

# Insights to Inner Peace

Expanded Posting Collection in support of  
**Walk For Peace ~ Pilgrimage to D.C.**

**By Sister Sunny Free Spirit**

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## Prologue

*Once we see peace... we cannot unsee it.*

### A Gift from the Heart

This collection of reflections is offered as educational insight in support of nurturing inner peace, inspired by the historic **Walk For Peace, Pilgrimage to D.C.**. It is created and shared for anyone seeking greater clarity, understanding, and support in their personal peace practice.

Cyndee Bessant (Sister Sunny Free Spirit on Instagram) is a multi-tradition/lineage trained Buddhist, an expert on human well-being and proudly serves as a global social media ambassador for the **Walk For Peace**, helping to promote worldwide awareness of inner peace while creating new pathways of well-being for our Human Family.

These writings are drawn from many wisdom traditions, modern sciences, lived human experience, and the shared longing for peace that resides within all of us. None of these reflections are meant to persuade or convert; they are simply invitations to pause reflect and to practice peace in everyday life

Peace does not belong to any one culture or group ... it belongs to all of humanity.

May these words support your inner steadiness, deepen your compassion for yourself and others, and inspire gentle expansive change in the world around you.



**Buddha • Dharma • Sangha**  
*The Three Jewels (or Three Refuges)*

In Buddhism, people take refuge in the Three Jewels. These are not gods to worship, but supports for living wisely and awakening.

**Buddha**

“Buddha” means the Awakened One ~ not a god. Taking refuge in the Buddha means trusting that it’s possible for humans to see clearly, live ethically, and reduce unnecessary suffering.

**Dharma**

The Dharma is the teaching and the truth it points to. It includes ideas like impermanence, suffering, compassion, mindfulness, and wisdom. Taking refuge in the Dharma means trying to understand reality as it really is, not just as we wish it to be.

**Sangha**

The Sangha originally meant monks and nuns, but now it includes any sincere practitioners walking the path. Taking refuge in the Sangha means realizing that awakening isn’t something we do alone ~ we need supportive, ethical community and wise companions.

#1

 **Peace isn't just a feeling ~ it's a biological state.**

When we experience Peace, the nervous system shifts out of survival mode. Stress hormones drop. The brain's alarm system quiets. Clarity and emotional regulation increase.


A calmer brain:

- reacts less and responds more
- learns and adapts more easily
- builds resilience through new neural pathways

This is why Peace matters ~ not just personally, but collectively.

Peace helps the brain move from protection to connection. And that's where wiser choices begin.

#2

 **Our imaginations have grown so rapidly** that we are chasing after our own constructs and trying to keep up with our own creations.

Once you see this, you cannot go back.


Breathe.

Just do nothing for one minute.

Practice ease.

Ease leads to Peace.

#3

 **Why Buddhist monks wear orange, red, and brown robes** ~ and why they're sewn in pieces

Monastic robes were never meant to be decorative. They are practical, symbolic, and deeply intentional.

The colors

Traditionally, robes were dyed using what was easily available ~ roots, bark, leaves, clay, even discarded fabrics. That's why the colors are earthy: ochre, saffron, rust, brown, deep red.

They reflect:

- \* Simplicity
- \* Renunciation of excess
- \* A visible connection to the earth
- \* A reminder to live modestly and humbly

The color gently signals: "I'm not here to stand out ~ I'm here to practice."

The sewn-together pieces

Monks' robes are stitched from many small panels, inspired by early robes made from discarded cloth.

This patchwork style represents:

- \* Non-attachment
- \* Resourcefulness
- \* Equality (no robe is "better" than another)
- \* Interdependence ~ many parts forming one whole

Each seam is a reminder that nothing stands alone.

The deeper teaching

The robe isn't about identity ~ it's about discipline.

It reduces distraction, quiets ego, and supports a life oriented toward mindfulness, compassion, and Peace.

In a noisy world obsessed with more, the robe quietly teaches:  
Enough is enough. Presence is wealth.



#4

### **Namo Buddhaya**

Used as a respectful greeting, salutation, or mantra in Buddhism, it expresses veneration for the Buddha's teachings, often accompanied by placing palms together. It signifies devotion, gratitude, and a commitment to research, study, and following the path of wisdom.

#5



**Why do people bring their hands together**, bow, or kneel when meeting the Peace Monks?

These gestures are not about worship, submission, or elevating one person above another. They are acts of respect and shared humanity.

Bringing the hands together is a way of saying:

I see your intention.

I honor the Peace you are practicing and teaching.

I meet you with humility, not ego.

A bow is not lowering oneself ... it is softening the self.

It reminds us that Peace is larger than any one identity, belief, or role.

Kneeling, when offered, is a gesture of reverence for Peace itself, not for the person wearing robes.

It acknowledges the discipline, restraint, and compassion being carried on behalf of many.

~ None of these gestures are required. ~

Standing quietly, offering a smile, or placing a hand on the heart are equally meaningful.

The monks are not asking for reverence.

They are inviting remembrance and practice.

When we bow, we are not bowing to them.

We are bowing to the part of ourselves that longs to live with more kindness, care, and Peace ... inside and out ... Together.

#6

## **The Dhamma & the Dhammapada**

Dhamma (from Pali) means the way things are ~ the natural laws of life, mind, and human experience.

It points to patterns we can observe:

cause and effect,

change and impermanence,

suffering ~ and the possibility of Peace.

The Dhammapada means “verses of the Dhamma.”

It’s a collection of short teachings that explore this wisdom in simple, direct language.

Not commandments ~ but observations.

Many of its insights feel timeless and modern:

- Thoughts shape experience

- Awareness influences behavior
- Hatred is never ended by hatred
- Inner Peace supports outer Peace

You don't have to be Buddhist to learn from it.

These teachings speak to psychology, neuroscience, ethics, and everyday human life.

The Dhamma isn't something to believe in.  
It's something to notice, test, and live.

(Shared to explore the wisdom behind the tradition ~ not to convert, only to understand.)

In a similar way to how the Bible offers wisdom through parables, psalms, and teachings, the Dhammapada offers short verses that guide ethical living, inner reflection, and Peace of heart.

#7

 **Sadhu Sadhu Sadhu** [SAH-doo]

In many Buddhist traditions, you may hear the words “Sadhu, Sadhu, Sadhu.”

It is a simple expression of heartfelt appreciation ~ often spoken after a good deed, a teaching, a prayer, or an act of generosity.

Sadhu can be understood as:

“Well done.”

“May goodness continue.”

“A beautiful intention.”

Repeating it three times deepens the acknowledgment ... honoring the goodness of the action, the sincerity behind it, and the benefit it brings to others.

But beyond tradition, it points to something very human: our shared need to recognize what is wise, kind, and life-giving.

When we pause to appreciate goodness, we help it grow. Today, when you witness compassion, courage, or care ~ even in small moments ~ you might silently offer:  
Sadhu. Sadhu. Sadhu.

A quiet celebration of the good in our world ... and here to everyone receiving and sharing this message of Peace.



## **What the Eight-Spoked Wheel Represents**

The eight-spoked wheel pin like what Venerable Phiyathammoo wears on his decades old robes are a representation of the Dharma Wheel (Dharmachakra), a very ancient and widely used Buddhist symbol.

Here's what it means:

The Wheel (Dharma Wheel / Dharmachakra)

- Wheel: movement, cycle of life, and the ongoing unfolding of wisdom
- Eight Spokes: symbolize the Noble Eightfold Path — the practical path Buddha taught for reducing suffering and living with clarity, compassion, and ethical awareness
- 

The Noble Eightfold Path consists of:

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

So a gold eight-spoked wheel pin is a visible reminder of the path of Peace and awakening ... not rank, not achievement, but orientation.

Monastics sometimes wear symbolic pins or badges like this as:

- a teaching reminder to themselves
- a visual expression of their commitment to the path
- a blessing or consecrated symbol received in training or ordination
- a reminder to others of the Dharma (the teachings)
- 

Gold often symbolizes purity, clarity, and value — appropriate for a symbol pointing toward mindful living and compassion.

It's a sacred symbol ... a signpost pointing back to the Path of Peace itself.

#9



**In Buddhist teaching, the "First Arrow"** is the unavoidable discomfort we experience, like cold air on the skin, aching muscles, or fatigue while walking. The "Second Arrow" is optional.

It is the mental reaction we add: "This is unbearable." "Why am I doing this?" "I can't stand this."

Monks walking in cold conditions train to feel the first arrow without firing the second.

They notice the cold directly as sensation, like tightness, chill, numbness ... without turning it into a story. By staying with breath, steps, or a simple chant, the mind remains steady and focused and does not escalate the discomfort into suffering.

This does not mean ignoring the body. Wisdom includes pausing, warming, or adjusting when needed. It means not adding unnecessary mental resistance.


When the Second Arrow is dropped, the cold is still present ... but the suffering is greatly reduced.

This is the practice:  
Meet what is here,  
care for the body,  
and let the mind stay free.

It's not magical, it's a deep practice of focused attention ... that everyone can do. We can own our attention. )

(Notice where you are creating second, third, fifth, twentieth arrows ...) 🙏

#10

 **The Tipiṭaka** is one of the oldest collections of teachings on how humans relate to stress, conflict, and suffering. You don't need to be Buddhist to appreciate it.

