



From the Spiritual Strategies of Dr. Wendel Dandridge

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Inner Stillness, Global Harmony

Exploring its Role Across Faiths

Introduction:

Peace is a universal goal that transcends religious boundaries. Many faiths teach inner peace as foundational to achieving peace in the world. For instance, Judaism speaks of Shalom (peace and wholeness), Islam emphasizes Salaam (peace), and Buddhism teaches the importance of mindfulness to achieve peace.

Discussion Points:

1. How does your faith approach inner peace and external peace?
2. What obstacles to peace does your community or faith encounter?
3. How can faith communities collaborate to promote peace in society?

References:

- Judaism: “Seek peace and pursue it.” — Psalm 34:14
- Islam: “And if they incline to peace, then incline to it [also].” — Quran 8:61
- Buddhism: The practice of the Noble Eightfold Path to end suffering

Reflection Activity:

Plan a symbolic group activity such as planting a “Peace Tree” or creating a shared art piece that represents unity. Reflect on how collective action promotes peace.

