

At The Speed of Peace

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And then to offer you just a few words about the practicing here today to support you, some of us are quite inspired by the monks who have been walking for over 100 days from Texas to Washington, D.C., a walk of peace.

And I'm quite struck that a walk like that is a big deal. So they seemingly walked more than 23 miles a day on the average. And walking on asphalt is also quite hard for the body. But a walk like that is a culmination of something very simple and very ordinary, which is a single step, just one step, and then another one, another one. And so it goes.

And so I don't know, I don't know how many steps they walked. But I would venture to guess it was probably 2 million steps over all that time. And so just individual steps. And so for us... And it's also a metaphor, the word steps, because we use it for a lot of things. What are the steps for sending an email? Someone might ask, what's the steps for cooking this recipe?

And so it's all these little details that are all the pieces that build up one step at a time to something. And so our life is made up of many, many steps each day, literal physical steps, the steps of getting out of bed and getting ready for the day, cleaning and having breakfast, and the steps of coming here, lifting your arm up to speak and make a gesture. Those are all things we're doing all the time. Each of those is a step.

And what would it be like if while you're here this morning that you lived here at the speed of peace? What does peace mean for you? How do you experience it in your gestures, how you use your hands, how you walk, how you engage your body, with all the things you're doing? How do you engage or bring forth peace in how you think? How do you do that in how you feel, in how you interact with others?

I don't know, each of you will have to answer that question yourself, but you're going to go through, you're going to have many, many opportunities, all these teeny steps through the

morning. I don't know how you're going to do it, or if you want to do it, but it certainly takes mindfulness to do it. But what I'd like to propose is that for each of you, there's a speed in which you can go about your time here that keeps you connected to your peace, keeps you connected to doing things in a peaceful way, so that nothing that you do with your hands, your arms, your legs, your body, your gestures, your eyes even goes unnoticed. If you notice it, maybe you can do it peacefully.

May you be at peace. May the peace flow out of you. May you stay close to it for this day in all the small little steps that you take through the day, through this morning. Thank you.