

# **PEACE PROMISES**

**CAUSING PEACE ON THE PLANET  
ONE PERSON, ONE PROMISE  
AT A TIME**

**IT BEGINS WITH YOU**

**By Josselyne Herman-Saccio**

## **PEACE PROMISE PROGRAM: PHASE ONE**

### **30 PROMISES DESIGNED TO BEGIN TO CAUSE PEACE ON THE PLANET RIGHT THERE WHERE YOU ARE**

**THE PEACE PROMISE PROGRAM** was created as a project of **UNITED GLOBAL SHIFT**  
([www.unitedglobalshift.org](http://www.unitedglobalshift.org))

A 501c3 non-profit organization, whose mission is to cause a united global shift in what's possible for humanity in the areas of the environment, livelihood, health, and education.

A shift from fear, survival and scarcity to possibility, partnership and peace.

As a 'conscious full spectrum project', (details on conscious full spectrum approaches on UGS website) our commitment with this program is to enable people to source peace from who they are, examine the systems that erode or create peace, shift the systems that need shifting and create concrete measurable results through their actions that make a difference and create more people for themselves and the people around them.

This personal 'learning-in-action' program was developed by a team of people who are dedicated to creating peace on the planet.

**Josselyne Herman-Saccio**, who has been working in the area of career strategy, coaching, personal development, and transformation for more than 30 years. Josselyne is also the founder of UNITED GLOBAL SHIFT. ([www.unitedglobalshift.org](http://www.unitedglobalshift.org)) United Global Shift works with groups and individuals to source their personal power, shift systems that do not honor people or the planet and solve problems that face humanity.

**Dr. Monica Sharma** who has been working on personal and systems transformation with governments, civil society, and business worldwide for more than 30 years, and through her work at **UNICEF, UNDP** and the **United Nations** and has impacted over 130 million people in 60 countries,

Along with the support of **Ed Brooks** a graphic design and social marketer who has been personally impacted by this work and has a commitment to share it with as many people as possible.

This initial program is a **BEGINNING**. The awakening of certain muscles that if exercised, will gain power and prowess in the ability to create peace.

There are advanced programs currently being developed that we will share with you, as they are available.

This 30-day program will start you on a journey of causing peace at the levels of self, relationships, workplace and community.

If you are committed to causing peace, it is an ongoing process. We will have resources available after you have completed this initial program that will enable you to deepen and further your personal journey for causing peace in society and at the regional, national or worldwide level.

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We do encourage you to use and share *YOUR EXPERIENCE* of this program in any way that supports humanity including inviting others to participate in the **PEACE PROMISE PROGRAM.**

## **Dedicated to my Grandfather Sidney Herman**

The week I completed this book, my grandfather, Sidney Herman, passed away at the age of 105 years old. He was a great inspiration to me, my entire life. He was one of the most powerful human beings I have ever known. To say he was a man of his word does not do him justice, he was his word, he embodied his promises.

He taught me the power of promises and how they can create a future that would not have ordinarily happened. At his 100<sup>th</sup> birthday he said, "I'll see you at my 105<sup>th</sup>." Then I said, "You promise?" To which he replied, "You have my word."

In December his health started to fail, he stopped eating and it looked like he was not going to make it to his 105<sup>th</sup> birthday. I went to visit him and I said, "You promised 105...you have four more months to go. This is going to go how you say Grandpa, and right now you are not saying anything, you are waiting to see what happens, and that is not who you are. Start saying, either way and I will support you. I release you from your promise, but create SOMETHING!" Then he ate an egg.

The following week we were out to dinner with the whole family and my ALMOST 105 year old Grandfather. In March we celebrated his 105<sup>th</sup> birthday with 50 of his closest friends and family. He was a bundle of joy and stories that afternoon, but what struck me is HE KEPT HIS PROMISE. That promise, and all promises, create miracles.

When asked what words of wisdom he had for people in a New York Times article when he turned 100:

**"IT'S A BEAUTIFUL WORLD," HE SAID, "BUT PEOPLE SHOULD TRY TO SETTLE DOWN AND THINK ABOUT PEACE INSTEAD OF FIGHTING. NOBODY WINS IN THESE WARS."**

## **TIPS ON HOW TO EFFECTIVELY USE THE PEACE PROMISE PROGRAM:**

- 1. Keep your promises in existence for yourself. (I.E. write them down in your calendar, email inbox, screen saver, post its, phone screen, etc)**
- 2. Share your promises with other people so that they can help hold you to account for the promises.**
- 3. If you break your promise, DO NOT BEAT YOURSELF UP, acknowledge the broken promise and REMAKE the promise so you can keep exercising the muscle that promise is creating.**
- 4. Enlist other people to participate in the promises with you so that you are not alone and you can share your experiences as you go through the program.**
- 5. At the end of each day, revisit your promise and your experience of keeping it or not keeping it so you can clear the decks for the next day's promise.**
- 6. Have FUN with this program, Promising Creates Miracles.**

**\*\*ENJOY THE MIRACLES\*\***

*Peace is a daily, a weekly, a monthly process,  
gradually changing opinions, slowly eroding old  
barriers, and quietly building new structures  
~ John Fitzgerald Kennedy*



**CREATING PEACE AT THE LEVEL OF SELF:  
INNER PEACE**

## PEACE PROMISE #1

*Peace cannot be achieved through violence; it can only be attained through understanding.*

*~ Ralph Waldo Emerson*

**I PROMISE TO WRITE DOWN HOW A LACK OF PEACE SHOWS UP IN MY 'SELF', MY RELATIONSHIPS, MY WORKPLACE AND MY COMMUNITY.**

**How does lack of peace show up in myself? (I.e. distress in a particular area of my body, insomnia etc)**

**How does it show up in my relationships? (I.e. arguments, irritation, annoyance etc.) Things I complain about...**

**MY COMMITMENT** with this promise is to become aware of the various ways that lack of peace manifests in my self and my life.

**HOW TO DO IT:** Right now on a clean page (or in your peace journal or notebook or anything you use to write things down) make a list of all the ways lack of peace shows up in each category. Do not worry if you jump from category to category and give yourself the freedom to add to each page as new things become clear to you.

Lack of peace shows up in my SELF in these ways...

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Lack of peace shows up in my RELATIONSHIPS in these ways...

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Lack of peace shows up in my WORKPLACE in these ways...

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Lack of peace shows up in my COMMUNITY in these ways...

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**WHAT CAN HAPPEN:** You may start to make connections between certain actions, results, emotions and the presence or lack of peace. You will start to be aware of when you are not at peace and how you act that out. As you become more and more aware, the grip of these manifestations will begin to loosen and there will be a new space

created. A space where you can actually begin to create peace.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**AWARENESS AS SPACE**

*Becoming aware of something often times sets you free from the grip of it. As you identify and acknowledge something it is no longer invisible to you. When something is invisible to you, it has power over you. When you can see it you can also give it up. The act of giving something up creates space. In that space something new can be created.*

**CREATING A SPACE TO BE A SOURCE OF PEACE**

*Peace begins from nothing. Peace is a creation not a solution. Peace is not a fix but rather a gift one can give to themSELVES at all levels of self at any moment: Ultimately creating your SELF as a source of PEACE. The first step to creating peace is noticing whatever is there already. The more you notice, the more you let go of reactivity, the more space gets created from which to be the **source of peace**.*

## PEACE PROMISE #2

*“If everyone demanded peace instead of another television set, then there'd be peace.  
~ John Lennon quotes*

*“There is a sufficiency in the world for man's need  
but not for man's **greed.**”  
~ Mahatma Gandhi quotes*

*“The secret of success is to realize that the crisis on our planet is much larger than just deciding what to do with your own life, and if the system under which we live the structure of western civilization begins to collapse because of our selfishness and **greed**, then it will make no difference whether you have \$1 million dollars when the crash comes or just \$1.00. The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world.*

*~ Marianne Williamson quotes*

**I PROMISE TO MAKE A LIST OF EVERYTHING I  
AM GREEDY ABOUT.  
WHERE AM I ATTACHED TO EXCESS?  
(FOOD, MONEY, CLOTHES, FORCE,  
SEX, SHOES ETC)**

**MY COMMITMENT** with this promise is to identify my own thoughts of scarcity that lead to overcompensation through greed.

