern.

*"10th Ripple of Peace: Listen to music that exemplifies Peace to you".*

*"Music can affect mood. It can inspire our creativity, enhance our wellbeing, increase our energy and uplift our spirits. It can also help us relax. Some music even speaks to our hearts or stirs our souls, reminding us of our reflection of the divine.*

*Make it a habit to play music that instills Peace - at home, at work and in your car. And remember to use music regularly to maintain your positive mood.*

*Be mindful of the lyrics of music you listen to regularly. Words that affirm love, Peace and joy contribute to your experience of Peacefulness".*

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

On those rare occasions when we may not be able to listen to music, hum a favorite tune or mantra. For some, humming is considered a form of internal massage. The combination of conscious breath work and an affirmative song is a powerful antidote to the woes of the world.

Imagine ...

# Ninth Ripple of Peace

Dear Friends of Peace,

I recently completed a Peace Literacy Institute course entitled, Aggression: Its Causes, Anatomy and Alternatives. The Peace Literacy Institute was founded by Paul Chappell whom many of you know. For those unfamiliar with this Peacebuilding pioneer, you'll have an opportunity to hear from him first hand at our January network meeting.

Paul views non-violence as a technology, the seeds of which can be found in every culture. The key to developing a non-violent, Peace focused mindset is to not just plant and nurture these seeds, but to take the harvest to the market of society.

Our minds are the soil in which we plant these seeds. Thinking from (a place of) Peace is the first step on our journey to the market.

As you begin that journey, I invite you to reflect on the,

***"Ninth Ripple of Peace: Enjoy time with a loving animal.***

***The unconditional love offered by a pet or other loving animal is a wonderful source of joy and contentment. Petting a dog or cat has even been shown to lower blood pressure and decrease anxiety.***

***Make sure to connect with your pet, if you already have one, or consider getting one if you choose to give yourself such a gift. Or enjoy the pet of a friend or family member whenever you can".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

My wife and I are blessed to be the caretakers of two of the sweetest cats to ever exist. Bindhi and Bodhi are a constant source of joy and entertainment. As I write this, Bodhi, the dark Tabby is curled up next to me waiting to "proof paw" this post. While an occasional annoyance, when he insists on walking across my keyboard, I realize that this is his way of expressing a desire to give and receive affection.

As we approach the holiday season, consider giving yourself a gift of unconditional love. There are many cats and dogs waiting to love and be loved up. If you already have an animal companion, the Humane Society always appreciates financial contributions.

## **Eighth Ripple of Peace**

Dear Friends of Peace,

I hope you've enjoyed the order that maintaining a clutter free environment brings to your life. The key is maintaining that order. As with the martial art practice of maintaining one's center, keeping an orderly environment becomes easier with practice.

Now from a place of order within and without, I invite you to reflect on the,

***"Eighth Ripple of Peace: Think from Peace.***

***There is evidence that we subconsciously draw to ourselves those experiences that are in sync with our recurring thoughts. Therefore, by focusing our attention on what we find peaceful, we can reinforce our inner peace and calm.***

***Pay attention to your thoughts. Learn to replace nonpeaceful ones with thoughts that bring you peace and a sense of well-being.***

***Take this notion a step further, experiment with the way you focus on peacefulness. Instead of thinking about being peaceful, which implies that you and peace are separate, think from peacefulness, as if it were already present within you.***

***For example, if you find yourself worrying about a future event, begin instead to concentrate on the event running smoothly and how you feel when it is successfully completed. Go beyond thinking that you will be peaceful to believing that you already are peaceful. Put yourself in the mind-set of currently experiencing the peaceful outcome of the event. Then act as if this were true.***

***The more often you practice thinking from peace, the faster and easier it becomes".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

This ripple reminds me of my early forays into meditation. Invariably an errant thought would interfere with the practice. Rather than achieve an empty mind, I seemed to attract more and more unwanted thoughts.

My teacher advised, "that I follow my breath". The act of conscious breathing resulted in the effortless ability to embrace and release the thought.

In these troubled times there are many things that can distract us during our practice of peace. When we think from peace our actions will be influenced by these thoughts.

*"What we are today comes from our thoughts of yesterday,  
and our present thoughts build our life of tomorrow;  
Our life is the creation of our mind".*

*- The Buddha*

Think peace. Be peace.