At its core, it offers simple insights that line up with what neuroscience tells us today: when we live with care, slow down reactivity, and understand our own minds, the nervous system settles ... and Peace becomes more possible.

This isn't about belief.

It's about learning how not to add more struggle to what life already brings.

Different paths, shared values:

less harm, more understanding, and Peace that starts within and ripples outward.

"When we learn how to suffer ... we suffer MUCH less." ~  
Thich Nhat Hanh, zen master

#11

 **The Here and Now**

The here and now is not a philosophy.  
It's the only place life is actually happening.

The past lives as memory.  
The future lives as imagination.

But this moment ~ this breath, this body, this step ~ is real.

Eckhart Tolle speaks of the present moment as the doorway out of unnecessary suffering. Not because problems disappear, but because we stop adding mental noise to what already is.

How to practice the Here and Now:

- Notice your breath without changing it
- Feel your feet on the ground
- Listen fully to one sound around you
- Sense your body from the inside
- 

No fixing. No judging. Just noticing.  
The mind will wander ~ that's not failure.

Each time you return, awareness grows stronger.  
Peace doesn't live in "someday."

It lives here.  
Now.

#12



## What Is Equanimity?

Equanimity is the ability to stay present and steady in the middle of life ~  
without shutting down  
and without being swept away.

It's not indifference.  
It's not numbness.

It's deep care, held with balance.  
In Buddhist teachings, equanimity (upekkhā) is one of the Four Immeasurables ~ alongside loving-kindness, compassion, and joy. It's what keeps the heart open without burning out.

Equanimity looks like:

- feeling fully, without reacting automatically
- caring deeply, without clinging
- responding wisely, instead of from fear

From a body perspective, it's when the nervous system feels safe enough to stay regulated ~ even as intensity moves through.

A simple way to sense it:  
“This matters ... and I can meet it without losing myself.”

Equanimity doesn't flatten life.  
It creates the space where wisdom, compassion, and Peace can move ...  
within us, and between us.

#13



## **What Is Wellbeing**

Wellbeing isn't constant happiness.

It isn't productivity, perfection, or always feeling just "okay" or "fine".

Wellbeing is the ongoing ability to meet life as it is ... with enough steadiness, care, and support.

It shows up as:

- \* a nervous system that can return to balance
- \* a mind that can observe without constant self-attack or othering
- \* relationships where repair is possible
- \* a body that's listened to, not overridden

Wellbeing is not the absence of difficulty.

It's the presence of capacity.

- The capacity to feel without being overwhelmed.
- The capacity to respond rather than react.
- The capacity to rest, reflect, and reconnect.

True wellbeing is relational and embodied. And we can nurture our inner gardens ... Peacefully.

It grows when we feel safe, seen, and supported ... within ourselves and with others.

And like Peace, wellbeing isn't something we achieve once. It's something we practice, moment by moment, in very human ways.

*Keep your daily Peace practices ... these are priority.*



*Sunset is for reflection.*

*Sunrise is for contemplation.*

*Pause and Reflect.*

*Breathe and Contemplate.*

*— Both are part of the journey toward peace. —*

#14

## **How Storytelling Evolved** ~ and How It Can Return Us to Peace

Long before books or beliefs, humans shared directions.  
Where the water was.  
Which plants were safe.  
When the animals moved.  
Language began as care.

Over time, directions became stories ~ ways to remember, teach, and protect one another.  
Stories helped us belong, coordinate, and survive.

They carried wisdom across generations.  
As our minds grew more complex, stories also shaped identity:

- Who we are
- Where we belong
- What keeps us safe

This, too, was an evolutionary gift.

But when survival stories linger too long, they can harden into fear ~  
stories of us and them,  
stories of threat, blame, separation and division.

Now add modern life:  
industrial speed, technology, constant information, knowledge of every global event ~  
and we can see how overstimulated and overextended the human system has become.

We're asking our nervous systems to process far more than they evolved for.

Peace doesn't ask us to stop telling stories.  
It invites us to notice which stories we're living inside.

When awareness grows, stories soften.  
We remember they are maps ... not the territory.

The return of Peace happens when the nervous system feels safe enough  
to loosen its grip on old (and new) narratives,  
and curiosity replaces defense.

Storytelling then returns to its original purpose:  
connection, meaning, and care.

When we tell new stories ~ grounded in understanding rather than fear ~  
we don't erase our humanity.  
We Evolve it.

And Peace becomes something we share,  
just as our ancestors once shared the way home ... to ourselves ... to each other.

#15



## **A Cloud Never Dies**

~ Thich Nhat Hanh, zen master

A cloud doesn't disappear.  
It only changes form.

Today it may be snow and wind,  
tomorrow rain,  
and someday ... tea in our cup.

What we call an ending  
is often just a transformation.

As these monks walk through storm and cold,  
they remind us:  
nothing meaningful is ever lost.

It continues ~  
in new forms,  
in new ways,  
in every new step.

#16



## **A Gentle Consideration on the Word “Sin”**

Walking our journeys through this life can seem similar to stormy weather that is pulling, pushing and knocking us off course.

Considering the word sin, that it didn't begin as a weapon. It began as a description.

In ancient languages, sin comes from roots meaning “to miss the mark.”

Not evil.

Not condemned.

Simply off course.

Like an arrow that doesn't land where it was aimed ... off the path.

In early spiritual traditions, sin wasn't about punishment, it was about awareness.

Seeing where our actions, thoughts, or habits pulled us away from care, balance, or love.

Many contemplative traditions ~ Christian, Buddhist, and others ~ point to the same insight:

When we act from fear, reactivity, or separation, suffering follows.

When we return to awareness, responsibility, and compassion ... Peace returns and resurfaces.

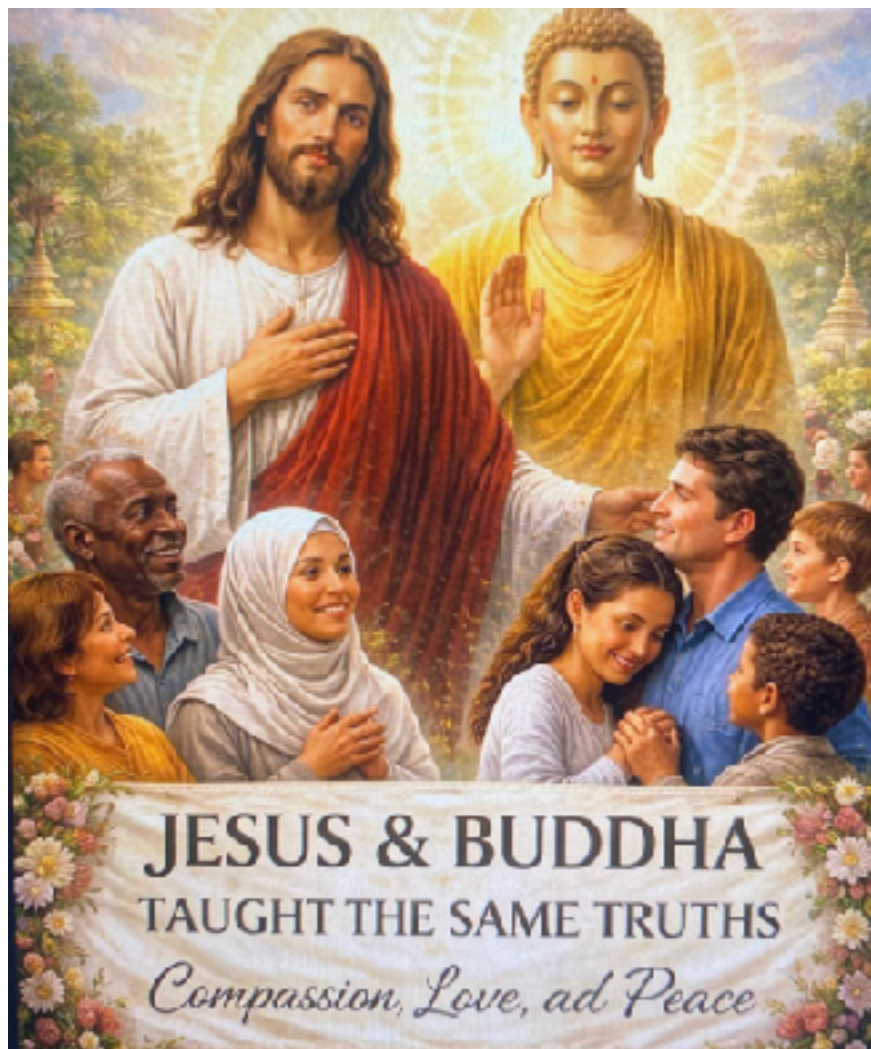
Peace doesn't grow through accusation.

It grows through understanding.

And “missing the mark” is not a failure ... actually is part of the process.

Together, we practice strength not letting the elements throw us off the journey.

it's an invitation to gently realign. To begin again, and again. That realignment is where healing, loving kindness ... and Peace begins.