**HOW TO DO IT:** Make a list of all the areas of my life where someone could possibly be greedy (wardrobe, money, food, job, relationships, collecting things, etc) then ask myself the question "Am I satisfied in these areas? Or do I crave more? Do I find myself having thoughts of not having or being enough in these areas? "

**WHAT MAY HAPPEN:** You will start to see where you think from a mindset of scarcity. You will see how much the mindset of SUFFICIENCY is missing in certain areas.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**AWARENESS AS SPACE**

*Becoming aware of something often times sets you free from the grip of it. As you identify and acknowledge something it is no longer invisible to you. When something is invisible to you, it has power over you. When you can see it you can also give it up. The act of giving something up creates space. In that space something new can be created.*

**SUFFICIENCY AS CONTENTMENT**

*Sufficiency is being able to articulate what is enough for me, and being centered, without having to seek excess. Sufficiency is satisfaction and contentment with what is ample for me to thrive.*

### PEACE PROMISE #3

*"Responsibility does not only lie with the leaders of our countries or with those who have been appointed or elected to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us."*

*~ H.H. THE DALAI LAMA*

*"Nothing can bring you **peace** but yourself."*

*~ Ralph Waldo Emerson*

**I PROMISE TO GIVE UP NOT LIKING MYSELF TODAY AND WRITE DOWN 10 REASONS WHY IT IS SO GREAT TO BE ME, RIGHT HERE, RIGHT NOW!**

MY COMMITMENT with this promise is to think and feel lovingly about myself, and realize how fortunate I am to be alive in the present moment!

**HOW TO DO IT:** Right now, make a commitment to think only positive, uplifting thoughts about yourself today. Get out a pen and paper and write 10 of the greatest reasons why it is so special being you. Commit to being these 10 reasons ALL day and see what happens.



Reason 1

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Reason 2

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Reason 3

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Reason 4

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Reason 5

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Reason 6

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Reason 7

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Reason 8

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Reason 9

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Reason 10

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**WHAT MAY HAPPEN:** You will emit a positive energy, peace and love all day long. When you love you, so will everyone else. You will also have more compassion for others, seeing what is great about them as well as that is the lens you will be choosing to wear today.

***THE ACCESS POINT TO PEACE  
I AM DEVELOPING WITH THIS PROMISE IS:***

***HONORING MY WORD  
AS THE SOURCE OF MY POWER***

*Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.*

## PEACE PROMISE #4

*“Until you make **peace** with who you are, you'll never be content with what you have.”*

*~ Doris Mortman*

*“When you make peace with yourself, you make peace with the world.”*

*~ Maha Ghosananda*

### **I PROMISE TO ACCEPT MYSELF FOR WHO I AM TODAY.**

**MY COMMITMENT** with this promise is to stop beating myself up, and to let go of the constant rumblings in my mind that tell me I am silly, stupid, wrong, off, or on a 'bad' path. To create a peace within myself that I am whole and perfect, lacking nothing.

**HOW TO DO IT:** List at least three things you are trying to change about yourself. Describe how it is, and how it is not, with regard to that issue. When you describe this, do you get reactivated? If you do, you will lose the power to actually cause a deep change. Ask yourself "why are you trying to change that about yourself?" "What is the deeper reason for your desire to change?" Then ask yourself "What are some alternative access to accomplishing that thing, how else, other than changing myself, can I accomplish that deeper purpose?" For example: I want to lose weight...why do you want to lose weight? Because I want to be healthy...What else can

I do to be healthy? What are some alternative actions I could take that would also accomplish that goal. However, many people want to lose weight simply to look better and conform to some preconceived picture of being attractive. Not accepting how you look is an example of beating yourself up. “Where are you at war with yourself? Trying to fix or change yourself, making yourself wrong about something, not accepting who you are is a type of war. Stop resisting YOU. You are amazing, even if you don’t think so (I promise at least one person thinks so, pretend you do not have a clue about how awesome you are and take on being who they say you are)

**WHAT MAY HAPPEN:** As I honor this promise, the space of infinite possibility and opportunity opens up. A sense of freedom will emerge within me. I will also develop more compassion for others and start looking at them through that accepting lens that shifts how people show up for me instead of trying to change them.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**ACCEPTANCE**

*Being able to respond to life exactly as it is, and exactly as it is not, without being reactivated.*

**HONORING MY WORD AS THE SOURCE OF MY  
POWER**

*Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.*

## PEACE PROMISE #5

*“The journey of a thousand leagues begins with a single step. So we must never neglect any work of **peace** within our reach, however small.”*

~ Adlai E. Stevenson

**I PROMISE TO SPEND 1 HOUR NURTURING MYSELF TODAY, WITH EITHER A LONG BATH, A MASSAGE, A WALK IN THE PARK WITH NATURE. (OR ANY ACTIVITY THAT NOURISHES ME)**

**MY COMMITMENT** with this promise is to take care of the temple that houses my soul and my mind.

**HOW TO DO IT:** Ask your body what activity it desperately needs, and take the time to honor the request today at all costs. It might be a massage, a Yoga class, or something that will just make you feel GOOD. DO it! Do not sell out on your self, that is too easy. Make yourself a priority today and nurture the being and body that is on this journey of peace and contentment.



## PEACE PROMISE #6

*People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.*

*~ Ramona .L Anderson*

### **I PROMISE TO SPEND 30 MINUTES NOT TALKING TODAY.**

**MY COMMITMENT** with this promise is to practice the art of silence for at least 30 minutes. No ipods, phones, TV's, people, just me, myself and I.

**HOW TO DO IT:** Sit in your office, in your home, or somewhere quiet (if you can get to nature, this is ideal) and just sit and breathe. Focus your attention on your breath and just let ALL your thoughts go. 30 minutes of stillness and silence, ALL for you today. As you breathe in imagine infusing yourself with power, as you exhale imagine all stress and tension leaving your body. As thoughts come to you, let them be there, let them go and keep noticing what's there, RIGHT NOW.



**WHAT MAY HAPPEN:** Your mind will quiet down, and you will feel peaceful. You will realize that silence of mind and stillness of body allows you deepest self to emerge. World peace must begin with a critical mass of people finding personal stillness and expressing peace through action.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**CREATING A SPACE TO BE A SOURCE OF PEACE**

*Peace begins from nothing. Peace is a creation not a solution. Peace is not a fix but rather a gift one can give to themSELVES at all levels of self at any moment: Ultimately creating your SELF as a source of PEACE. The first step to creating peace is noticing whatever is there already. The more you notice, the more you let go of reactivity, the more space gets created from which to be the **source of peace**.*

**STILLNESS**

*The state of quieting your external and internal conversations, creating space between your thoughts, embracing yourself and your surroundings. In this space of stillness your true power and wisdom has a space to emerge.*

## PEACE PROMISE #7

*"Peace is not achieved by controlling nations,  
but mastering our thoughts."*

*~ John Harricharan*

### **I PROMISE TO GIVE UP COMPLAINING TODAY.**

**MY COMMITMENT** with this promise is to cultivate an attitude for expanding my attention beyond myself to include others and my environment.