## Seventh Ripple of Peace

Dear Friends of Peace,

During the preceding week, I hope you enjoyed enhancing your personal space with photographs and artwork that enhanced peaceful feelings. The Fall issue of the Prescott Living magazine includes the 2023 Photo Contest winners. To view these incredible images, visit <https://prescottlivingmag.com/2023-annual-photo-contest/>

If you have an image that you'd like to share, please forward it to the group. For now, here's the,

*"Seventh Ripple of Peace: Maintain a clutter-free environment.*

*The ancient Eastern art of Fung Shui asserts that unimpeded flow of energy within a room or house can heighten feelings of well-being. Clutter which often represents activities left undone or items hoarded for some unforeseen time, can interfere with a clear state of mind in which peacefulness thrives.*

*Clean out your desk, files, closets, storage room, attic, basement and garage. Keep only what you actually use and store keepsakes away in an accessible place. Donate the remaining items to charity or give them to friends and family members who have an immediate use for them.*

*Repeat this process annually to create peace both within and around you.*

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

Every time I go through this process, I feel a sense of calm. I attribute this feeling to an absence of distraction represented by clutter or uncompleted projects.

Part of my daily meditation includes the question, "What will I do for Peace today"? Creating and maintaining an orderly space is a relatively easy action to achieve inner Peace.

Remember, as the journey of a thousand miles begins with a single step, bringing order to one's personal space begins with the waste basket.

## Sixth Ripple of Peace

Dear Friends of Peace,

For those that were able to attend the Mexico/USA Friendship conference I hope you were able to venture out into nature as suggested by last week's ripple. This time of year, is ideal to experience the natural beauty that surrounds us in the Quad-City region.

Hopefully, you captured an image while communing with nature. If so enjoy the memory as you ride along the:

***"Sixth Ripple of Peace: Use photographs and artwork to enhance peaceful feelings.***

***Images often speak to us more powerfully than words. Many people find that photographs and paintings of natural settings, as well as pictures of loved ones and pets, evoke feelings of love, contentment and peace.***

***Surround yourself at home and at work with photographs and other artwork that engender feelings of serenity. Display pictures of places that have special meaning to you, sacred sites you have visited or are drawn to, and the people and animals you love. Focus on these images often, especially when you start to feel tense or stressed, to help preserve your inner peace".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

Despite being inundated by the disturbing news cycle, photographs and artwork can be our personal "Control, Alt, Delete" default response. Gazing upon these images will allow us to recall memories of joy, happiness and Peace.

May you know and be Peace.

## Fifth Ripple of Peace

Dear Friends of Peace,

The previous Ripple of Peace was surely in action before it was read. As many within our community of Peacebuilders are men and women of faith, you have been praying for Peace for some time.

For me the invitation to "live as if your prayer has been answered" required that I put my faith into action. While the action may not have an immediate result, the faith piece is key to achieving Peace.

With unwavering faith, I invite you to reflect upon the:

***"Fifth Ripple of Peace: Enjoy nature.***

***Many people feel a connection with all of creation while enjoying time in natural settings. Walking in the woods, watching the sun rise or set, and inhaling the sweet fragrance of fresh flowers can enhance our feelings of Peace and joy. Observing animals at play or birds in flight, listening to the wind, gazing at the stars, and feeling the coolness of rain or snow on our faces can nourish or souls and replace our tensions and anxieties with a sense of wellbeing.***

***Find time to commune with nature and to contemplate nature's beauty. Make it a habit.***

***Consider bringing nature indoors. Adorn your home and office with flowers, houseplants, or potted herbs to enhance your sense of wellbeing and peacefulness".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

For those of you that will attend the Mexico/ USA Friendship conference later this week, please take time to enjoy the Dells at Watson Lake Park or any of the many trails easily accessible throughout Prescott.

Allow Mother Nature to bless you with her beauty.

## Fourth Ripple of Peace

Dear Friends of Peace,

I hope you found reminders of Peace that serve to focus your attention on that which is possible. While the international state of affairs may appear impossible to resolve there are historical precedents that prove otherwise.

The key to shifting out of a state of chaos and into one of Peace is the belief that this shall come to pass. As I believe that a reality of Peace is possible, please reflect upon the:

***"The Fourth Ripple of Peace: Pray for Peace and then live as if your prayer has been answered"***

***Asking for divine assistance in the pursuit of Peace is a natural and important human activity. There are many prayers for Peace that are common to all spiritual traditions.***

***After making a heartfelt request for Peace in your life or in the world, allow yourself to believe your prayer is being answered affirmatively. Then live in the faith that your request is granted, even when there is no evidence that this is so,***

***In future prayers, give thanks for God's answer to your plea. By expressing gratitude for Peace already given, you confirm your trust in divine action.***

***Consider making the giving of thanks for Peace an integral part of your daily prayers".***

The following prayer is attributed to a man that believed his country could achieve independence through acts of non-violent protest.

