

Day 11

Peace

You find it in many literatures. Peace is elusive. The earth has been circling the sun thousands, perhaps millions, of years and yet hardly has peace ever been completely prevalent. Is this the way of man? Could there ever be absolute tranquility?

Peace of mind. Is it attainable?

Early morning one day, a man whom the world around him respected, burst into tears after being recognized as one of the ten most outstanding young men of his time. He cried because he found out that his wife left him for another man. She ran away with his neighbor who, for most of his life, had never been anything worse than unemployed.

Years ago, in our generation, we witnessed a man in his mid-fifties who was the CEO of his company shown on live TV squeezing the trigger of his pistol pointed directly at his temple. The world was utterly shocked. I don't remember his name, but I recall that it was replayed a number of times for a few days.

Picket Fence: A Personal Journey

Essays & Stories for Meditation

By Utanes

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A mother holding her two young daughters was seen one afternoon lying on the pavement. No doubt she jumped from a high floor of the building casting its shadow over her and her two innocent children—all of them lifeless.

A suicide bomber took his life along with close to a hundred victims—innocent women, old men, children, apart from able-bodied young soldiers. The world cries for them – protesting against nobody they could truly blame.

Will there be no end to the chaos and noise around us? Will there be no boundaries to the sufferings experienced in this age? Are we destined to be tormented by a lack or absence of peace longed for?

Wake up, man! Look not only in the gutters of your crooked path. Behold the concrete pavement that gives comfort to your barren feet. Stop staring at the scorching sun that slowly burns the skin of your tender flesh. Glance at the verdant fields that took benefits from the same healthy light affixed in the sky.

Peace some say is but a state of mind. I tend to agree, frankly. Haven't you heard that you could smile in the midst of a severe pain? How is this so, you may ask. To common men such a state of mind is rare indeed. Why are there exceptions like

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Corrie Ten Boom, who found peace in the middle of the holocaust? If there are exceptions, it must then be possible.

It must be true that peace transcends the realms of the mind. It touches the domain of the soul. It must be true that there is such a thing as enemies of the inner being—spirits if you will that cause most of the noise we hear and feel. The warfare is on. The prize is peace. The battleground is the mind. The killing field is the soul.

This thing called Peace had been defined from Plato to Confucius, by Gandhi, by the Dalai Lama. They are all laudable yet they are as temporal as their advocates.

Where do we find peace then? Could we catch it or contain it? How could we check its elusiveness?

Peace must come from the origin of the mind, the Creator of the Soul. There must be an answer from the Original Source of Peace.

The only problem is that many men don't believe this. That is why they perish with empty hands. They disappear from the face of the earth pitifully forgotten.

STUDY GUIDE

Peace

1. Why is peace elusive? Is it ever attainable?
2. Reflect and discuss on each of the following life cases in the essay:
 - a. Successful man whose wife ran away with another man.
 - b. CEO of a company who committed suicide in front of the TV camera.
 - c. Mother who took her daughters with her to death.
 - d. Suicide bomber.
3. How should we look at unfortunate cases like the above? What does the writer suggest we do?
4. Do you believe in the saying: "Peace is but a state of mind."? Give your opinion on this. Reflect and discuss.
5. Peace transcends the realms of the mind. Explain.
6. The writer claims that peace comes from the Origin of the mind, the Creator of the soul. Do you believe this? If not, what do you believe in as regards the source of peace?
7. What in your opinion is the theme of the whole essay?