**HOW TO DO IT:** For the next 24 hours, I will simply not bitch or moan about anything. I will give up talking about my petty grievances and my constant focus on myself

**WHAT MAY HAPPEN:** The anxiety that complaining causes for others, and me will simply go away. I will be free of negativity and my lens on the world will be more peaceful and loving. As I stop creating negativity with my words and thoughts, it will be replaced by my creations of love, peace, partnership and possibility.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**HONORING MY WORD  
AS THE SOURCE OF MY POWER**

*Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.*

**WORDS CREATE VERSUS WORDS DESCRIBE**

*Many see words as a vehicle to describe what is in the world or in our hearts or in our minds. Words are far more powerful than merely descriptive tools, words create what we see, feel and think. Isn't life exactly how you say? Every time? Aren't you exactly how you say? Every time? Isn't he/she exactly how you say? Every time? Well perhaps there is nothing out there until you SAY IT. Your words have that kind of infinite power, and you may have simply been using that power in a limited fashion. In this scenario your words create not only for you but for others as well.*

## PEACE PROMISE #8

*"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner **peace** for anything whatsoever, even if your whole world seems upset."*

*~ St. Francis de Sales*

*"The best way to predict the future is to create it"*

*~ Jason Kaufmann*

### **I PROMISE TO GET EVERYWHERE 15 MINUTES EARLY TODAY.**

**MY COMMITMENT** with this promise is to honor my time commitments, and the time commitments of other people and to create a sense of peace for myself, eliminating "rushing" from my reality. I realize that if I cannot honor my time commitments, changing the world is a fantasy.

**HOW TO DO IT:** Do anything and everything in your power to arrive 15 minutes early to everything you do today. Use all that extra time to breathe deeply, call someone and let them know you love them, write in your peace journal etc...

**WHAT MAY HAPPEN:** I will feel more organized and create more space in my life that is anxiety-free (how much time do I usually spend stressed out that I am running late). When I honor my word like

this, more feeling of peace emerge from within, also I know I am not disappointing others or causing them stress by being late.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

**FUTURE FORGING**

*Being someone who creates futures that were not going to happen anyway in the normal course of events. Casting a future out ahead of oneself and holding oneself accountable for delivering on that future.*

## PEACE PROMISE #9

*“Often people attempt to live their lives backwards; they try to have more things, or more **money**, in order to do more of what they want, so they will be happier.”*

*~ Unknown*

*“The real measure of your wealth is how much you'd be worth if you lost all your **money**.”*

*~ Unknown*

**I PROMISE TO GIVE UP MY ATTACHMENT TO  
MONEY TODAY BY EXAMINING  
MY RELATIONSHIP WITH MONEY.**

**MY COMMITMENT** with this promise is to completely give up the idea that money rules my world, and therefore the world around me.

**HOW TO DO IT:** Each time I am about to pay for something today I will ask myself the question "Is this really a necessary thing for me to buy right now? Do I really NEED this thing right now" Is this money I am about to spend, a necessary expense or can I survive and live without it?"

**WHAT MAY HAPPEN:** As I give up attachment to money and the effect it has on me, I focus my attention on other things, like PEOPLE, values, emotions and what works for people worldwide. I

connect with individuals and the work I am doing from a deeper source. Greed and money are dominant in our world, and I am purposefully disassociating from this world for 24 hours. I will begin to see where I am greedy or wasteful and see that there is a new space of sufficiency that I can create instead. I know that the path for peace and sustainability lie in this mindset! Many wars are fought over accumulation of wealth, way beyond what we need; this promise begins a process of detaching from the mindset of greed, waste, consumption and materialism.

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***SUFFICIENCY AS CONTENTMENT***

*Sufficiency is being able to articulate what is enough for me, and being centered without having to seek excess. Sufficiency is satisfaction and contentment with what is ample for me to thrive.*

***PEACE IMPACT ACTIONS***

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are*

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**Resources: The Internet film THE STORY OF STUFF that can be found at [www.storyofstuff.com](http://www.storyofstuff.com), also 'What Is Money which can be found at [www.evolutionaryjustice.com](http://www.evolutionaryjustice.com)**



## PEACE PROMISE #10

*"I keep the telephone of my mind open to **peace**, harmony, health, love and abundance. Then whenever doubt, anxiety, or fear try to call me, they keep getting a busy signal and soon they'll forget my number."*

*~Edith Armstrong*

*"We must think differently, look at things in a different way. Peace requires a world of new concepts, new definitions. "*

*~Yitzhak Rabin*

**I PROMISE TO MAKE A LIST OF WORDS THAT MAKE ME FEEL PEACEFUL AND USE THEM IN 10 CONVERSATIONS, TEXTS OR EMAILS TODAY.  
(I.E. PEACE, HARMONY, HAPPINESS, JOY, LOVE, COMPASSION ETC)**

**MY COMMITMENT** with this promise is to consciously use language that fosters 'the change I want to see in the world'

**HOW TO DO IT:** Write it down. Write 10 powerful and encouraging words that you commit to using in

conversation today. When you feel yourself thinking of saying "too busy, overwhelmed, stressed", etc...Replace the thoughts with your 10 new words. Keep track of when you do this and how many times you accomplish this during the day.

**WHAT MAY HAPPEN:** Because my language creates so much of my experience, consistently using inspiring and positive words will make me, and others, feel well, positive and inspired! Again, I understand this promise is like a muscle, and I commit to taking the challenge of shifting my language!

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***HONORING MY WORD  
AS THE SOURCE OF MY POWER***

*Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.*

## **WORDS CREATE VERSUS WORDS DESCRIBE**

*Many see words as a vehicle to describe what is in the world or in our hearts or in our minds.*

*Words are far more powerful than merely descriptive tools, words create what we see, feel and think.*

*Isn't life exactly how you say? Every time? Aren't you exactly how you say? Every time? Isn't he/she exactly how you say? Every time?*

*Well perhaps there is nothing out there until you SAY IT. Your words have that kind of infinite power, and you may have simply been using that power in a limited fashion.*

*In this scenario your words create not only for you but for others as well.*

**PEACE AT THE LEVEL OF RELATIONSHIPS**

## PEACE PROMISE #11

*“[W]e are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another.”*

*~Marian Wright Edelman*

**I PROMISE TO EDUCATE MYSELF ON  
SOMEONE ELSE'S POINT OF VIEW ON AN  
ISSUE I HAVE BEEN BEING  
VERY RIGID ABOUT.**

**I PROMISE TO LEARN ABOUT IT WITH A  
COMMITMENT TO SEE SOMETHING  
VALID AND NEW.**

**MY COMMITMENT** with this promise is to broaden my mind and loosen the grip of my own points of view

**HOW TO DO IT:** Identify an issue you feel strongly about. (Political or social) Imagine you were going to have to debate on the side of the other point of view, start looking at that issue from that point of view, google ideas on the subject, think from that view, imagine you are open and can really understand the other's point of view, be willing to learn something new.

