



February 13, 2004

Beloved Peacekeepers,

Reverence for all life is fundamental to Ahimsa; it is the ultimate rationale for Ahimsa - for how can one willingly do harm to that for which one has reverence - and towards which one has the love that reverence engenders.

Today's Principle, Today's Practice - REVERENCE

Environmentalist John Muir said, "Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul." Today, go for a walk and realize the beauty around, above and below you.

Ask yourself: What are the things you hold reverence for in your life (nature, music, people)? Why is it important and how do you show that/them reverence? How is reverence different from simple appreciation?

Activities:

Take a nature walk.....

Journal Activity: Journal your thoughts....

Consider these Quotes on Reverence:

"In the main, reverence for life dictates the same sort of behavior as the ethical principle of love. But reverence for life contains within itself the rationale of the commandment to love, and it calls for compassion for all creature life." -*Albert Schweitzer*

There is no self-delusion more fatal than that which makes the conscience dreamy with the anodyne of lofty sentiments, while the life is groveling and sensual. – James Russell Lowell

To lose one's self in reverie, one must be either very happy, or very unhappy. Reverie is the child of extremes. – Antoine Rivarol

Always and in everything let there be reverence. –Confucius

We see that when the activities of life are infused with reverence, they come alive with meaning and purpose. We see that when reverence is lacking from life's activities, the result is cruelty, violence and loneliness – Gary Zukav, Seat of the Soul

Let all the earth fear the Lord; let all the people of the world revere him." (Psalm 33:8)

A man is not old and venerable because gray hairs are on his head. If a man is old only in years then he is indeed old in vain. But a man is a venerable 'elder' if he is in truth free from sin, and if in him there is truth and righteousness, non-violence, moderation and self-control." (Dhammapada 260-1)

Today, open yourself to a feeling of reverence - and of love and compassion - for all forms of life you notice today - whether a cat, dog or hamster, bird, flower or tree, or each person that you meet during the day.

Blessings,
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