



*A shaman was asked:*

*What is poison?*

*- Anything beyond what we need is poison.*

*It can be power, laziness, food, ego, ambition, vanity,  
fear, anger, or whatever.*

*What is fear?*

*- Non-acceptance of uncertainty.*

*If we accept uncertainty, it becomes adventure.*

*What is envy?*

*- Non-acceptance of good in the other.*

*If we accept good, it becomes inspiration.*

*What is anger?*

*- Non-acceptance of what is beyond our control.*

*If we accept, it becomes tolerance.*

*What is hate?*

*- Non-acceptance of people as they are.*

*If we accept unconditionally, it becomes love.*

**Via Chris Youakim**

*Peace can become a lens through which you see the world.  
Be it. Live it. Radiate it out. Peace is an inside job.*

*~ Wayne Dyer*

*I have a little mantra: 'My fear grows fat on the energy  
I feed it. And if it grows very big, it probably happens.'*

*~ Scilla Elworthy*

*Anger is like gasoline. If you spray it around  
and somebody lights a match, you've got an inferno.  
If we can put our anger inside an engine, it can drive us  
forward. ~ Scilla Elworthy*

*To discover your mission and put it into action - instead of  
worrying on the sidelines  
- is to find peace of mind and a heart full of love. ~  
Scilla Elworthy*

*Peace cannot be kept by force. It can only be achieved  
by understanding. ~ Albert Einstein*

*Dialogue is a non-confrontational communication, where both partners are willing to learn from the other and therefore leads much farther into finding new grounds together. ~ Scilla Elworthy*

*If everyone demanded peace instead of another TV set, we'd have peace. ~ John Lennon*

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