**WHAT MAY HAPPEN:** Even if you do not agree with the other point of view you will develop an ability to think from someplace other than your automatic, this will enable you to loosen the grip of your own views as if they are the only one true view.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**NON-ATTACHMENT**

*The ability to actively engage without a personal agenda. This is not withdrawal as in detachment. The ability to distinguish your views and opinions, from the ability you have to source your power. The ability to give up one's point of view, opinion, righteousness, agenda, in honor of workability, while not compromising on principle. For example, being able to give up being "right" and making the other "wrong", in honor of being happy.*

**RESPONDING VERSUS REACTING**

*The ability to CREATE a response to a person or situation from a space of oneness and love, versus being at the effect of an automatic reaction that damages the aliveness of someone, something or myself.*

## PEACE PROMISE #12

*"While conscience is our friend, all is at peace;  
however once it is offended, farewell to a tranquil  
mind."*

*~Lady Mary Wortley Montagu*

**I PROMISE TO APOLOGIZE TO SOMEONE  
TODAY FOR SOMETHING I DID OR SAID THAT  
DID NOT WORK FOR THEM (I.E. SOMEONE YOU  
BROKE A PROMISE WITH, SOMEONE YOU  
HURT THEIR FEELINGS, SOMEONE YOU DID  
NOT TAKE THEIR POINT OF VIEW  
INTO ACCOUNT,  
SOMEONE YOU LIED TO,  
SOME WAY YOU INSULTED THEM OR  
DISHONORED THEM IN SOME WAY)**

**MY COMMITMENT** with this promise is to take responsibility for the things I say and do that may not necessarily benefit or empower others.

**HOW TO DO IT:** Call, email or meet with someone that you have wronged in some way (whether they are aware of it or not), explain how you wronged them and apologize to them. Explain that your intent was not to hurt them OR if your underlying intent was to damage them, be courageous and take responsibility for it!!

**WHAT MAY HAPPEN:** a loving, peaceful and beautiful space will open up between you and this person. A new level of relatedness will emerge and you will both experience a deeper sense of peace.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**HONORING MY WORD  
AS THE SOURCE OF MY POWER**

*Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.*

**RESPONDING VERSUS REACTING**

*The ability to CREATE a response to a person or situation from a space of oneness and love, versus being at the effect of an automatic reaction that damages the aliveness of someone, something or myself.*



## PEACE PROMISE #13

*"If you always tell the **truth** you never have to remember what you said."*

*~ Unknown*

*"Peace and happiness shall fill your mind deep within, if you act according to truth and self discipline"*

*~ Guru Gobind Singh*

**I PROMISE TO SAY WHAT IS SO  
AND GIVE UP LYING TODAY.**

**MY COMMITMENT** with this promise is to create a space of authenticity, openness and trust with people, including myself

**HOW TO DO IT: DON'T LIE.** If you notice you are about to lie. STOP IT, pretty simple huh? I said simple, not easy. This does not mean you should vomit your opinion all over people. This is about being authentic and not covering things up.

**WHAT MAY HAPPEN:** You may notice lightness around you, a space created by NOT adding something into it. Creating peace on the planet will be impossible in a dishonest space.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

**HONORING MY WORD  
AS THE SOURCE OF MY POWER**

*Having my words, either spoken or non spoken,  
create possibility, honor life, create joy, power,  
partnership for myself and others Versus having my  
words destroy, make wrong, blame, dishonor,  
myself, others or the planet.*

## PEACE PROMISE #14

*"Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict - alternatives to passive or aggressive responses, alternatives to violence."  
~ Dorothy Thompson*

### **I PROMISE TO RESPOND VERSUS REACT TO PEOPLE AND SITUATIONS TODAY.**

**MY COMMITMENT** with this promise is to be open, and respond to external situations with greater awareness and peace. To develop my ability to respond to situations with mindfulness and peace.

**HOW TO DO IT:** As soon as you feel a intense reaction forming from something that usually makes your blood boil, take 3 long, deep breaths before responding. Save reactive emails until the next day, re-read the email and ask yourself "Is it necessary to send this? What will this make the receiver feel? Is that what I want to create?" At the end of the day, list three times where you actually moved from reaction to response.

**WHAT MAY HAPPEN:** You observe yourself, stop your reactions, and allow a more authentic and inclusive response to emerge that is not tangled with some intense emotion. The result will be a more harmonious outcome and interaction. This takes practice. It's like flexing a muscle, but you can do it.

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

### ***TRANSLISTENING***

*Listening with the willingness to alter your point of view*

### ***RESPONDING VERSUS REACTING***

*The ability to CREATE a response to a person or situation from a space of oneness and love, versus being at the effect of an automatic reaction that damages the aliveness of someone, something or myself.*

## PEACE PROMISE #15

*"When the power of love overcomes  
the love of power  
the world will know peace."  
~ Jimi Hendrix*

*"Let us forgive each other - only then will we live in  
peace"  
~ Leo Tolstoy*

### **I PROMISE TO FORGIVE SOMEONE WHO I HAVE BEEN HOLDING A GRUDGE AGAINST TODAY.**

**MY COMMITMENT** with this promise is to let go of everyday resentments that keep me disconnected from people.

**HOW TO DO IT:** Identify a person that you currently have a resentment with (big or small). Write down in your peace journal, all the things that holding that resentment costs me in my life, in my peace of mind, affinity towards people, satisfaction, aliveness, then write down 5 great things about that person. Ask yourself the question "Is it worth being right over being happy?" As long as you hold this grudge there is a piece of YOUR heart shut down. Give up the right to punish that person, view the situation from their eyes, and create compassion.

**WHAT MAY HAPPEN:** New relationships will emerge, and a newfound space of respect and acceptance will exist between you and the person.

***THE ACCESS POINT TO PEACE  
I AM DEVELOPING WITH THIS PROMISE IS:***

***FORGIVENESS VERSUS RESENTMENT***

*Forgiveness is giving up the right and drive to punish or resent someone (including yourself). This does not mean you agree with, like or approve of what has occurred. When you hold onto this resentment then YOU are the one who actually suffers. You are the one robbing yourself of peace. Forgiveness is really more for you than for whomever you are forgiving. You can never have peace if you are at war with someone (including yourself). You must begin to develop the muscle of forgiveness if you are to ever create peace for yourself at ANY level whether it be inner peace, peace in your relationships, family, community, or larger levels of the workplace, society or the planet.*

## PEACE PROMISE #16

*“For an instant, **love** can transform the world.”*  
~Unknown

**I PROMISE TO MAKE A LIST OF THE 5 MOST IMPORTANT PEOPLE IN MY LIFE AND LET THEM KNOW I LOVE THEM.**

**MY COMMITMENT** with this promise is to become someone who people are happy to hear from. I will create joy for people with my communication and have them experience being known and appreciated

**HOW TO DO IT:** Take out your peace journal and make a list of 50 people that have made a difference in your life. They could be family, friends, teachers, co-workers and pick 5 (for today) call or email them and let them know how much you love and appreciate them for who they are in your life. Let them know they make a difference.



- |     |     |
|-----|-----|
| 1.  | 26. |
| 2.  | 27. |
| 3.  | 28. |
| 4.  | 29. |
| 5.  | 30. |
| 6.  | 31. |
| 7.  | 32. |
| 8.  | 33. |
| 9.  | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |

- |     |     |
|-----|-----|
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |

**WHAT MAY HAPPEN:** People will be moved by your expression and present to the difference that they make. They will be appreciated and acknowledged and it will impact how they interact with others.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**WORDS CREATE VERSUS WORDS DESCRIBE**

*Many see words as a vehicle to describe what is in the world or in our hearts or in our minds. Words are far more powerful than merely descriptive tools, words create what we see, feel and think. Isn't life exactly how you say? Every time? Aren't you exactly how you say? Every time? Isn't he/she exactly how you say? Every time? Well perhaps there is nothing out there until you SAY IT. Your words have that kind of infinite power, and you may have simply been using that power in a limited fashion. In this scenario your words create not only for you but for others as well.*

**SHARING CREATION**

*Creation is from nothing. Only from nothing can one create. If there is something there creation is not possible because anything put on top of what is there would be a fix or a change. If there is nothing there, the only thing our true SELF would ever create is possibility, words that honor all people and things. Once YOU create something, the only use for that creation is to share it. Sharing is the highest form of HONOR. Sharing creation is honoring oneSELF at the highest level.*

**PEACE AT THE LEVEL OF WORKPLACE**

## PEACE PROMISE #17

*"By **appreciation**, we make excellence in others our own property."*

*~ Voltaire*

*"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discourages. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."*

*~ Dale Carnegie*

*"I know, indeed, of nothing more subtle satisfying and cheering than a knowledge of the real good will and appreciation of others. Such happiness does not come with money, nor does it flow from a fine physical state. It cannot be bought. But it is the keenest joy, after all, and the toiler's truest and best reward."*

*~ William Dean Howell*

**I PROMISE TO ACKNOWLEDGE 3 PEOPLE IN MY WORKPLACE, INDUSTRY, OR CAREER, FOR THE CONTRIBUTION THEY HAVE MADE TO ME.**

**MY COMMITMENT** with this promise is to share the pure love and respect that resides in my heart for people that have helped me in my journey.