***"I offer you Peace,  
I offer you love.  
I offer you my friendship,***

*I see your beauty,  
I hear your need,  
I feel your feelings.  
My wisdom flows from the Highest Source,  
I salute that Source in you.  
Let us work together for Unity and love." Mohandas K. Gandhi*

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

Despite insurmountable odds India became an independent nation. Gandhi was a man of great faith that held a vision for his country.

All we need to do is to pray and believe that one day a state of Peace will prevail on earth.

## Third Ripple of Peace

Dear Friends of Peace,

I hope you enjoyed drawing pictures of Peace while riding the Second Ripple of Peace. I was blessed earlier this week to receive a gift from a Native American elder.

The gift was unexpected and served as inspiration for my picture of Peace. I hope you were inspired by the invitation to creatively express your vision of Peace.

***"The Third Ripple of Peace: Find and display quotations about Peace"***

***Surrounding ourselves with reminders of Peace is a wonderful way to keep us focused on our commitment to creating Peace in our lives.***

***Look on the Internet and through magazines, newspapers, and books for sayings, prayers and quotations about Peace from individuals you admire. Cut out or copy the quotations and put them on your refrigerator, mirror or other place where you will see them often.***

***You may find that repeating your favorite quotation, along with your daily prayers, or at times when you begin to feel anger or fear, helps you maintain your inner Peace".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

A great resource for quotations about Peace is the Rotary Magazine. Please consider sharing a quotation that is particularly moving for you.

## Second Ripple of Peace

Dear Fellow Peacebuilder,

Now that the first Ripple of Peace has receded, please embrace the invitation of the second ripple.

***"Draw a picture of Peace"***

***"Drawing a picture of Peace allows us to communicate what is in our hearts, free from the complications of thoughts and words, It can also expand our understanding of what Peace means to us,***

***Sit in a quiet place for five to ten minutes and allow yourself to relax and feel peaceful. Play soothing music in the background if you like. When you feel completely at ease, use crayons, paints, or markers to draw a picture of Peace on paper or artist's canvas.***

***Allow your hand to create the picture without a lot of input from your inner critic. Try using your nondominant hand to help bring out your creative spirit,***

***Consider framing your picture and placing it where you will see it every day".***

From Ripples of Peace: 111 Ways You Can Help Create Peace in the World by, Rae Thompson.

Remember Picasso's admonition, "Every child is an artist". Along with the beatitude, "Blessed are the Peacemakers for they will be called children of God".

As an act of service is an act of Peace. A depiction of Peace is an act of beauty.

Looking forward to seeing your pictures of Peace.

## **First Ripple of Peace**

Dear Friends of Peace,

As our District's Peacebuilder Network Chair, I will begin to share entries from a book entitled, Ripples of Peace, 111 Ways You Can Help Create Peace in the World, by Rae Thompson.

My intention is to offer a weekly reflection or activity that you may be inspired to act on in the following days.

***The First Ripple - "Write about what Peace means to you".***

***"Knowing where we are going is necessary if we are to reach a desired destination. In much the same way, being familiar with what inner Peace means to us can be instrumental in helping us attain such Peace.***

***Focus on what it would be like for you if there were to be Peace in your life, your family, your community, your country and the world. Describe your life as you think it would be in the midst of Peace.***

***Write in the present tense, starting with, I am or I have ...***

***Avoid writing about what is missing (no more war, terrorism or poverty) and concentrate on what is actually present (Peace, safety and abundance). Be specific about where you are, what you are doing and what you see and hear.***

***When your written image is clear, focus on your feelings of inner Peace and ask yourself the following question:***

***What does it feel like to have Peace in my life, to be fully and completely at Peace?***



***Review and update your written picture of Peace periodically, as you increase your awareness and understanding of what Peace means to you.***

***Recall and deepen your feelings of Peace often".***

The President's Message published in the September issue of Rotary Magazine includes an invitation to "start small, but think big".

May this ripple become a tsunami of Peace. A tsunami that clears our minds of the clutter that distracts us from the truth that Peace is Possible!

With appreciation for all you are doing to create a Peaceful reality.