**JESUS & BUDDHA**  
**TAUGHT THE SAME TRUTHS**  
*Compassion, Love, and Peace*

#17



**Dhutanga** refers to a set of voluntary ascetic practices in early Buddhism.

In plain language:

Dhutanga practices are ways monks simplify life on purpose to train the mind, reduce attachment, and deepen discipline.

They are not required rules ~ they're optional practices taken up by those who feel called to deeper simplicity.

Common dhutanga practices include:

- Wearing only robes made from discarded cloth
- Eating only food received on alms round
- Eating just one meal a day
- Living in the forest or at the edge of villages
- Sleeping under a tree
- Using only simple, basic possessions

The purpose isn't hardship for its own sake.

It's clarity.

By removing excess comfort and choice, the mind becomes quieter, more focused, and less driven by craving.

In modern terms, you could think of dhutanga as:

- intentional simplicity
- nervous-system training through less stimulation
- learning contentment with "enough"

For laypeople, the spirit of dhutanga can show up as:

- mindful simplicity
- occasional digital fasting
- eating simply
- choosing nature over noise

It's not about deprivation.

It's about removing distractions, creating space and relaxing into it.

It's about discovering how little we actually need to be at true Peace.

#18

### **The Wisdom of Polarity**

How would we know up without down?

Could we recognize joy without having known sadness?

Would light have meaning without darkness?

Life is shaped by contrast. These polarities aren't mistakes ~ they help us perceive, learn, and grow.

Difficult seasons can refine patience.

Uncertainty can strengthen resilience.

Sorrow can deepen compassion.

This doesn't mean we seek hardship.

Only that when it arrives, it may carry quiet instruction.

Peace isn't found by eliminating contrast, but by learning to remain steady within it ~ meeting both light and shadow with wisdom.

It is with experiencing and knowing non-Peace ... that we can deeply Know Peace.

#19



### **Laws of Wisdom** That Lead Us Toward Peace

Across cultures and centuries, humans have noticed certain truths about how life works.

Not commandments, but patterns we can observe, test, and live by.

A few that quietly lead us toward Peace:

- What we resist, persists

When we stop fighting our inner experience and begin meeting it with understanding, tension softens.

- Awareness precedes change

Nothing truly shifts until it is seen clearly ~ without judgment.

- What we practice, we strengthen

Attention shapes the brain. Kindness, patience, and presence grow with use.

- Interconnection is unavoidable

What we do to others, we also do to ourselves ~ in visible and invisible ways.

- Responsibility creates freedom

When we stop blaming and start responding wisely, Peace becomes possible.

- The nervous system leads the mind

Safety allows clarity. Regulation allows compassion.

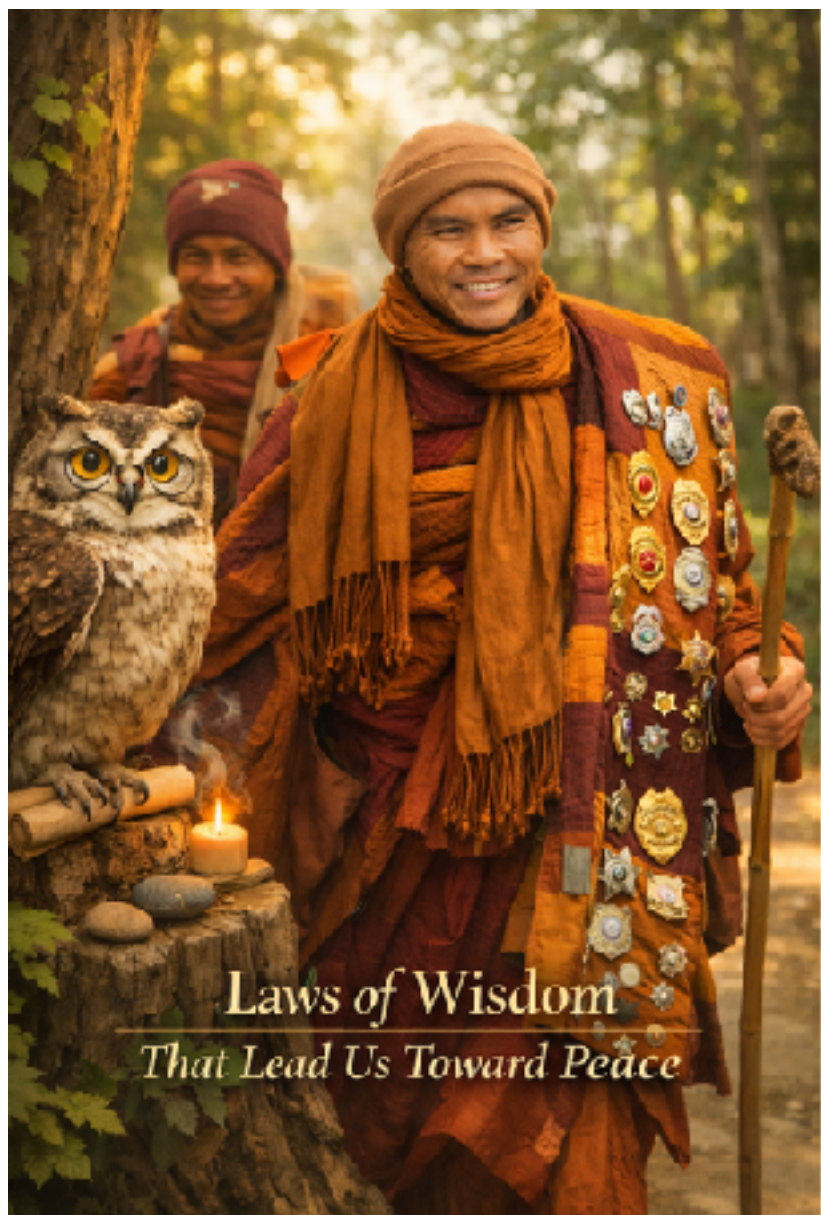
These aren't beliefs.

They're lived insights ... reflected in contemplative traditions, neuroscience, and everyday experience.

Peace doesn't arrive all at once.

It emerges as we align our actions with what we already know to be true.

And when inner wisdom guides us, Peace naturally extends outward ... into our relationships, our communities, our shared world ... and radiates out into our Human Family generations to come.



*Laws of Wisdom*  
*That Lead Us Toward Peace*

#20



## **Do No Harm**

“Do no harm” is not a passive idea.

It’s an active, daily practice of mindful awareness.

If we have a hard time starting to practice Peace, let’s consider how we can reduce harming.

Doing No Harm asks us to look honestly at how we speak, consume, and respond ... especially when we’re tired, triggered, or afraid.

Are we repeating same old automatic patterns of reaction ... or can we simply come back to our breath and give ourselves some time for a more kind response.

Response over Reaction

Reaction is automated.

Response is thoughtfully curated, formed and delivered gently.

Peace grows when harm is interrupted early.

First inside us.

Then in our families, workplaces, and communities.

Choosing not to harm is often the first step toward choosing ease and Peace.

This includes doing less harm to ourselves.

Start inside, with Love and Compassion.

#21

## **Othering**

Hatred, ill-will and even violence rarely begins with action.  
It begins with othering ~ the subtle belief that someone else is fundamentally different from us.

Different enough to dismiss.

Different enough to blame and degrade.

Different enough to stop caring.

Different enough to not to try to deeply understand what their past conditioning and experiences might be.

Peace begins the moment we remember:

This person, too, wants to be safe in the world.

This person, too, wants to belong.

This person has fears, needs and suffering ... just like me.

Remembering when we Other ... others are also Othering us.

In that, we wish them to understand. And, we Can breathe for a few moments and go deeper to the understanding that leads to clarity.

When we stop othering, we begin re-humanizing ... and Peace follows.

#22

## **Understanding the Pain Body**

At times, we may notice that our reactions feel bigger than the moment itself ~ a strong emotion, a sudden defensiveness, an old hurt resurfacing. Some teachings call this the “pain body” ~ the accumulation of past emotional wounds that can become activated in the present.

When we are unaware of it, the pain body can speak for us, react for us, and shape how we see others.

It is within these fields of wide open spaces and quite nature that we can reflect and see it, something powerful happens ... we can become aware and begin to create space between the feeling and the reaction.

Awareness does not erase pain ... it transforms our relationship to it.

Instead of passing hurt forward, we gain the ability to pause, breathe, and choose a wiser response.

And in that pause ... a softening happens, and Peace quietly enters.

Because every time we respond with awareness rather than old pain, we reduce suffering ... for ourselves and for those around us.

Peace often begins when unconscious reactions become conscious choices.

Then we can remember and practice ... Today is my Peaceful Day.

#23



## **Understanding the Inner Critic: A Path to Peace**

The inner critic isn't an enemy ~ it's a protector that learned its voice in moments of fear, pressure, or survival. When we meet it with curiosity instead of resistance, something softens.

Rather than asking "How do I silence it?"  
we can ask "What is it trying to protect?"

With awareness, the nervous system settles.

With compassion, the mind widens.

With practice, Peace becomes more accessible ~ internally  
and outwardly.

A few thoughtful books that explore this gently, without  
dogma:

- Buddha's Brain by Rick Hanson (one of my favorites!)
- Self-Compassion by Kristin Neff
- Radical Acceptance by Tara Brach
- The Wise Heart by Jack Kornfield

Peace doesn't come from eliminating our inner voices ~  
it comes from understanding them.