**HOW TO DO IT:** Call, email or meet with 3 people face-to-face today that have made a positive impact on your life. Just acknowledge what they have done for you, and thank them. Let them know the impact they have had on you and express your appreciation. Often times what is left unsaid between people is how much we love and appreciate them, leave nothing unsaid with these people.

**WHAT MAY HAPPEN:** A beautiful space of admiration and gratitude will open up between these 3 people and myself. Very powerful, and all of us will come away richer and more fulfilled through the experience.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**ACKNOWLEDGMENT VERSUS FLATTERY**

*Acknowledgement is letting someone know the contribution they have been to you and your life, the positive impact they have had on you in some way.*

*Acknowledgement is about who someone IS versus something surface or superficial; or with a hidden agenda. When you acknowledge someone it is not only for him or her but also for you. You receive power and satisfaction when your acknowledgement is truly received by another.*

**WORDS CREATE VERSUS WORDS DESCRIBE**

*Many see words as a vehicle to describe what is in the world or in our hearts or in our minds. Words are far more powerful than merely descriptive tools, words create what we see, feel and think. Isn't life exactly how you say? Every time? Aren't you exactly how you say? Every time? Isn't he/she exactly how you say? Every time? Well perhaps there is nothing out there until you SAY IT. Your words have that kind of infinite power, and you may have simply been using that power in a limited fashion. In this scenario your words create not only for you but for others as well.*

## PEACE PROMISE #18

*"If you wish to experience peace, provide peace for another."*

*~Tenzin Gyatso*

**I PROMISE TO SPREAD PEACE AND CONTENTMENT TODAY BY CALLING SOMEONE I KNOW IN MY WORKPLACE, INDUSTRY OR CAREER, THAT IS HAVING A HARD TIME AND LEAVING THEM IN A HAPPIER SPACE THAN BEFORE I CALLED THEM.**

**MY COMMITMENT** with this promise is to be someone who creates power and equanimity with people. Someone who can disappear someone else's suffering.

**HOW TO DO IT:** Listen to what they are going through without adding judgment, agreement, disagreement, advice, coaching etc. Listen from a place of nothing, adding nothing, just getting their communication. Keep giving them the opportunity to say whatever they need to say and create that in your listening the pain is dissolving. Love them and listen to them.



**WHAT MAY HAPPEN:** The solidness of their situation will begin to dissipate and a new space of freedom and peace will emerge.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

**HONORING MY WORD  
AS THE SOURCE OF MY POWER**

*Having my words, either spoken or non spoken,  
create possibility, honor life, create joy, power,  
partnership for myself and others Versus having my  
words destroy, make wrong, blame, dishonor,  
myself, others or the planet.*

**PEACE AT THE LEVEL OF COMMUNITY OR GROUP**

## PEACE PROMISE #19

*“There is a wonderful mythical law of nature that the three things we crave most in life -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else.”*

*~ Peyton Conway March*

**I PROMISE TO ASK 3 PEOPLE TO FORGIVE SOMEONE IN THEIR LIFE THEY ARE HOLDING A GRUDGE AGAINST TODAY.**

**MY COMMITMENT** with this promise is to become a source of power and peace for people in my life, to let them know there are alternatives to resentment. If you want to create peace on the planet you have to start with the people around you.

**HOW TO DO IT:** Share with them what happened for you when you forgave someone, the space it created for you, the peace you experienced. Share the possibility of a game where being happy is more important than being right. Share the access point of forgiveness versus resentment with them, have them identify people they resent or have a grudge against and encourage them to forgive these people.

**WHAT MAY HAPPEN:** You will be creating the next level of peace around you, an environment that pulls for peace, not war.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

## **BUTTERFLY POWER RIPPLE**

*Operating from the space that who you are being,  
what you are doing, what you say, think, feel,  
actually has an impact on the entire universe.*

*That when you move your finger the entire universe  
moves (Sir James Jean) or that when a butterfly flaps  
in wings in California, there is a rainstorm in China.*

*If the entire universe is connected, then in a very  
real way YOU MAKE A DIFFERENCE.*

*One small action {either positive or negative} can  
cause a power ripple that impacts millions.*

## PEACE PROMISE #20

*"If the very old will remember, the very young will listen."*

*~ Unknown*

*"Old age and sickness bring out the essential characteristics of a man."*

*~ Felix Frankfurter*

**I PROMISE TO HAVE A CONVERSATION WITH THE OLDEST AND YOUNGEST PERSON I KNOW AND ASK THEM WHAT THEY THINK IS THE MOST IMPORTANT THING IN LIFE.**

**MY COMMITMENT** with this promise is to develop the art of translisening. To learn from someone who has a different perspective than I do.

**HOW TO DO IT:** Make a list of the oldest and youngest people you know and either call them or ask them if they know someone even older or younger and call them. Tell them you are inquiring into what is really important in life and it occurred to you that they would have something to say about that from a unique perspective, one that you could not possibly see by yourself. Ask if they would share with you what they think are the most important things in life. Write down what you learned from this.

**WHAT MAY HAPPEN:** You may learn something. You may get inspired. You will give someone an opportunity to contribute to you.

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***TRANSLISTENING***

*Listening with the willingness to alter your point of view*

***BUTTERFLY POWER RIPPLE***

*Operating from the space that who you are being, what you are doing, what you say, think, feel, actually has an impact on the entire universe. That when you move your finger the entire universe moves (Sir James Jean) or that when a butterfly flaps its wings in California, there is a rainstorm in China. If the entire universe is connected, then in a very real way YOU MAKE A DIFFERENCE. One small action can cause a power ripple that impacts millions.*



## PEACE PROMISE #21

*“Everyday we do things, we are things that have to do with peace. If we are aware of our life... our way of looking at things, we will know how to make peace right in the moment, we are alive.”*  
~ Thich Nhat Hanh

*“We should really love each other in **peace** and harmony, instead we're fussin' n fighting like we ain't supposed to be.”*

~ Bob Marley

*“If you want to make peace, you don't talk to your friends. You talk to your enemies.”*  
~ Moshe Dayan

**I PROMISE TO NOTICE MY PREJUDICE (RACE, RELIGION, AGE, SEX ETC) TODAY AND BE COMPASSIONATE AND ACCEPTING.**

**MY COMMITMENT** with this promise is to examine my assumptions and judgments about others who are different from me so that I can replace it with acceptance and understanding. Many of these assumptions and judgments are given through the process of socialization rather than created by me.

**HOW TO DO IT:** Talk to someone from another race/religion etc and interview them about their life, about how they grew up, about what is important to them. What did you learn? Is there anything you heard that was different from your prior assumptions? Do you realize that prejudice stems from not understanding, from ignorance? Take this opportunity to find out WHO someone is based on their values, perspectives and soul rather than their circumstance, or their social and professional profiles.

