

Peace Through Me

When peace emanates from me, peace returns to me. I become peaceful.

I become peaceful when I am a source and a mirror of peace.

I am a mirror and a source of peace when my conscious thought, words and deeds are attuned to my unconscious beliefs.

Peace becomes a state of consciousness that implies and incorporates all experiences. This state of consciousness does not oppose another state of consciousness but rather is, in itself, a totality, a whole. And in being a whole, it includes all of our thoughts, words and deeds.

Feeling, reason, sensing, and intuition become integrated.

We experience peace when we are able to go beyond self. When we go beyond self, we feel less self-absorbed and less self-important. We become more individually authentic and simultaneously able to recognize and appreciate the genuine uniqueness of others.

We become free to feel. We feel anger and hurt. We feel healing, strengthening, and loving ourselves and others.

We are free to think. We think with reason, making tight sequential connections.

We think with wonder, making connections of a random kind.

We think with images, making connections of a visual kind.

We see the truth of reason. We see the truth of wonder. We see the truth of images.

When we see the little pieces of truth we see the whole truth.

Abdul Aziz Said

circa 1995