When we listen wisely, the critic no longer has to shout.

(These authors can also be found on Youtube with many  
helpful free talks and teachings, along with many others.)

#24



## **Why Our Triggers Can Be Our Teachers**

Triggers aren't signs that something is wrong with us.  
They're signals.

When something in us reacts strongly, it often points to an old wound, an unmet need, or a part of us that learned long ago how to protect itself.

Instead of pushing triggers away, we can meet them with curiosity:

What is this trying to show me?

What part of me is asking to be seen or cared for?

What do I need to learn to look at?

When we pause and breathe, the nervous system settles.  
Clarity replaces reactivity.

We may need to do a little digging but then we will find the root causes.

Understanding replaces anger, shame, confusion and ill-will.

Triggers don't come to punish us.

They come to inform us.

When we listen gently, they become guides ~

leading us toward healing, self-compassion, and Peace.

It's often less about the other person's action, and more about what's being stirred within us ~ and within them ~ as we each do our own inner work.

We are all acting from places that are still healing.

#25

## ✓ **Radical Responsibility**

Radical Responsibility does not mean blaming ourselves for everything that happens. It means recognizing the profound influence we have over how we respond.

We may not control every circumstance, every person, or every outcome ... but we can cultivate ownership of our words, our actions, and the energy we bring into the world.

This perspective is not heavy; it is liberating.

When we step out of blame, we step into agency.

When we release the need to be right, we make room for understanding.

When we choose intention over impulse, relationships strengthen.

Personal responsibility is where inner stability grows ... and stable individuals help create stable communities.

Peace rarely arrives through force.

More often, it is built through thousands of small, responsible choices made each day.

And as we become steadier within ourselves, we naturally become steadier for one another.



#26

## ♥ **Integrating Peace:** From Survival to Wholeness

Peace isn't something we add on top of life.

It's something we integrate as we understand ourselves more deeply.

The ego, for example, is not a mistake.

It's an evolutionary achievement.

As humans evolved, the ego, and our narratives and stories, helped us survive ~ creating identity, boundaries, memory, and a sense of "me" navigating a complex world. It protected us, motivated us, and helped us belong.

But what once kept us alive can also keep us tense.

When the ego stays locked in survival mode, it often shows up as:

- constant comparison

- defensiveness and reactivity

- fear of being wrong, excluded, or unsafe (not is just big ways but in countless small nuanced ways too)

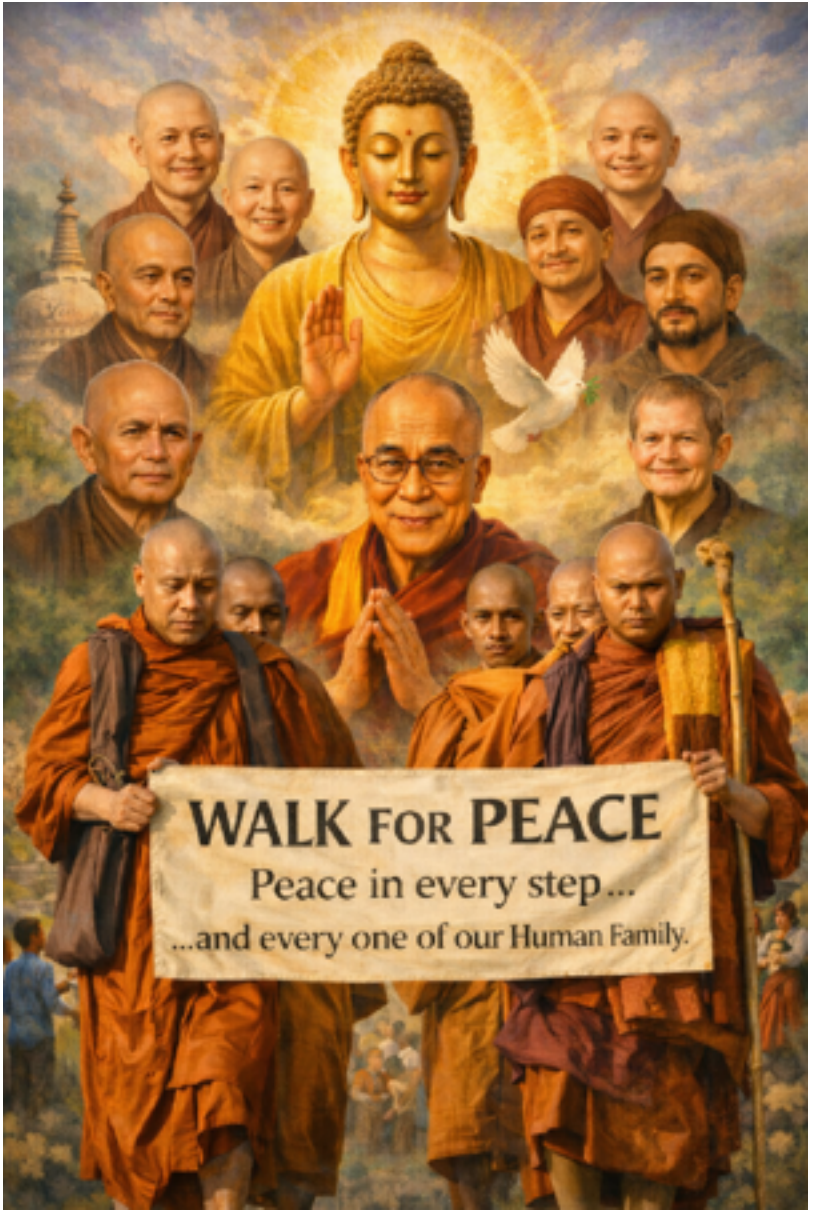
Peace doesn't come from eliminating the ego.

It comes from understanding and integrating it.

As awareness matures, the ego slowly relaxes.

It learns it doesn't have to be in charge all the time.

This is where Peace returns ... not as something new, but as something uncovered, unfolded, unburied and remembered.



**WALK FOR PEACE**

Peace in every step...

...and every one of our Human Family.

The mind becomes a gentle tool, not a battlefield.  
Identity softens.

Connection widens.

Hearts opens.

Focus shifts.

A new chapter is born.

In this way, Peace isn't a regression.

It's an evolutionary integration ... the survival mind held gently by awareness, compassion, and responsibility and sunny mindfulness full of clarity which helps us see ourselves, and others, in a bright new light.

Today is our Peaceful Day.

#27

### **Opportunities to Practice Peace in Everyday Life**

Peace isn't something reserved for special moments or distant places.

It's something we practice ~ quietly, repeatedly ~ in everyday life.

It shows up when we pause before reacting.

When we listen instead of interrupting.

When we choose understanding over being right.

These small, ordinary moments are where Peace is trained.

So when we're asked to meet a divided world, Peace already lives in us.

#28

### **TO DO List**

1. Breath
2. Brush teeth
3. Clean mirror (every spot)
4. Walk Mindfully to bed
5. Kick out your Lover (your cell phone)
6. Continue breathing
7. Be Peace

#29



## **How to Practice Walking Meditation (Like a Monk)**

Walking meditation isn't about getting somewhere.  
It's about being somewhere ... fully.

Begin by slowing down.

Stand still for a moment and feel your feet on the ground.

As you walk:

- Feel each step make contact with the Earth
- Notice the shift of weight, heel to toe
- Let your arms rest naturally
- Keep your gaze soft, a few feet ahead

Breathe naturally.

You can gently pair breath with steps:

- Inhale ~ lifting the foot
- Exhale ~ placing it down

If the mind wanders (it will), simply return to the sensation of walking.

No judgment. No fixing.

Monks walk this way to train presence ...  
to bring Peace into motion, not just stillness.

You don't need robes or a monastery.

A sidewalk, a hallway, or a park path is enough.

Every step can be a Peaceful step.

Each moment can be a Peaceful moment ... even when sitting.

Start ... right where you are ...

#30



## “Just Like Me” ~ A Meditation for Human

### Connection

The “Just Like Me” meditation is a simple practice that gently reminds us of something easy to forget:  
every person we meet has a life as complex, tender, and challenging as our own.

Just like me, this person wants to be happy.

Just like me, they experience fear and uncertainty.

Just like me, they have known joy, loss, hope, and disappointment.

Just like me, they want to feel understood.

Just like me, they have suffering of all shapes and sizes.

When we pause to reflect this way, judgment softens.

Separation loosens.

Compassion has space to arise.

We may not agree with everyone.

But we can remember our shared humanity.

In a world that can feel divided, this quiet practice helps retrain the heart ... moving us from reaction toward understanding, and from distance toward connection.

Sometimes Peace begins with a single, humble realization:

This person is just like me.

With this realization, the gateway to clarity, understanding, empathy, love and Peace ... begins to open.

This person is just like me.

#31



**As you are reading this... just notice are you breathing in, or breathing out?**

That one gentle question brings us back into the body. The body always knows before the mind does. This is our human biology. When we learn to check in, noticing the breath, the jaw, the shoulders, the belly ... we can sense whether we're at Peace or in non-Peace, also know as contraction. Peace is restful, joyful ... expansive.

Peace isn't something we think our way into. It's something we feel when the nervous system settles. One breath at a time.