**WHAT MAY HAPPEN:** You will develop a power to be with anyone from a space of deep respect, and value human dignity. This will enable you to relate with understanding and respect in any group of people and bring peace and acceptance to others in the process. If all people took this one action, there would be peace on the planet right now.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**TRANSLISTENING**

*Listening with the willingness to alter your point of view*

**BEING ALL OF IT**

*My true self is the SELF who is all of it- nothing outside of who I am. I am not only me as an individual but also mySELF as others, as society as humanity. I am not a thing, a space where everything exists or arises or is perceived. I am ALL OF IT: my body, mind and soul.*

## PEACE PROMISE #22

*“There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.”*

*~ M. Scott Peck*

**I PROMISE TO MAKE A NEW FRIEND TODAY,  
SOMEONE WHO I WOULD NORMALLY  
NOT THINK TO HAVE AS A FRIEND.  
PERHAPS SOMEONE WHOM I HAVE HAD A  
JUDGMENT ABOUT OR A PREJUDICE ABOUT.**

**MY COMMITMENT** with this promise is to grow bigger than my automatic thoughts. To be surprised by another human being.

**HOW TO DO IT:** Make a list of people in your life that you have never really had a conversation with or that you have a prejudice with. (I.e. your dry cleaner, doorman, guy who sells you coffee, someone you work with that you never gave a second thought to, someone who you avoid) then go talk to them and find out about who they are, what is important to them, **GET TO KNOW THEM**, get interested in another human being you would not normally be interested in.

1.

5.

2.

6.

3.

7.

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8.

**WHAT MAY HAPPEN:** You may be surprised. You may make a friend you never would have had.

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***TRANSLISTENING***

*Listening with the willingness to alter your point of view*

***FUTURE FORGING***

*Being someone who creates futures that were not going to happen anyway in the normal course of events. Casting a future out ahead of oneself and holding oneself accountable for delivering on that future.*

## PEACE PROMISE #23

*"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of **peace work**"*

*~ Thich Nhat Hanh*

**I PROMISE TO SMILE 20 TIMES TODAY WHEN I MEET OR SEE PEOPLE I DO NOT KNOW.**

**MY COMMITMENT** with this promise is to share joy and peace through the art of smiling.

**HOW TO DO IT:** Smile at your spouse, kids, neighbor, co-workers, boss, waiter, bank teller, stranger on the street, etc. be conscious of your smiling, but be genuine about it. Make sure to smile consciously 20 times.

**WHAT MAY HAPPEN:** Your smiling will be infectious, and you will create an incredible, yet unseen, chain of reaction of happiness throughout your extended circles!

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**SHARING CREATION**

*Creation is from nothing. Only from nothing can one create. If there is something there creation is not possible because anything put on top of what is there would be a fix or a change. If there is nothing there, the only thing our true SELF would ever create is possibility, words that honor all people and things. Once YOU create something, the only use for that creation is to share it. Sharing is the highest form of HONOR. Sharing creation is honoring oneSELF at the highest level.*

**BUTTERFLY POWER RIPPLE**

*Operating from the space that who you are being, what you are doing, what you say, think, feel, actually has an impact on the entire universe. That when you move your finger the entire universe moves (Sir James Jean) or that when a butterfly flaps in wings in California, there is a rainstorm in China. If the entire universe is connected, then in a very real way YOU MAKE A DIFFERENCE. One small action can cause a power ripple that impacts millions.*

## PEACE PROMISE #24

*"Generosity is giving more than you can, and pride is taking less than you need. "*

*~ Khalil Gibran*

*"Peace, in the sense of the absence of war, is of little value to someone who is dying of hunger or cold. It will not remove the pain of torture inflicted on a prisoner of conscience. It does not comfort those who have lost their loved ones in floods caused by senseless deforestation in a neighboring country.*

*Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free."*

*~ H.H. The Dalai Lama*

**I PROMISE TO BUY A HOMELESS PERSON A CUP OF COFFEE OR SOMETHING TO EAT. WHEN I GIVE THEM THIS OFFERING I WILL SMILE AND THANK THEM FOR ACCEPTING FROM ME AND GIVING ME THE OPPORTUNITY TO CONTRIBUTE.**



**MY COMMITMENT** with this promise is to let someone know they are not alone in the world and to give differently than I normally give. To deeply acknowledge the humanity in everyone, including those whose circumstances are not ideal. To express respect and create a space of dignity in myself, and others.

**HOW TO DO IT:** Find a homeless person on the street, at a shelter, at a community center, and ask them how they take their coffee. Then go buy them a cup of coffee ...OR ask a homeless person if they are hungry and offer them some fruit or soup or sandwich etc. Thank the person for her/his grace in receiving from you.

**WHAT MAY HAPPEN:** You will make a difference by shifting the way giving is done today. You will move from charity alone and recognize how the person's receiving has opened your heart and you will be grateful. You will give as reciprocity where this act is an expression of oneness.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

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## PEACE PROMISE #25

*“If we have no **peace**, it is because we have forgotten that we belong to each other.”*

*~ Mother Theresa*

*“Man's greatest blunder has been in trying to make peace with the skies instead of making peace with his neighbors”*

*~ Elbert Hubbard*

**I PROMISE TO DO SOMETHING  
UNEXPECTEDLY NICE FOR  
AT LEAST ONE OF MY NEIGHBORS TODAY.**

**MY COMMITMENT** with this promise is to be someone who delights people for no reason

**HOW TO DO IT:** Identify a neighbor, buy or bake something, get a plant, collect neighborhood menus and make them a book of neighborhood spots to order from, invite them over for a cup of tea/coffee, invite them over for dinner, invite them to create a book club with you where you read and discuss books that allow you to know what will create peace, what will create the absence of war, what would support systems that will create peace.

**WHAT MAY HAPPEN:** You will make a deeper connection with your neighbor and create an environment of peace around you.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**FUTURE FORGING**

*Being someone who creates futures that were not going to happen anyway in the normal course of events. Casting a future out ahead of oneself and holding oneself accountable for delivering on that future.*

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

## PEACE PROMISE #26

"Good manners will **open doors** that the best education cannot."  
~ Clarence Thomas

"Not knowing when the dawn will come, I open every door."  
~ Emily Dickinson

**I PROMISE TO BE A 'DOOR OPENER' TODAY,  
AND HOLD A DOOR OPEN  
FOR AT LEAST 10 PEOPLE!**

**MY COMMITMENT** with this promise is to be a person who honors all people as if they are MY people. Opening doors for me is also supporting someone else in manifesting their ideas and dreams as well as the literal.

**HOW TO DO IT:** OPEN DOORS! Literal and figurative. This can be for anyone whether you know him or her or not.

**WHAT MAY HAPPEN:** People will be present to gratitude and generosity. You will start to see people as your people. You will like people more.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

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## ***IT'S MY WORLD, WELCOME***

*Operating as if the world is yours, the people are  
your guests; you will take care of all of it.*

*Welcoming people and circumstances to your life  
because it is your home.*

*From when you are at Starbucks to your house or  
job, you are the one! Looking and listening for  
opportunities to express welcome.*

## PEACE PROMISE #27

*"I do not want the peace that passeth understanding.  
I want the understanding which bringeth peace."  
~ Helen Keller*

**I PROMISE TO STUDY WHAT  
IS ERODING PEACE TODAY.  
(IN MY LIFE AND LIFE IN GENERAL)**

**MY COMMITMENT** with this promise to become aware of who I am being regarding the systemic and root causes of war on the planet, as well as my relationships.

