

**Peace: What is in a Word? an invitation to dialog & paint**  
**April 14, 2007, 10:00 – 2:00**  
**The Studio of Robert Miley, Phoenix, Arizona**

**we reflected and wrote...**

**What Do You Understand the Word/Image Peace to Mean in Your Community?**

time for seeing  
time for talking  
expressed & recognized need  
smooth functioning  
caring and progressive  
reminding each other to accept what is in order to move forward in harmony  
acceptance & embracement of difference  
the cross  
a dove  
ocean (water in motion)  
nature  
the ability to communicate, listen with empathy and compassion –  
It is a social space where growth has primacy and borders are secondary  
Respecting others, fairness  
Safe gathering places with conversation guided &/or unguided  
Communication, integrity – presence –  
Hope, all as one  
Prosperity for all  
Connection that recognizes each others feelings and needs as authentic  
Finding strategies that meet our respective and respected needs

**we listened and shared...**

**What Do You Understand the Word/Image Peace to Mean in Your Community?**

courageous  
education  
tolerance  
trust  
respect  
faith  
open heart  
love  
understanding  
people  
positive energy  
traveling  
open mindedness  
acceptance  
speaking different languages  
music

freedom to think, speak, be  
home  
film  
differences  
requests instead of demands  
food:

    chocolate

    water

Ability to live harmoniously with other beings, resolving conflict

meaning

non violence, safety, security

laughter, innocents

air: clean, fresh

cleanliness

simplicity

looking for the best in each other

complexity revealed

looking for the best in each other

respecting space

diversity in cultures

fun

sensuality

comfort

uncomfortable/discomfort

chaos

sexuality

environmentally safe

sensitivity

kumbaya [we discussed this word, knowing how it's been used in the US, but not its original meaning.

    I found that one meaning of the word 'cumba' is 'a Yoruban traditional healer.' Also in Kimbundu and Umbundu respectively, 'kumba' means 'to make a noise, a roar, to be amazed' and 'to roar.' A lovely perspective change on this word. mo]

whole

encompassing

hozho (Navajo for wholeness)

depth

harmonious

connected

balanced

grace

being present in chaos, discomfort

not political

riding out a hurricane

peace is paradoxical

**Challenges to communal peace:**

confrontation

Do we separate peace from the pathway to it?  
Peace is undulating, moving, a lifelong process, a journey.  
Peace is not a goal or a resolution of conflict.  
Peace, accepting who you are in the face of all.  
Perfection equals imperfection: the rose is perfect at every stage and season.  
People get frustrated with a lack of peace but do not really see the process of peace  
as it is occurring.  
Disagreements, emotion, expression of difference are vital to peace.  
Education is important – learning about others, thinking outside of their own  
informal knowledge.  
Is peace an intellectual or an emotional concept? BOTH.  
For me to understand you, I have to know something about you.

“You don’t look Iranian.” “Have you ever seen an Iranian?” “ No.”  
Good thoughts. Good words. Good actions. *Zoroastrianism*  
You clean your mind, your house, everything, to go forward.  
- also a Japanese teaching

Americans are selfish  
– enjoying their lives and not wanting to engage in difficult, messy processes  
– cleaning houses is painful, it’s all painful

Do we really want to know about other’s differences? processes?  
Patience is required, and that must be learned.

Speak to a person’s greatness, but listen to their garbage.  
Growth is about the crap.  
How wonderful to have another consistently relate to you as a great person  
(as a great person who will show up any day now).  
At the center of peace is humanness.

**we reflected and wrote...**

### **What Is the Opposite of the Word/Image Peace in Your Life?**

unquiet  
lack of integration  
absence of God’s presence  
fear  
chaos that is both loud and busy  
stagnation  
conflict  
hate, chaos  
abandoned and fearful  
zero growth  
chaos, violence, conflict  
losing control to connect to self, disparate thinking

fracture, disconnect  
confusion – the inability to see clearly  
fear  
war  
lack of empathy  
acceptance without hope or possibility  
closed  
darkness, depression, rage, resignation  
war, hate

**we listened and shared...**

### **What Is the Opposite of the Word/Image Peace in Your Life?**

laying on the sofa: watching TV, bonbons, starbucks  
uncomfortable due to familiarity with a lack of peace  
more experiences of this (the above) than peace

But has someone smiled at you every day this week?  
Sometimes we focus more on what we lack than what we receive.