Breathing in. Breathing out. Slowly and calmly. Peacefully

Is this moment a Peaceful moment? If not, then see where you can create ease. Creating ease leads to Peace.



#32

 **Tangerine Meditation**

Zen Master Thích Nhất Hạnh taught that Peace is not an idea ... it's a practice.

In his Tangerine Meditation, we slow down enough to fully see, smell, taste, and feel one simple fruit. In doing so, we touch the sun, the rain, the earth, the farmers and many of our human family which supported the tangerine to reach our hands.


We take time to see the countless conditions that made that moment possible.

This is mindfulness in everyday life: presence, gratitude, interconnectedness and interbeing ... one breath, one bite, one moment at a time.

Peace is slowing down to see and honor all the conditions (of everything). Are you truly there for your tangerine? Your coffee? Your conversation with others? Your self?

Today is our Peaceful Day.

#33

 **The Five Hindrances** ~ Understanding What Blocks Inner Peace

In Buddhist psychology, the Five Hindrances describe common mental states that temporarily cloud clarity and calm. They're not flaws ... they're patterns the human mind falls into under stress.

1. Desire

The restless pull toward wanting things to be different than they are.

2. Aversion

Irritation, anger, or resistance to what we don't like.

3. Sloth & Torpor

Mental heaviness, fog, or lack of energy ... often a sign of overload or exhaustion.

4. Restlessness & Worry

An agitated mind that can't settle, replaying the past or rushing into the future.

5. Doubt

The inner voice that questions our capacity, our path, or whether Peace is even possible.

These states arise in all of us.

The practice isn't to eliminate them; it's to notice them. These patterns are simply what the brain does, shaped by evolution

as a survival mechanism ... and when we see them clearly, they begin to loosen their grip.

When we recognize a hindrance as it appears, it loosens its grip. Awareness restores choice.

Peace grows not by forcing the mind to be calm, but by understanding what pulls it away, and meeting those patterns with patience rather than judgment.

Sometimes the most Peaceful thing we can do is simply say: Ah... this is what's here right now and I can see what is happening.

For those interested in learning more:

Shaolin Buddhist Master Shi Heng Yi offers accessible teachings on discipline, awareness, and inner stability ~ bridging ancient practice with modern life. His talks are a thoughtful resource for anyone exploring mindfulness, self-mastery, and Peace from a grounded, human perspective.

(Sharing these as insights from contemplative psychology and history, not as an attempt to convert anyone.)

#34



**Even in harsh conditions, the heart can remain gentle.**

The opportunities to Practice Peace ... are all around us. The practice is the practice. 🙏

#35



**Peace Vitamins: Daily Nutrients for the Soul**

Just like our body needs vitamins to thrive, our heart and mind need nourishment to cultivate Peace. Here are a few “Peace Vitamins” to consider adding to your daily regimen:

Vitamin C – Compassion: Strengthens your empathy and kindness, helping you see and feel the humanity in everyone.

Vitamin T – Tolerance: Builds resilience to differences and discomfort, helping conflicts dissolve naturally.

Vitamin P – Patience: Supports calm, steady responses instead of reactive tension.

Vitamin G – Gratitude: Boosts appreciation for life’s moments, large and small, creating inner calm.

Vitamin L – Love (Self & Others): Nourishes connection, forgiveness, and understanding.

Take generously every day to support Your Peaceful Day ...  
No prescription required!

#36

### **Even Peace Evolves**

Peace is often imagined as the absence of conflict ... quiet, still, untouched by disturbance. But like everything alive, Peace has its own evolution.

At first, Peace may simply mean personal safety.

Then it becomes emotional steadiness.

With time, it grows into understanding ~ the ability to stay open even when we disagree.

Mature Peace asks more of us.

It invites patience over reactivity, listening over certainty, and curiosity over judgment.

And eventually we begin to see something quite profound:

Peace is not merely a condition we hope the world will give us ... it is a capacity we cultivate within ourselves and extend outward through our choices.

Deep change rarely begins in institutions or headlines.

It begins in the subtle places and spaces:

-how we speak to one another

-how we understand and support our emotions ... and our Behaviors

-how willing we are to Understand before being understood

-how we repair rather than withdraw

-how we choose compassion over reflex

-how we choose to evolve out of blaming, complaining, explaining and condemning and vilifying (but going deeper to understand why we and other do these things)



Inner development and collective wellbeing have always been linked.

As our awareness grows, so does our ability to create environments rooted in dignity, care, and kind cooperation.






Peace, then, is not static.  
It is developmental.  
It matures as we do.

Just like neuroplasticity, Peace can also change ... and it does. And, we are the drivers.

Today offers another opportunity to participate in our Human Family Peace Evolution .... quietly, steadily, and together.

Because when humans evolve, Peace evolves with us.  

#37

 **We have a responsibility** to learn the wisdom that is coming through here. The accountability lands on each, and every one of us    

#38

## ★ Dana ... The Practice of Generosity

Across many wisdom traditions, dana simply means generosity - the natural joy of giving without expectation.

Dana isn't only about money.

It's offering time, attention, kindness, listening, encouragement, patience, community building or care ... exactly where it's needed.

When generosity flows freely:

- Giving feels nourishing, not draining
- Receiving happens with dignity
- Connection replaces separation
- Trust quietly grows

Neuroscience even shows that generous acts calm the nervous system and activate the brain's reward and bonding centers.

Giving softens fear. It reminds us we're not alone.

Mindful giving also includes giving to yourself.

It's resting when you're tired, being kind to your inner voice, and honoring your own needs ~ so generosity can arise from wholeness, not exhaustion.

Dana teaches us something simple and profound:

We already have enough to share.

Today might be a good day to practice a small act of generosity ~  
a word, a pause, a smile, a moment of care.  
This, too, is Peace in action.



#39

**👣 Walking meditation** is the practice of bringing gentle awareness to each step ~ feeling the ground beneath you, the rhythm of your breath, and the quiet movement of the body.

By slowing down and truly arriving in each step, the mind settles, and even an ordinary walk becomes a path toward presence and Peace.

#40

### **Metta, Karuna... and the Heart Practices**

In Buddhist psychology, there are four qualities often called the Heart Practices ... ways we naturally support Peace within ourselves and others:

#### Metta ~ Loving-kindness

The sincere wish for ourselves and all beings to be safe, happy, and well.

#### Karuna ~ Compassion

The tender responsiveness that arises when we recognize suffering and feel moved to care.

#### Mudita ~ Sympathetic Joy

The ability to celebrate the happiness and success of others without comparison or envy.

#### Upekkha ~ Equanimity

A steady, balanced presence that allows us to remain open and grounded amid life's ups and downs.

Together, these qualities expand the heart.

And as the heart expands ... Peace has more space to grow.

#41

## ∞ **Interconnectedness**

This warm moment between our dear Bhikkhu Pannakara and Aloka invites the true nature of love to rise within each of us.

When we really see and feel this, we remember something simple and profound:  
nothing exists on its own.

Does a flower grow independently?

No. It needs the sun, the air, and fertile soil made of many elements working together.

We are the same.

Thich Nhat Hanh called this “interbeing” ~ the understanding that we are not separate from one another or from the world around us.

None of us is a standalone being.

We are shaped by the earth, the sun, our relationships, and our lived experiences ... all of which form our bodies, our minds, and our lives.

When we see this clearly:

\* Care replaces indifference

\* Responsibility replaces blaming and complaining

\* Peace begins inside and naturally extends outward, growing in quiet but powerful ways

To harm another is to harm ourselves.

To care for the world is to care for our own well-being.

Interconnectedness isn't just a belief.

It's something we can notice ... in nature, here and now ... in every Peaceful breath.

Today is our Peaceful Day.

Most of us are given a brand new 24 hours to honor our Peaceful practices ... and to create loving change inside ourselves, with others ... and the world around us. 🙏 Be Peace. 🙏



#42

### **Creating a Home Peace Altar** (and How to Use It)

A Peace Altar isn't about religion or ritual perfection. It's simply a small, intentional space in your home that reminds your nervous system: I am safe. I can pause. I can return to Peace.

Think of it as a visual and sensory anchor for calm, clarity, and kindness.

 How to Create One

Choose a quiet corner, shelf, or small table. Keep it simple.  
(Or let it grow to a multi level tower - make it fun!)

You might include:

- \* A candle (light = awareness)
- \* A stone, shell, or natural object (grounding)
- \* Flowers or a plant (life and impermanence)
- \* A photo, symbol, or object that represents love, Peace, or remembrance
- \* Add your favorite books, bibles, notebook or journals
- \* A short phrase or intention (e.g., Today is my Peaceful Day, May Peace guide my actions, Here I practice coming home to myself. ...)

There's no right or wrong~only what feels sincere to you.

### How to Use It

This space isn't meant to be admired~it's meant to be used.  
Daily.

Visit morning and night (sunrise, sunset) and especially when you feel emotions, suffering or difficult emotions arising.

- \* Pause there for 1–3 minutes in the morning or evening (you can get some nice floor cushions or low chairs or special rug)
- \* Breathe slowly, noticing your body settle
- \* Set an intention for how you want to show up today
- \* Return to it when emotions run high or the world feels loud
- \* Offer gratitude~even for one small thing
- \* Care for your Peace Alter near daily, by dusting, arranging, offering of lighting a candle, offering a flower, refreshing a bowl of water symbolically.