**HOW TO DO IT** I will see the film "The Story of Stuff" again and notice what new things I see. After watching it ask the following questions: What did you learn about the visible and invisible processes impacting on people and planet? Do you see how your actions everyday impact on local and global situations that in turn can foster peace or erode peace? List 5 everyday actions you noticed that can have this impact. (From the things you buy to the way you talk) [www.storyofstuff.com](http://www.storyofstuff.com)



**WHAT MAY HAPPEN:** You will learn something that will enable you to see things differently. You will see and interconnectedness between what you buy and consume with how things are produced, the relationships with what happen to people in your community and in other parts of the world and how the planet shows up. You may also become aware of the interplay between the world of money that you explored before and peace on the planet. Have you noticed that a lot of wars area bout resources and wealth?

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***IT'S MY WORLD, WELCOME***

*Operating as if the world is yours, the people are your guests, you own all of it. Welcoming people and circumstances to your life because it is your home. From when you are at Starbucks to your house or job, you are the one! Looking and listening for opportunities to express welcome.*

## **AWARENESS AS SPACE**

*We have all heard the term THE TRUTH SHALL SET YOU FREE, well becoming aware of something often times sets you free from the grip of it.*

*As you identify and acknowledge something it is no longer invisible to you.*

*When something is invisible to you,  
it has power over you.*

*When you can see it you can also give it up.*

*The act of giving something up creates space.*

*In that space something new can be created.*

## PEACE PROMISE #28

*"I believe that to meet the challenges of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for oneself, one's own family or nation, but also for the benefit of all humankind. Universal responsibility is the key to human survival. It is the best foundation for world peace."*

*~ H.H. The Dalai Lama*

**I PROMISE TO ONLY EAT HEALTHY FOOD TODAY, FOOD THAT SUPPORTS PEACE IN MY BODY AND THE ENVIRONMENT AROUND ME.**

**MY COMMITMENT** with this promise is to relate my health of mind and body to the health of the planet. I understand that the food I consume IS who I am, and provided for by a wonderful group of people everywhere and the planet that is ailing from mass and unhealthy consumption.

**HOW TO DO IT:** For the next 24 hours, make a commitment to only put healthy foods in your body. Go out of your way to find organic foods, and foods that were not sprayed with pesticides or grown from genetically modified seeds. Find out whether this food was produced by people who were paid a fair wage or not. If you eat animals, find out whether these animals were treated in a humane manner or grown with antibiotics, hormones or steroids.

**WHAT MAY HAPPEN:** I start becoming the change that the world needs in terms of how food is grown, processed and handled, and what kind of seeds are used; I also start seeing the incredible affects of healthy, clean eating on my body and mind. Wars are fought over food and water, and I know I need to be conscious of my choices ever day!

***THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:***

***INTERDEPENDENCE***

*That we are all connected and one impacts all. We are not separate or isolated. Who I am being, what I do (what I don't do) impacts lives of people in my family, my community and many other parts of the world.*

## **PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by?*

*Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace.*

*Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility.*

*Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility.*

*Peace impact actions can be created with anyone at any time under any circumstance.*

*This requires conscious commitment for action, rigor and discipline.*

*No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

## PEACE PROMISE #29

*“Peace and friendship with all mankind is our wisest policy, and I wish we may be permitted to pursue it.”*  
~ Thomas Jefferson

**I PROMISE TO WRITE ABOUT MY EXPERIENCE  
OF CAUSING PEACE FOR MYSELF ON 3  
INTERNET BLOGS OR FORUMS TODAY.**

**MY COMMITMENT** with this promise is to share what I have been creating and make it more and more real for others and myself.

**HOW TO DO IT:** Go to any blog or forum or Facebook or Twitter and share with people the experience you have had causing peace for yourself and others throughout the past weeks.

**WHAT MAY HAPPEN:** People will be moved by your experiences and some will take on creating peace promises for themselves. You will be creating peace on the planet, and you will be part of an emerging future for the world.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**SHARING CREATION**

*Creation is from nothing. Only from nothing can one create. If there is something there creation is not possible because anything put on top of what is there would be a fix or a change. If there is nothing there, the only thing our true SELF would ever create is possibility, words that honor all people and things. Once YOU create something, the only use for that creation is to share it. Sharing is the highest form of HONOR. Sharing creation is honoring oneSELF at the highest level.*

## **BUTTERFLY POWER RIPPLE**

*Operating from the space that who you are being,  
what you are doing, what you say, think, feel,  
actually has an impact on the entire universe.*

*That when you move your finger the entire universe  
moves (Sir James Jean) or that when a butterfly flaps  
in wings in California, there is a rainstorm in China.*

*If the entire universe is connected, then in a very  
real way YOU MAKE A DIFFERENCE.*

*One small action {either positive or negative} can  
cause a power ripple that impacts millions.*



## PEACE PROMISE #30

*“Establishing lasting peace is the work of education;  
all politics can do is keep us out of war.”*

*~ Maria Montessori*

**I PROMISE TO SPREAD PEACE PROMISES  
WITH AT LEAST 5 OF MY FRIENDS, FAMILY OR  
COLLEAGUES TODAY AND SHARE THE  
RESULTS I PRODUCED FROM THIS PROGRAM.**

**MY COMMITMENT** with this promise is to create an environment of people (my friends, family, workplace etc) who are engaged in creating peace.

**HOW TO DO IT:** Go to [peacepromises.com](http://peacepromises.com) and click on SHARE THE PEACE PROMISE PROGRAM, you can write a personal note as to why you are inviting them to create peace in their universe as well as share what you have gained from participating.

Share specific results you have produced since you started (i.e. I do not get angry in traffic anymore, I forgave my mother, I stopped yelling at my kids, I no longer avoid homeless people on the street, I stopped blaming myself when things didn't go the way I had intended etc.)

**WHAT MAY HAPPEN:** PEACE WILL SPREAD, ONE PERSON, ONE PROMISE AT A TIME. PEACE IS POSSIBLE. MAKE IT HAPPEN.

**THE ACCESS POINTS TO PEACE**  
**I AM DEVELOPING WITH THIS PROMISE IS/ARE:**

**PEACE IMPACT ACTIONS**

*Results are always a product of actions: no action, no results. But what are actions driven by? Many times they are really RE-actions Versus an action created as a response sourced from a space of oneness, compassion or peace. Peace impact actions are actions that are CREATED from that space of peace, oneness, honor, love, generosity, courage and possibility. Actions that impact those who are involved by leaving them in a space of peace, partnership, love, light, and possibility. Peace impact actions can be created with anyone at any time under any circumstance. This requires conscious commitment for action, rigor and discipline. No matter what you are dealing with, you can create a peace impact action in that situation, whether it is a smile, an apology, saying hello to a stranger, holding the door for a friend etc.*

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**BONUS PEACE PROMISE**

**PEACE AT THE LEVEL OF SOCIETY OR HUMANITY**

*"Unconditional war can no longer lead to unconditional victory. It can no longer serve to settle disputes. It can no longer be of concern of great powers alone. For a nuclear disaster, spread by winds and waters and fear, could well engulf the great and the small, the rich and the poor, the committed and the uncommitted alike. Mankind must put an end to war or war will put an end to mankind."*

*~ John F. Kennedy*

*"We cannot have peace if we are only concerned with peace. War is not an accident. It is the logical outcome of a certain way of life. If we want to attack war, we have to attack that way of life."*

*~ A.J. Muste*

**I PROMISE TO LEARN SOMETHING ABOUT THE UNDERLYING SYSTEMS THAT CAUSE WAR.**

**MY COMMITMENT** with this promise is to go beyond the levels of individual, family, workplace and community and begin to educate myself on the global issues that are impacting the state of war and peace on my planet.

## **HOW TO DO IT:**

Watch LIFE AS DEBT ([www.freedocumentaries.org](http://www.freedocumentaries.org)),

Share THE STORY OF STUFF ([www.storyofstuff.com](http://www.storyofstuff.com)) with other friends and have a discussion on it.