This question is not necessarily negative,  
Not an absence of God who is in all.  
If we didn't have fear, had transcended it,  
we would no longer need to occupy physical space.

Education can oppose peace, teach differences, boundaries, separation,  
fragmented knowledge, curriculum may select and deselect what we know;  
SO, education must be beyond the classroom and lifelong.

Whatever a person says is opposite/opposing is true for them and must be respected.  
5 years from now, we may all change our answers. "We can talk till midnight and it  
won't change my personal understanding of what peace is or isn't."

We talk to understand that we are all in a different space.

Understanding/accepting others perceptions of peace means understanding/  
accepting that WAR is peace. How do I resolve that? What happens when that  
person points the gun at you? Is peace defending yourself (taking action) or allowing  
the situation to unfold without taking action?

Is peace forcing others to a change of religion or government?

Peace is taking action in your daily life, practicing it, living it.

WAR – RAW emotion, intellect, etc.

Violence opposes peace: emotional, social, physical

What does it look like when we support life?

**we reflected and wrote...**

**Peace – Why Do You Want It?**

Peace is Essential

In order to move on, to be freed up as a community

I want peace because I'm frustrated by injustice, exploitation and the status as it is.

There is far too much hate. The world has become too "Dog Eat Dog."

Essence of Life

Connects with Magic

When I am at Peace, I belong to myself as well as my communities. I am integrated within and without.

Stability. But without instability one would never know peace.

An acceptance and embracement of difference

Time for contemplation and creation.

So we all can succeed as one.

Peace is how we recognize the depth of life's lessons.

I cannot see a world without it – It is like water, air; we cannot exist completely without it.

I DON'T WANT TO BE in an unpeaceful world.

Peace = Hope, Dreams, Possibilities

It is a calling – can't do anything else!

Why we need Love – same answer.

It is the way to grace

It feels so good.

It allows us to sing – spiritually and figuratively.

Because the opposite is so painful.

Because we can have it if we work at it.

**we listened and shared...**

**Peace – Why Do You Want It?**

What does it look like when we support life? [transition from last question]

celebration

can digest life with peace, quietness

It's important personally to daily function.

must have it to grow, process, journey

Images of peace:

Mom – sacrifice, unconditional love, loving interaction

tree: willow, fruit tree

food: fish, olive branch, idea of nourishment

harmonious universe

paradise

people fed and sheltered

## What does the word/image mean to you personally?

### WE reflected and wrote...

Room for quiet

The parts resting/nesting in the whole

Being "in" rather than "out"

Stillness in my mind, body and home

The patience to resolve conflict

Relaxation and calmness internally

Interacting with people

Taking fresh air into my lungs and thanking God that I can experience such  
Peace.

Bringing positive energy to people and daily life

I wake up every morning and hope for the best

Deciding to be open and listen

No wars-no violence

Heaven here on Earth

Finding myself in bizarre and wonderful places

Peace-Utopia-with all this stress, conflict, war-racism-to be able to live with one  
another with a sense of calmness-love-at one with others and the earth-well-  
Utopia.

Clouds

Hope—Dreams—Smiles—Love

### WE listened and shared...Consistencies in discussion:

**Feelings**—Achieve Internal calmness, void of stressful situations  
Practice Patience and hope

**Sense of Place**—Create sacred spaces in your home and community  
Visit a nature preserve for contemplation and walks with  
friends and family

**Actions**—Give Hugs and smiles to those you love and strangers--Connect  
Seek spiritual fulfillment  
Examine and explore other cultures values, ideas and beliefs  
Participate in ritual and ceremony that connects individuals in giving  
Honor or remembrance to others  
Meditation and prayers

## **How do you bring about peace in your day to day life? WE reflected and wrote...**

Practice sitting still daily. Breathe mindfully and smile a lot.

Sing

Slow down and enjoy the moment you are in NOW instead of rushing and worrying about the next thing

Reflection on images of Peace

Think before acting

When I awake I clear my mind and prepare my energy towards peace, beauty communication wit inside self

Take a deep breathe and IMAGINE. Pray for positive happenings.

