



## Day 1

Beloved Peacekeepers,

Today, we begin our 64 Day Journey of Non-Violence, a period of time commemorating the memorial anniversaries of Gandhi and King. Together, we will be practicing the principles of non-violence so well documented in our history, in the writings and actions of Jesus, Thoreau, Emerson, Tolstoy, Gandhi, Thurman, King and others. All who spoke the Truth of their heart -- spoke of moral values versus social norms. Took action to correct the wrong, and felt so strongly, so passionately, that they were willing to lose their life, to save humanity.

They all believed that non-violence was the Truth of God; the Face of God; or simply put - our Higher Self.

Today's Principle, Today's Practice - **COURAGE**

Eleanor Roosevelt has urged, "You must do the things that you think you cannot do." Practicing these 64-Ways/64 Days will challenge you to do things that you think you cannot do. Today, light a candle and accept the courage and the peace that comes from practicing 64 Ways of living nonviolently.

**Journal Activity:** Think, ponder, ask your wisdom Self, "What is courage?"; who do I know who is courageous? What does it take for me to be courageous? How am I in the world with courage? What activities of peace, do I practice with courage?

**Consider these Quotes on Courage:**

Every action for peace requires someone to exhibit the courage to challenge violence and inspire love - Thich Nhat Hanh

Nonviolence is a way of life for courageous people - Martin Luther King, Jr.

With courage you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity. ~ [Keshavan Nair](#)

Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.~ [John Quincy Adams](#) ~

Often the test of courage is not to die but to live.~ [Vittorio Alfieri](#) ~

We need to find the courage to say NO to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity.

~ [Barbara De Angelis](#) ~

Courage is a special kind of knowledge: the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared.~ [David Ben-Gurion](#) ~

Courage is fear that has said its prayers.~ [Dorothy Bernard](#) ~

If we have the courage and tenacity of our forebears, who stood firmly like a rock against the lash of slavery, we shall find a way to do for our day what they did for theirs.~ [Mary Mcleod Bethune](#) ~

But you be strong and do not lose courage, for there is reward for your work. [ 2 Chronicles 15:7]~ [Bible](#) ~

Courage is like love; it must have hope to nourish it.~ [Napoleon Bonaparte](#) ~

Courage is the power to let go of the familiar.~ [Mary Byrant](#) ~

He who loses wealth loses much; he who loses a friend loses more; but he that loses his courage loses all.~ [Miguel De Cervantes](#) ~

Courage is the first of human qualities because it is the quality which guarantees all others.~ [Winston Churchill](#)  
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A man of courage is also full of faith.~ [Marcus T. Cicero](#) ~

Be strong and of a good courage, fear not, nor be afraid... for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.~ [Deuteronomy](#) ~

All our dreams can come true, if we have the courage to pursue them.~ [Walt Disney](#)

A great part of courage is the courage of having done the thing before.  
~ [Ralph Waldo Emerson](#) ~

Courage is the capacity to conduct oneself with restraint in times of prosperity and with courage and tenacity when things do not go well.~ [James V. Forrestal](#) ~

No more turning away from the weak and the weary. No more turning away from the coldness inside. Just a world that we all must share. It's not enough just to stand and stare. Is it only a dream that there'll be no more turning away.~ [David Gilmore](#) ~

Give us the fortitude to endure the things which cannot be changed, and the courage to change the things which should be changed, ;and the wisdom to know one from the other.~ [Oliver J. Hart](#) ~

Courage is acting in spite of fear.~ [Howard W. Hunter](#) ~

The real acid test of courage is to be just your honest self when everybody is trying to be like somebody else.~ [Andrew Jensen](#) ~

We must build dikes of courage to hold back the flood of fear.~ [Martin Luther King Jr.](#)

Is he alone who has courage on his right hand and faith on his left hand?  
~ [Charles A. Lindbergh](#) ~

To boldly go where no one has gone before.~ [Star Trek Movie](#) ~

It takes courage to push yourself to places that you have never been before... to test your limits... to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

~ [Anais Nin](#) ~

The test of tolerance comes when we are in a majority; the test of courage comes when we are in a minority.~ [Ralph W. Stockman](#) ~

Courage is resistance to fear, mastery of fear -- not absence of fear.~ [Mark Twain](#) ~

"Imagine a world that works for everyone.....where poverty, hunger, homelessness, disenfranchisement and war no longer prevail; where forgiveness, compassion, nonviolence, respect, appreciation of beauty, and the generous sharing of resources are the norm.".....it takes **courage** to be in and of this world.....its achieved one peacekeeper at a time!

Blessings this day,

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PS - A question was asked, "how can we, as individuals, one person at a time make a difference in this large world? ANSWER - by sharing our beliefs that we can live in PEACE - this can be done by forwarding this



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message to all in your email family - extending the invitation, allowing others to participate in the history of this event - carry the vision, carry the dream!