Read the book Confessions of an Economic Hitman by John Perkins,

Read THE LITTLE EARTH BOOK by James Buges.

Read THE GREEN COLLAR ECONOMY by Van Jones,

Read THE EARTH CHARTER,  
(<http://www.earthcharterus.org/>)

**WHAT MAY HAPPEN:** You will develop a moral outrage for what is happening and begin to see avenues to shift reality.

**THE ACCESS POINTS TO PEACE  
I AM DEVELOPING WITH THIS PROMISE ARE:**

**PEACE IMPACT ACTIONS**

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## **MORAL OUTRAGE VERSUS DESTRUCTIVE ANGER**

*MORAL OUTRAGE is a creative space that is sourced from a place of honor, peace, valuing diversity, equity, interdependence, compassion and dignity.*

*MORAL OUTRAGE is the creation for yourself a burning for justice for all beings, a burning sourced in deep wisdom, in that non dual self of being it all, of being humanity.*

*It is a creation that IT IS NOT OKAY WITH ME AND I WILL NO LONGER CONTRIBUTE TO IT'S CONTINUANCE.*

*It is not blaming something or someone outside of mySELF but rather looking inward to BEING IT ALL and see how "I" can be RESPONS-ABLE (ability to respond Versus react) and create peace impact actions that will shift the current reality.*

*Anger is a REACTION, a default emotion that we have little to say about. There is no creation in destructive anger. Anger is a reaction that not only damages your SELF as an individual but also your SELF at every level, especially if you are BEING IT ALL.*

*However, being able to experience anger is necessary to be able to transcend it to what we are calling MORAL OUTRAGE.*



## **GLOSSARY**

**ACCESS POINTS FOR CREATING PEACE  
AS WE HAVE USED IT IN  
THE PEACE PROMISE PROGRAM**

## **PEACE**

An undisturbed state of mind, freedom from resentment, freedom from war; where actions that foster compassion, equality and justice manifest. A natural state of being and acting from a space of oneness and contentment.

## **PROMISE**

To pledge one's honor, to make oneself answerable, to create a future that was not ordinarily going to happen.

## **ACCESS POINTS**

Distinctions that allow for clarity, power and action in a new and previously unavailable way.

## **DISTRESS**

The unhealthy manifestation of tension or worry either mentally, emotionally or physically Versus the healthy stress one can experience when one is engaged in a demanding or challenging thought process or endeavor.

## **INTERDEPENDENCE**

That we are all connected and one impacts all. We are not separate or isolated. Who I am being, what I do (what I don't do) impacts lives of people in my family, my community and many other parts of the world.

## **COMMITMENT**

What I intend to make happen.

## **RESPONDING VERSUS REACTING**

The ability to CREATE a response to a person or situation from a space of oneness and love versus being at the effect of an automatic reaction that damages the aliveness of someone, something or myself.

## **HONORING MY WORD AS THE SOURCE OF MY POWER**

Having my words, either spoken or non spoken, create possibility, honor life, create joy, power, partnership for myself and others Versus having my words destroy, make wrong, blame, dishonor, myself, others or the planet.

## **STILLNESS**

The state of quieting your external and internal conversations, creating space between your thoughts, embracing yourself and your surroundings. In this space of stillness your true power and wisdom has a space to emerge.

## **TRANSLISTENING**

Listening with the willingness to alter your point of view.

## **FORCE VERSUS POWER**

Force is a tool of manipulation or domination while power is a space that allows for all involved to experience their own power as well as being empowered at the same time. Power fosters dignity for all involved.

## **GREED**

A mentality of stockpiling, taking more than you need, a voracious desire to acquire or receive.

## **ACCEPTANCE**

Being able to respond to life exactly as it is and exactly as it is not, without being reactivated.

## **BEING ALL OF IT**

My true self is the SELF who is all of it- nothing outside of who I am. I am not only me as an individual but also mySELF as others, as society as humanity. I am not a thing, a space where everything exists or arises or is perceived. I am ALL OF IT: my body, mind and soul.

## **SUFFICIENCY AS CONTENTMENT**

Sufficiency is being able to articulate what is enough for me and being centered without having to seek excess. Sufficiency is satisfaction and contentment with what is ample for me to thrive.

## **ACKNOWLEDGMENT VERSUS FLATTERY**

Acknowledgement is letting someone know the contribution they have been to you and your life, the positive impact they have had on you in some way. Acknowledgement is about who someone IS versus something surface or superficial; or with a hidden agenda. When you acknowledge someone it is not only for him or her but also for you. You receive power and satisfaction when your acknowledgement is truly received by another.

## **CREATING A SPACE TO BE A SOURCE OF PEACE**

Peace begins from nothing. Peace is a creation not a solution. Peace is not a fix but rather a gift one can give to themSELVES at all levels of self at any moment: Ultimately creating your SELF as a source of PEACE. The first step to creating peace is noticing whatever is there already. The more you notice, the more you let go of reactivity, the more space that get's created from which to be the source of peace.

## **WORDS CREATE VERSUS WORDS DESCRIBE**

Many see words as a vehicle to describe what is in the world or in our hearts or in our minds. Words are far more powerful than merely descriptive tools, words create what we see, feel and think. Isn't life exactly how you say? Every time? Aren't you exactly how you say? Every time? Isn't he/she exactly how you say? Every time? Well perhaps there is nothing out there until you SAY IT. Your words have that kind of infinite power, and you may have simply

been using that power in a limited fashion. In this scenario your words create not only for you but for others as well.

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## **NON-ATTACHMENT**

The ability to actively engage without a personal agenda. This is not withdrawal as in detachment. The ability to distinguish your views and opinions, from the ability you have to source your power. The ability give up one's point of view, opinion, righteousness, agenda, in honor of workability, while not compromising on principle. For example, being able to give up being "right" and making the other "wrong", in honor of being happy.

## **FORGIVENESS VERSUS RESENTMENT**

Forgiveness is giving up the right and drive to punish or resent someone (including yourself). This does not mean you agree with, like or approve of what has occurred. When you hold onto this resentment then YOU are the one who actually suffers. You are the one robbing yourself of peace. Forgiveness is really more for you than for whomever you are forgiving. You can never have peace if you are at war with someone (including yourself). You must begin to develop the muscle of forgiveness if you are to ever create peace for yourself at ANY level whether it be inner peace, peace in your relationships, family, community, or larger levels of the workplace, society or the planet.

## **MORAL OUTRAGE VERSUS DESTRUCTIVE ANGER**

MORAL OUTRAGE is a creative space that is sourced from a place of honor, peace, valuing diversity, equity, interdependence, compassion and dignity. MORAL OUTRAGE is the creation for yourself a burning for justice for all beings, a burning sourced in deep wisdom, in that non dual self of being it all, of being humanity. It is a creation that IT IS NOT OKAY WITH ME AND I WILL NO LONGER CONTRIBUTE TO Its CONTINUANCE. It is not blaming something or someone outside of mySELF but rather looking inward to BEING IT ALL and see how "I" can be RESPONS-ABLE (ability to respond

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Anger is a REACTION, a default emotion that we have little to say about. There is no creation in destructive anger. Anger is a reaction that not only damages your SELF as an individual but also your SELF at every level, especially if you are BEING IT ALL. However, being able to experience anger is necessary to be able to transcend it to what we are calling MORAL OUTRAGE.

## In Summary

**Peace on the planet is possible.**

**One person, one promise at a time.**

**Let's make it happen together.**

**[www.peacepromises.com](http://www.peacepromises.com)**



## **Personal Peace Promise Page**

**Feel free to write any peace promises  
you create here.**