Over time, your body learns: this place = safety + presence.

### Why It Works

- \* Visual cues calm the stress response

- \* Repetition builds emotional regulation
- \* Intention trains attention
- \* Stillness restores perspective
- \*

You're not creating Peace~you're remembering it.  
Peace is already within us.

A home altar simply helps us come back to it, again and again.

Enjoy your Peace Altar .. may you be well and happy.





## **How to Build and Grow a Peace Sangha**

A sangha simply means community.

A Peace Sangha doesn't require robes, rituals, or shared beliefs ~ only shared intention.

It begins with a few people who want to practice Peace together.

### **1. Start small and sincere**

Two or three people is enough. Peace grows through presence, not numbers.

### **2. Center the intention**

Make it clear: this is a space for kindness, listening, and growth ~ not fixing, debating, or converting.

### **3. Practice together**

This can be as simple as:

- a few minutes of silence
- mindful breathing or walking
- reading a short passage on Peace
- sharing one insight or challenge
- watching a Walk For Peace video or other teaching
- building a Peace Alter together
- creating and enjoying events together

### **4. Listen deeply**

Let people speak without interruption or advice. Being heard is often more healing than being helped.

### **5. Welcome differences**

A Peace sangha thrives on diversity. Different backgrounds and views strengthen understanding.

6. Keep it grounded in everyday life

Peace isn't abstract. Invite reflections on work, family, grief, joy, and real human struggles.

7. Let compassion be the guide

When conflict arises (and it will), treat it as practice ... not failure.

A Peace sangha isn't about perfection.

It's about walking each other home ~ one conversation, one breath, one moment at a time

#44



## **Books on Communication, Connection & Community**

Marshall B. Rosenberg ~ Nonviolent Communication

,A widely used, secular framework for speaking honestly while listening with empathy and care.

Daniel J. Siegel ~ Mindsight

A neuroscience-informed look at how awareness, regulation, and attuned communication shape relationships.


David Brooks ~ How to Know a Person

,A practical guide to improving human connection by learning to truly see others ~ and be seen in return ~ offering a thoughtful remedy for social fragmentation.

Thich Nhat Hanh ~ The Art of Communicating

A gentle, practical guide to deep listening, loving speech, and presence in everyday conversations.

Thich Nhat Hanh ~ Peaceful Action, Open Heart  
, Explores how mindful communication can transform  
conflict ~ personally, socially, and collectively.

 Together, these books remind us that communication isn't  
just about exchanging words ... it's about attention,  
understanding, rebuilding trust and expanding Peace.

Going Deeper ... together!

There are many great books, videos, retreats, workshops and  
courses out there! Seek them out.

#45

## **Peace, Mindfulness, Loving-Kindness, and Compassion**

Peace

Peace is a settled inner state.

It arises when the nervous system is not in threat mode and  
the body feels safe enough for the mind to soften. From  
Peace, clarity and wise action become possible.

Mindfulness

Mindfulness is the ability to notice what is happening without  
immediately reacting.

It creates space between experience and response, allowing  
choice instead of habit.

Loving-Kindness

Loving-kindness is the intentional wish for wellbeing ~ for  
ourselves and for others.

It gently trains the heart away from hostility and toward care  
and connection.

## Compassion

Compassion is loving-kindness in action.

It is the capacity to stay present with suffering ~ our own or another's ~ without turning away, hardening, or blaming.

## How They Work Together

- Mindfulness helps us see clearly.
- Peace allows the body to feel safe.
- Loving-kindness softens the heart.
- Compassion moves us toward care rather than harm.

These are not beliefs.

They are human capacities that can be practiced and strengthened, one moment at a time.

# WALK FOR PEACE

*Nurture the Garden of*

# PEACE

— WITHIN YOU —

RESPONSIBILITY • CARE • AWARENESS

TEND THE SOIL  OF YOUR HEART

WE ALL HAVE A PART TO GROW.

Peace grows faster when we grow it together.

#46



## **Kindness, Understanding and Peace**

If we want kindness, we have to practice kindness.

If we want friendship, we have to offer friendship.

If we want understanding, we have to listen first.

If we want Peace, we have to embody Peace.

What we long for in the world often begins as something we practice within ourselves and extend outward.

Change doesn't start with demand.

It starts with example.

Quietly.

Consistently.

Together.

#47



## **Five Books That Cultivate Peace & Mindfulness**

(Across wisdom, science, and lived experience)

**Peace Is Every Step ~ Thich Nhat Hanh**

Gentle, practical reflections on bringing calm and awareness into everyday life ~ walking, breathing, and being human.

**Wherever You Go, There You Are ~ Jon Kabat-Zinn**

A mindfulness classic grounded in science and daily life, not religion. Clear, accessible, and deeply calming.

**The Art of Living ~ Thich Nhat Hanh**

Explores how understanding the mind helps reduce suffering and grow compassion ~ universal themes for any path.

**The Power of Now ~ Eckhart Tolle**

Focuses on presence and awareness as doorways to Peace, using language that resonates across spiritual and secular traditions.

**Man's Search for Meaning ~ Viktor Frankl**

A profound reflection on meaning, resilience, and inner freedom in the face of suffering.

#48



**Thank you**

-Thank you.

-Thank you to this present moment.

-Thank you for my experiences which helped me grow.

-Thank you my blanket, my water, food, shelter ... and all things that bring me comfort.

-Thank you for my strength to nurture abilities to learn and expand.

-Thank you.

-Thank you.

-Thank you.

#49

## ✨ **Bridging Science & Spirituality**

Science and spirituality don't have to compete.

At their best, they point toward the same human truth:  
how we suffer, how we heal, and how we live with more care.

Science helps us understand the nervous system —  
how stress tightens the body,  
how attention shapes perception,  
how compassion calms the brain.

Spiritual traditions help us feel why this matters.  
They offer practices that train awareness, soften reactivity,  
and reconnect us to one another.

When we bring these together ... Peace becomes practical.  
Mindfulness becomes nervous-system regulation leading to  
open-heartedness and clarity.  
Compassion becomes a skill we can strengthen.  
Inner Peace becomes something we practice daily ... not  
something we wait for.

Peace isn't abstract, mystical or conceptual.  
It's embodied, learnable, and deeply uniquely human.

And when inner Peace grows, it naturally extends outward ...  
into our families, our workplaces, and our shared world.

Peace is available ... to each of us.  
We Are Human Family, in every Here & Now Moment.  
Together, we can Be Peace.

#50

## **The Meaning of 108**

It took 108 days for the monks to walk to Washington, D.C. In many wisdom traditions, the number 108 carries deep significance.

In Buddhism and yoga traditions, 108 represents wholeness and completion — the integration of body, mind, and heart.

Some ways 108 is understood:

- There are 108 human tendencies that obscure clarity — and 108 practices that help return us to awareness
- A traditional mala has 108 beads, used to steady attention and cultivate presence
- 1 represents unity
- 0 represents openness or emptiness
- 8 represents infinity, continuity, and interconnection

Together, 108 points to the full human journey — from confusion to clarity, from separation to connection.

Seen this way, the 108-day walk isn't just a measure of distance.

It's a symbol of completion through presence.

Each step carried intention.

Each day invited patience.

Each mile practiced Peace.

The walk reminds us that Peace doesn't arrive all at once.  
It unfolds — step by step — until it becomes embodied.

*And when Peace is embodied, it can finally be shared.*





#51

## **Coming Home**

The monks are home now.

And in a quiet, wordless moment, Bhikkhu Pannakara bows to his teacher ~ tears flowing.

This is not just the end of a journey across land.

It is the completion of a circle.

In Buddhist practice, coming home does not mean arriving at a place.

It means returning to what has always been here.

To bow with tears is to acknowledge everything that shaped the path:

the hardship, the patience, the discipline, the love, the guidance,

and the unbroken thread of transmission from heart to heart.

When the monks speak of coming home, they are pointing us inward.

Home is the place where we no longer need to perform, prove, or protect.

Home is the place where we stop running from ourselves.

Home is where we recognize our true nature beneath habit, fear, and striving.

Many of us walk long roads in life ... seeking peace, clarity, belonging ...

only to discover that what we were seeking was already within us, waiting to be remembered.



#52



**Daily Peace Practice: Noticing, Not Perfecting**

Our dear Monks of Peace remind us that peace isn't created by force or perfection — it's created by recognition.

When we practice mindful awareness, we begin to notice our patterns:

the familiar thoughts, reactions, preferences, and habits that arise again and again.

Not to judge them.

Not to erase them.

Just to see them clearly.

Seeing is already a shift.

From this seeing, new possibilities appear.

When a pattern is recognized, it loosens.

When it loosens, choice becomes available.

And from choice, new behaviors can gently form.

The monks speak of this practice using the image of the four stages of the lotus:

the seed in the mud,

the sprout rising,

the bud forming,

and the full bloom.

Each stage is necessary.

None are skipped.

And the lotus does not rush itself.

Some days we are simply noticing.  
Some days we try again.  
Some days we fall back into old habits.  
And some days, peace feels a little more accessible.