Observe conflict I myself and learn to let go...

Try to slow down, Listen-Look for Grace

How? With practice and intentions to periodically notices my feelings to inform me of met and unmet goals.

Smile- Laugh-Listen

Combining Love with Work

Through my art and *Release the Fear* workshops

## **WE listened and shared...Consistencies in discussion:**

### **Actions—Internal:**

Optimistic point of view and thinking

Setting of intentions—we remember we are responsible,

Self-evaluation

Calming our inner most self

### **Actions—External:**

Provide positive opportunities for good choices that benefit self and community

Role playing scenarios that discuss stereotypes and stereotype behaviors

Create Dialogue concerning need to look at oneself in a safe place

Provide opportunities for those who do not have a peaceful space

Develop Department of Peace

Be willing to protest and bring assistance to those in need without judgment

Provide creative spaces to act out ways to generate Peaceful actions and tolerance for all.

Generate situations that help kids to take responsibility and activate bringing Peace to the community on a daily basis

Provide boundaries that will not tolerate any violence—somebody needs to facilitate this dialogue on action and behaviors that bring about Peace

Provide spaces for mediation and meditation in the community

“Mirror Work” reinforcing positive behaviors

Identify the negative in ones community and oneself, embrace it then move forward with more positive behaviors.

Love oneself, Embracing the whole of life

**What names/Organizations come to mind when you think of Peace locally or globally?  
WE reflected and wrote...and later discussed each of these people or organizations:**

Ghandi  
Martin Luther King, Jr.  
Kilgore Tout ( aka Kurt Vonnegut)  
Mother Teresa  
Amnesty International  
Peace Corps  
Green Peace  
Ken Koshio  
Sri Sridraham  
Dwarkuji  
Unity Church  
International Peace Pals Movement  
Arizona Department of Peace Campaign  
Buddah  
Jesus Christ  
Spirit of God  
Peace Alliance  
The Fusion Foundation—*One Planet magazine*  
Dr. Gladys T. McGarey Foundation  
Starshine Academy  
R.J. Shannon  
*Release the Fear*  
The Cultural Arts Coalition  
Non Mas Muertas  
Women in Black  
Hospice of the Valley  
Theatre of the Oppressed  
Friends Meeting (Quakers)  
Breathe for Peace Project  
Embrace the atomic flame  
Marshall Rosenberg's Non-violent Communication  
[www.gndfund.org](http://www.gndfund.org) Director Matt Taylor  
*ONE* (Bono)  
*WHO*

## Reflections on Drawing & Storytelling

Organic

Simplicity

Beauty in chaos, beauty of chaos

Elemental

One used focus, another avoided focus

Happy chaos vs. happy calm

## Closing Reflections and Reintegration

### What New Action Might We Take in Personal / Communal Life Because of Today's Experience?

- ◆ Need to gather, connect and follow through more often
- ◆ Create projects together
- ◆ Have more fun
- ◆ Communicate outside of this group
  - traveling canvas
  - repetition of this experience in other places
  - bring elected officials to be part of it
- ◆ Purposefully connect with others emotionally as well as intellectually
- ◆ look past first sight of another being
- ◆ opposites can connect
- ◆ make movies/public announcements/commercials/videos for youtube, take advantage of mass communication
- ◆ create a concert for peace [to support peace projects in schools?]
- ◆ connect with existing organizations
- ◆ be the leader you want to see
- ◆ pick up the phone, write an email, take action, DO IT
- ◆ Involve children, create projects/programs for children
- ◆ May 4 – Japanese Garden
- ◆ April 22 – Peace event at Steele Indian School Park
- ◆ [www.youthforhumanrights.org](http://www.youthforhumanrights.org)
- ◆ [www.goodsearch.com](http://www.goodsearch.com) donates to charities
- ◆ Channel 99
- ◆ Human Relations Commission – Healing Racism series
- ◆ Peace Dept postcards – send them
- ◆ [www.oneplanetmagazine.com](http://www.oneplanetmagazine.com)
- ◆ Reality is a projected thought, an intention for your life and your world