



## Day 2

Beloved Peacekeepers,  
We have just entered Day 2 of Seasoning form non-violence. Our word, our practice this day is one of SMILING.....enjoy the day....

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

Buddhist teacher, Thich Nhat Hanh said,"If in our daily life, we can smile....not only we, but everyone will profit from it. This is the most basic kind of peace.

Today, share a smile with at least three people, knowing that your smile contributes to peace.

**Journal Activity:** Think, ponder, ask your wisdom Self, reflect on giving away a smile? Ask a child to show you their smile; act as a child and smile at everything you see....Contemplate, what does smiling have to do with non-violence. How do we carry the vision of non-violence with a smile?

**Consider these Quotes/Thought on Smiling:**



"Smiles are contagious. Be a carrier!"

"Be multilingual; **smiles** are the universal language."

**"If you only have one smile in you, give it to the people you love. Don't be surly at home and then go out in the street and start grinning "Good Morning" at total strangers." ~ Maya Angelou**

**"Let us always meet each other with a smile, for the smile is the beginning of love." ~ Mother Teresa**

**"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." ~ Thich Nhat Hanh**

"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out share, SMILE, hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself." ~ Og Mandino

**"Let a smile be your umbrella on a rainy day." - Lawrence Welk**

A smile is a light in the window of the soul indicating that the heart is home.

**"SMILE and be happy, the day is brand new. This is the day the Lord made for YOU!"**

**"Wear a smile and have friends; wear a scowl and have wrinkles." - George Eliot**

**"A Smile is a powerful weapon. You can even break ice with it.**

**"A smile is like looking in a mirror. If you give a smile you're likely to get one back!"**

**Some people think it's wads of cash that make a life worthwhile.  
But what makes this world a better place is a super, smashing SMILE!**

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~ Morgan Falchi

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*"Smile if it kills you. The physiology of smiling diffuses a lot of anger and angst. It makes your body and soul feel better."* - Tom Peters

A **smile** is a language that even a baby understands.



"If you have made another person on this earth smile, your life has been worthwhile."  
~ Sr. Mary Christelle Macaluso

***"Get out of bed forcing a smile. You may not smile because you are cheerful; but if you will force yourself to smile you'll . . . be cheerful because you smile."***  
~ Kenneth Goode

"He who smiles rather than rages is always the stronger." ~ Japanese Proverb

**"It's easy enough to be pleasant when everything goes like a song, but the man who is worthwhile, is the man who can smile when everything goes dead wrong."** - Anonymous

"Of all the things you wear, your expression is the most important." ~ Janet Lane

**SMILE, God loves you!**

"Wrinkles should merely indicate where smiles have been." ~ Mark Twain



"A smile of encouragement at the right moment may act like sunlight on a closed-up flower; it may be the turning point for a struggling life."

***"What sunshine is to flowers, smiles are to humanity. They are trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable."*** -Joseph Addison

"**Smiles** are great investments: the more you collect, the better you feel."

"Antique **smiles** are valuable--so are newborn & middle aged ones."

A smile enriches those who receive without making poorer those who give.

**A smile takes but a moment, but the memory of it lasts forever.**

*A smile brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.*

A smile cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.

So many languages in the world, and a smile speaks them all.



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**The world always looks brighter from behind a smile.**

"All the statistics in the world can't measure the warmth of a smile"

*"A merry heart makes a cheerful countenance." ~ Proverbs 15:13 NKJV  
or another version: "A cheerful heart brings a **SMILE** to your face!"*

**Have faith in your dreams and someday your rainbow will come smiling through. No matter how your heart is grieving, if you keep on believing, the dream that you wish will come true.**

"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.".....Each smile you give away today, adds peace to our world - its the greatest of all the gifts!

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 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!

**NOTE** - SNV Daily Practice will be sent to this distribution list through February 2, 2004. If you wish to continue receiving the daily inspiration, please send an email to [SNVOakland@aol.com](mailto:SNVOakland@aol.com) to be added to the "official" distribution list.