The teaching is simple and compassionate:  
do not give up.  
Keep noticing.  
Keep practicing.  
Keep beginning again.

Even when Peace feels far away, the lotus is still growing ...  
and Peace is closer than you think. Peace is in you and its  
ready to Bloom.

The bow is not an act of submission.  
It is an act of gratitude.  
A recognition that we did not walk alone.  
A recognition that the path itself has been teaching us all  
along.

May we all find the courage to come home to ourselves.  
Again and again.  
With humility.  
With tenderness.  
With trust.



#53



## **What Is Meditation?**

Meditation isn't about stopping your thoughts.  
It's about changing your relationship to them.

At its core, meditation is the practice of learning to be with your experience ~ as it is ~ with awareness, steadiness, and care.

It can look very simple:

- noticing the breath
- feeling the body
- observing thoughts without chasing them
- resting attention in the present moment

Meditation trains us to pause before reacting.

To notice what's happening in the body and mind before habit takes over.

From a scientific view, meditation helps regulate the nervous system:

- calming stress responses
- improving emotional regulation
- strengthening attention and clarity

From a contemplative view, meditation helps us see:

- how suffering arises
- how grasping and resistance create tension
- how peace is already present when we stop fighting experience

Meditation is not escaping life.

It's learning how to meet life more honestly.

You don't need to be calm to meditate.  
You don't need a quiet mind.  
You don't need special beliefs.

You only need willingness to notice.


Over time, this noticing softens reactivity.  
The mind becomes less of a battlefield and more of a tool.

The heart gains space to respond with wisdom instead of habit.

Meditation doesn't make us perfect.  
It makes us more available ... to ourselves, to others, and to what matters.

Peace isn't something meditation gives us.  
It's something meditation helps us remember ... with spaciousness, patience and daily practice.

Going Deeper, into authentic Peace... Together!

 **As we arrive here**, it's important to name something plainly:  
the pilgrimage event itself is complete.

The walking, the gathering, the shared route through place and time—this chapter has closed. What needed to be carried has been carried. What needed to be witnessed has been witnessed. Grief has had a body, a rhythm, and a path.

And yet—this is not an ending.

What begins now is quieter, less visible, and more demanding in its own way. The real work unfolds in how we develop our practices: how we tend grief in daily life, how we listen more honestly, how we respond rather than react, how we let compassion mature into consistency.

Pilgrimage can open a door. Practice is what teaches us how to live on the other side of it.

Nothing further is required. Nothing needs to be proven or performed. The invitation is simply to continue—step by step, breath by breath—allowing what was touched during the walk to inform how we show up for ourselves, for one another, and for the world as it is.

The walk is complete.  
The practice is just beginning.

“The quieter you become, the more you are able to hear.”  
~ Rumi

“The knowing ... is in the slowing.”  
~ Oznic

"May all hearts open.  
May all open hearts ... open wider."  
~ Sister Sunny Free Spirit



Make Peace with the Present Moment

🧡 Even in harsh conditions, the heart can remain gentle. The opportunities to Practice Peace ... are all around us.

*The practice ... is The Practice.* 🙏



FOLLOW

Instagram @WalkForPeace.usa

Instagram @AlokaThePeaceDog

May you and all beings be well, happy, and at Peace.

**A message by Venerable Bhikkhu Pannakara**, the leading monk of Walk for Peace, to all ... as the Walk for Peace concludes tomorrow, 10th February 2026, in Washington D.C.

*“Our life is alive only in the present moment ... not in the past, not in the future, but right here, right now. This is where life has always been, waiting for us to notice it and fully live it.*

*The past is gone. We cannot change it or return to it. The future is not here yet. We cannot control it, no matter how much we plan or worry. When our minds get lost in past or future, we invite suffering and disconnect from the only life we truly have ~ this breath, this moment.*

*But there is always a gentle way back.*

*When we become mindful of our breath ~ breathing in, breathing out ~ we return to our real life. When we act with awareness and care, we align with the path we are actually walking.*

*Then something beautiful happens. Peace reveals itself. Not as something we create, but as something that has always been here, waiting for us to return.*

*With Peace in the present moment, we can move forward with clarity, calm, and strength ... not scattered across time, but grounded in now.*

*Make Peace with this moment. Not by forcing, but by gently returning. By breathing. By simply being here. Because this moment is where life is truly happening.*

*May we live the life that is here ~ not the one we lost, not the one we fear or wait for.”*



Dear Ones,

As this beautiful pilgrimage of Walk for Peace reminds us that Peace begins within, some may ask how we can bring that same spirit into our workplaces. I share a short, non-commercial LinkedIn newsletter called “Whispers of Wisdom” that explores simple ways to practice calm, compassion, and clarity at work.

May this free resource support your Daily Peace Practices in the workplace. 🌸🙏🕊️

<https://www.linkedin.com/newsletters/whispers-of-wisdom-7161075025423298560/>

This collection is meant to be a companion, not comprehensive.

Make today your Peaceful Day. 🙏


Cyndee Bessant  
Chief Wellbeing Officer

The World Wisdom Well Youtube channel,  
WorldWisdomWell.com and Whispers of Wisdom LinkedIn  
Newsletters, are initiatives of TheEvolutionLab.org  
Follow Sister Sunny Free Spirit

EDUCATION ~ EMPOWERMENT ~ EVOLUTION  
Co-creating new pathways of wellbeing ... for our Human  
Family!



Today is my  
Peaceful Day



# *A Prayer for Peace*

*Lord, make me an instrument of your peace...*

where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is discord, union;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

*~ St. Francis*



## **A Prayer for Peace**

Lord, make us instruments of your peace.  
Where there is hatred, let us so love.  
Where there is injury, pardon.  
Where there is discord, union.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness, joy.

Grant that we may not so much seek to be consoled as to  
console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

~ St. France of Assisi



We Are Human Family.

May we all return to our true homes ... peaceful ... inside.. 🙏



*Let us continue our Daily Practices by nurturing the seeds which have been planted.*

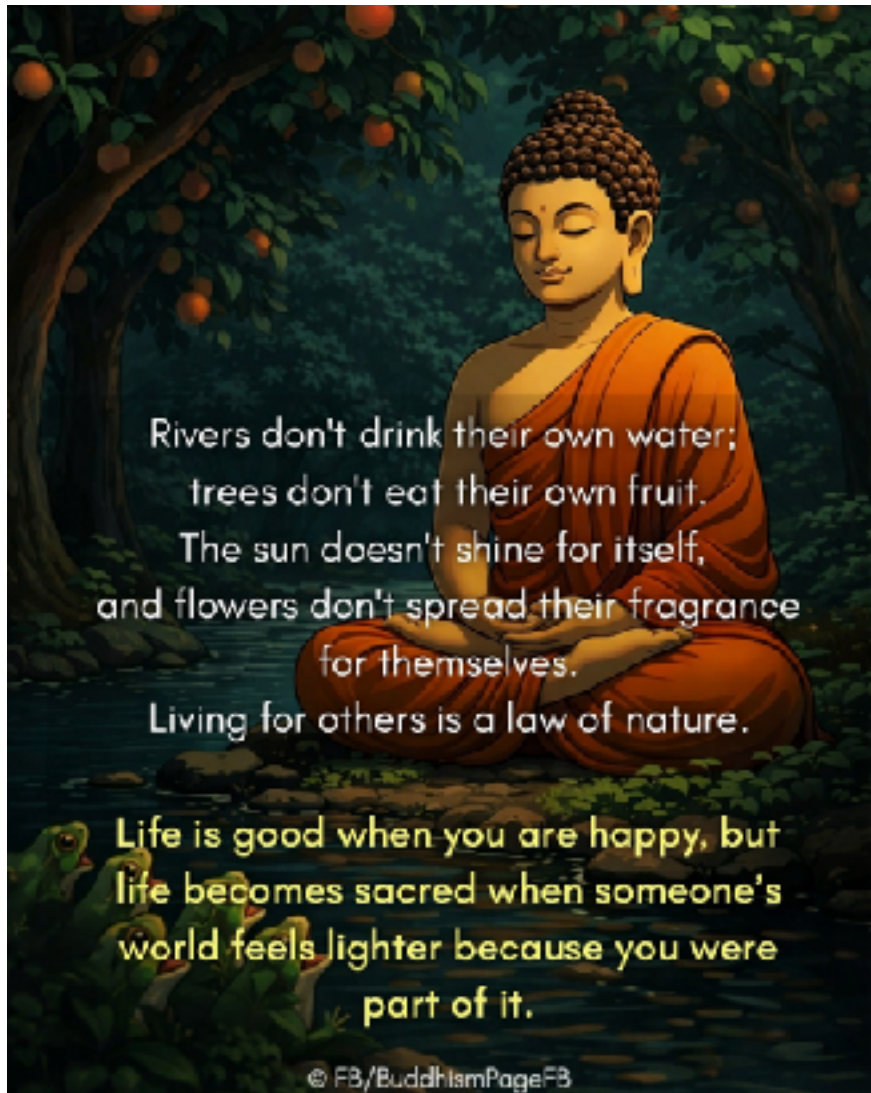
May we all live in true peace and free from suffering.



