



PEACE IN THE WORLD BEGINS WITH ME

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What is Peace?

1. Peace is not a mood or emotion; it comes when all mental dispositions (*sankhara* or *samskara*) are quietened. It is a state of being, uncovered from within. Thus, it is not just the absence of external conflict.
2. "The state of freedom from attachment (*raga*) and hatred (*dwesha*) is real peace. ... the blossoming of inner peace in a state devoid of hatred and attachment is *Prasanthi*." (Sri Sathya Sai Baba (SSSB), July 26, 1996)



Why Peace Evades Us?

3. The Buddha taught that peace evades us due to ignorance and craving. He said: "Your worst enemy cannot harm you as much as your own unguarded thoughts."
4. "Can one attain peace by wealth, gold, and other worldly possessions? If wealth and worldly possessions could give peace, then how is it that even rich men are in the grip of unrest?" (SSSB, July 26, 1996)
5. "One's mind finds no peace, neither enjoys pleasure or delight, nor goes to sleep, nor feels secure while the dart of hatred is stuck in the heart." (Bodhicaryavatara, Ch 6, verse 3)
6. "When you are indulging in evil pursuits through your senses, how can you get peace? Peace should come from *hridaya* (the spiritual heart) filled with compassion." (SSSB, May 11, 1998)

The Source of Peace

7. The Buddha said, "Peace comes from within. Do not seek it without." Sri Sathya Sai Baba declared, "Peace cannot be acquired from outside, it has to be manifested from within." (July 26, 1996)
8. Changing the internal state will allow us to function freely – when the mind is at peace, that inner peace will be reflected in our outer world. Hence, the Buddha said, "Resolutely train yourself to attain peace."
9. Those who are vigilant, who train their minds day and night and strive continually for Nirvana, enter the state of peace beyond all selfish passion. (Dhammapada, verse 226)
10. "Peace is divine. To experience this divine quality, you have to purify your heart." (SSSB, July 26, 1996)



Discovering Peace

11. The Buddha said, "If one speaks or acts with a pure mind, happiness follows him like a shadow that never leaves him." Sri Sathya Sai Baba said, "Where there is sacredness, there peace manifests." (July 26, 1996)
12. The Buddha's teachings are in the Noble Eightfold Path and emphasize *silā* (morality), *samadhi* (mastery over the mind), and *panna* (proper insight to purify the mind). This is true Dharma, the path to liberation. The Eightfold Path is: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, right concentration.

13. Buddha explained the importance of this practice: "... virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue."
14. Thus, the Buddha also said, "Those who are free of resentful thoughts surely find peace." And, "Those who have destroyed the roots of jealousy have peace of mind always." "There is no fear for one whose mind is not filled with desires."
15. "So long as you have the dualistic feeling of 'you and I', you cannot experience unity. Buddha recognised the principle of unity and based his life on this truth." (SSSB, May 13, 2006)
16. "You can attain peace only through peace. If you do not have peace, sit at a quiet place and keep repeating *santhi, santhi, santhi ... like a mantra*. You will certainly attain peace after some time." (SSSB, July 26, 1996)
17. "Buddha observed maunam and became quiet. Every sacred act has manifold rewards. By being quiet, Buddha began to experience Soham within him." (SSSB, May 26, 2002)
18. The effort must be ours. "Work out your own salvation. Do not depend on others." Buddha



Peace in the World

19. "Some people are under the mistaken notion that they can attain peace by performing some worship (*puja*) and rituals. They also think that the welfare of the world can be

achieved by the performance of rituals and sacrifices (*yajna and yaga*) ... world peace cannot be achieved by these external practices. World peace can be achieved when you develop inner peace." (SSSB, July 26, 1996)

20. The Buddha explained: "The only way to bring peace to the earth is to learn to make your own life peaceful." "Only change within can enable us to live freely at all times. When the mind is at peace, that peace will be reflected in our outer world."

21. "Hatred is never appeased by hatred. It is appeased only by loving-kindness. This is an eternal law." (Dhammapada, verse 5)



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