May you be happy,  
may you be well,  
and may you be peaceful.

*In every moment, every situation, and every interaction, there is a teacher ... and there is a student.*

Can you see it?



Rivers don't drink their own water;  
trees don't eat their own fruit.  
The sun doesn't shine for itself,  
and flowers don't spread their fragrance  
for themselves.  
Living for others is a law of nature.

Life is good when you are happy, but  
life becomes sacred when someone's  
world feels lighter because you were  
part of it.

## Loving-kindness (metta) meditation

### English (original)

May I be free from resentment and conflict.

May I be free from physical suffering.

May I be free from mental suffering.

May I be free from danger, and may my body and mind be at peace.

May all beings be free from resentment and conflict.

May all beings be free from physical suffering.

May all beings be free from mental suffering.

May all beings be free from danger, and may their bodies and minds be at peace.

### Spanish

Que esté libre del resentimiento y del conflicto.

Que esté libre del sufrimiento físico.

Que esté libre del sufrimiento mental.

Que esté libre del peligro, y que mi cuerpo y mi mente estén en paz.

Que todos los seres estén libres del resentimiento y del conflicto.

Que todos los seres estén libres del sufrimiento físico.

Que todos los seres estén libres del sufrimiento mental.

Que todos los seres estén libres del peligro, y que sus cuerpos y mentes estén en paz.

## French

Puissé-je être libre du ressentiment et du conflit.

Puissé-je être libre de la souffrance physique.

Puissé-je être libre de la souffrance mentale.

Puissé-je être libre du danger, et que mon corps et mon esprit soient en paix.

Puissent tous les êtres être libres du ressentiment et du conflit.

Puissent tous les êtres être libres de la souffrance physique.

Puissent tous les êtres être libres de la souffrance mentale.

Puissent tous les êtres être libres du danger, et que leurs corps et leurs esprits soient en paix.

## Portuguese

Que eu esteja livre do ressentimento e do conflito.

Que eu esteja livre do sofrimento físico.

Que eu esteja livre do sofrimento mental.

Que eu esteja livre do perigo, e que meu corpo e minha mente estejam em paz.

Que todos os seres estejam livres do ressentimento e do conflito.

Que todos os seres estejam livres do sofrimento físico.

Que todos os seres estejam livres do sofrimento mental.

Que todos os seres estejam livres do perigo, e que seus corpos e mentes estejam em paz.

## Arabic

ليكن لي التحرر من الاستياء والصراع.

ليكن لي التحرر من المعاناة الجسدية.

ليكن لي التحرر من المعاناة النفسية.

ليكن لي التحرر من الخطر، وليكن جسدي وعقلي في سلام.

ليكن جميع الكائنات متحررين من الاستياء والصراع.  
ليكن جميع الكائنات متحررين من المعاناة الجسدية.  
ليكن جميع الكائنات متحررين من المعاناة النفسية.  
ليكن جميع الكائنات متحررين من الخطر، ولتكن أجسادهم وعقولهم في  
سلام.

Hindi

मैं द्वेष और संघर्ष से मुक्त रहूँ।  
मैं शारीरिक पीड़ा से मुक्त रहूँ।  
मैं मानसिक पीड़ा से मुक्त रहूँ।  
मैं खतरे से मुक्त रहूँ, और मेरा शरीर और मन शांत रहें।  
सभी प्राणी द्वेष और संघर्ष से मुक्त हों।  
सभी प्राणी शारीरिक पीड़ा से मुक्त हों।  
सभी प्राणी मानसिक पीड़ा से मुक्त हों।  
सभी प्राणी खतरे से मुक्त हों, और उनके शरीर और मन शांत रहें।

Chinese (Simplified)

愿我远离怨恨与冲突。  
愿我远离身体的痛苦。  
愿我远离心灵的痛苦。  
愿我远离危险，身心安宁。  
愿一切众生远离怨恨与冲突。  
愿一切众生远离身体的痛苦。  
愿一切众生远离心灵的痛苦。  
愿一切众生远离危险，身心安宁。

## Japanese

私が恨みと対立から自由でありますように。

私が身体の苦しみから自由でありますように。

私が心の苦しみから自由でありますように。

私が危険から自由であり、心身が安らかでありますように。

すべての存在が恨みと対立から自由でありますように。

すべての存在が身体の苦しみから自由でありますように。

すべての存在が心の苦しみから自由でありますように。

すべての存在が危険から自由であり、心身が安らかでありますように。

## Thai

ขอให้ข้าพเจ้าปราศจากความขุ่นเคืองและความขัดแย้ง

ขอให้ข้าพเจ้าปราศจากความทุกข์ทางกาย

ขอให้ข้าพเจ้าปราศจากความทุกข์ทางใจ

ขอให้ข้าพเจ้าปราศจากอันตราย และขอให้กายใจเป็นสุขสงบ

ขอให้สรรพสัตว์ทั้งหลายปราศจากความขุ่นเคืองและความขัดแย้ง

ขอให้สรรพสัตว์ทั้งหลายปราศจากความทุกข์ทางกาย

ขอให้สรรพสัตว์ทั้งหลายปราศจากความทุกข์ทางใจ

ขอให้สรรพสัตว์ทั้งหลายปราศจากอันตราย และมีกายใจเป็นสุขสงบ

AI generated translations.





## **A Profound Blessing — Message from His Holiness the 14th Dalai Lama to the Walk for Peace**

We are deeply humbled to share that His Holiness the 14th Dalai Lama sent a message of support to the venerable monks of the Walk for Peace.

At the Lincoln Memorial on Day 109, Tencho Gyatso, President of the International Campaign for Tibet, read His Holiness's message aloud. Then, Shangza Rinpoche formally presented it to Venerable Bhikkhu Pannakara.

The Message from His Holiness:

"I express my solidarity to fellow Buddhist monks who have undertaken a Walk for Peace from Texas to Washington, D.C., with the aim of promoting national healing, unity and compassion. Their commitment, including enduring physical hardship and challenging weather conditions over a journey of more than 2,000 miles, has drawn attention both within the United States and internationally.

The message of peace and mutual understanding conveyed through their conduct, marked by humility and calm presence, has resonated with many people they encountered along the route, as reflected in media coverage. Their initiative illustrates how religious practitioners can contribute in a practical and constructive way to social harmony and public dialogue.

May their walk help sow the seeds of greater peace, understanding and compassion in the United States and beyond.

With my prayers and good wishes,

[Signature of His Holiness]  
February 4, 2026"

To receive this encouragement from His Holiness is a profound gift. His words affirm the sacred purpose of this journey and inspire us to continue walking the path of peace with even greater dedication.

We are forever grateful to Tencho Gyatso and Shangza Rinpoche for bringing this message to us. We bow in deepest reverence to His Holiness for his boundless compassion.

Photo credits:

Palden Gyal (Lincoln Memorial/Letter)

Portrait of His Holiness: Official Facebook Page of His Holiness

May you and all beings be well, happy and at peace. 🙏



THE DALAI LAMA

## MESSAGE

I express my solidarity to fellow Buddhist monks who have undertaken a Walk for Peace from Texas to Washington, D.C., with the aim of promoting national healing, unity and compassion. Their commitment, including enduring physical hardship and challenging weather conditions over a journey of more than 2,000 miles, has drawn attention both within the United States and internationally.

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May their walk help sow the seeds of greater peace, understanding and compassion in the United States and beyond.

With my prayers and good wishes,

February 4, 2026



The Evolution Lab proudly supports the Walk For Peace mission of nurturing inner peace—an enduring, community-led effort rooted in mindfulness, nonviolence, and our shared humanity. Through daily practice, reflection, and public engagement, we help keep this historic movement alive as a living commitment to the Priority of Peace, expressed through engaged action and creating new pathways of well-being for our Human Family.

This booklet is offered freely as an educational and inspirational resource in support of inner peace and mindful living. It is not for sale and is not intended to replace professional medical, psychological, legal, or spiritual care. The reflections, practices, and images shared here are offered in the spirit of compassion, nonviolence, and personal inquiry, and may be engaged with at the reader's own discretion. No belief, outcome, or participation is required. Those who wish to support the continuation of the Walk For Peace may offer optional donations at <https://dhammacetiya.com>

Lastly, our team at the World Wisdom Well would like to offer this virtual pin to our dear Venerable Bhikkhu Pannakara and the Peace Monk monastics of the Dhammacetiya, for planting the large seeds of Peace within our Human Family.

Deep Bow 🙏



May you be well, happy and Peaceful.

**Follow Sister Sunny Free Spirit**

Walking through Chapters

Unfolding Wellbeing & Compassionate Wisdom

**Founder, TheEvolutionLab.org**

Creating new pathways of well-being for our Human Family.

**Insights to Inner Peace**

Expanded Posting Collection in support of Walk For Peace

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Media: Walk For Peace, Dhammacetiya, World Wisdom Well,  
The Evolution Lab, Cyndee Bessant, and the Office of H.H.  
the Dalai Lama

#WalkForPeace #AIForGood #HumanFamily  
#Wellbeing

Please use the following spaces as your personal journal and notes section to support your Peace Journey.

On the path ... together.

Peace Journal:

Peace Journal:

Peace Journal:

Peace Journal: