

## Spiral Peace Poem

I feel peace when I am honest to my purpose  
I feel my fear and choose courage instead.  
I create a better world when I model my true self  
I let go of preconceptions.  
I let go of wanting to control me or them...or that  
I remember that I create my world, in each moment,  
with each thought I choose to keep or discard.  
I hold sacred space, feel the emotions of forever.  
I am surrounded, held by the spirit.  
I feel blessed a hundred fold

I feel peace when I soften my heart and open to  
the vastness.  
I open to the connection with nature and the  
universe.  
I open my heart to Divine Love.  
I accept.  
I release my expectations, I am centered in love.  
I shed the events of the day and connect with  
God  
I remember we are God.  
I look into the eyes of another and connect  
with the same God within me.  
I am connected to Source  
I know love  
Love prevails

I feel peace when I truly listen.  
I feel peace when someone bothers to hear me.  
I've struck a common thread with a stranger in a  
moment spontaneously, honestly  
When people express  
I know a thing or two about my neighbors and I  
can be supportive

I feel peace when I'm doing something to help  
others  
I walk my talk when I work in community with  
others using our shared lives as a force for positive  
change in our world.  
When we, in community, speak and act from the  
heart, when we, in community listen & be from  
the heart;  
We all experience the safety and desirability of  
peace  
We treat everyone as equals with love.  
My acceptance of others - just where they are -  
leads them to recognize that disagreement is not  
always disagreeable, and that all voices deserve  
respect.  
I feel contented - with All.  
All choose to coexist.  
I meditate.  
(not often enough)

I feel peace when I am outside surrounded by nature.  
In natural woods.  
I walk among the pines in the new fallen snow  
In the silence of the woods my mind is quiet.  
I listen to my guides

The birds are singing, the wind whispering  
I look into the expanse of a blue sky and feel  
we are all connected in this life

I feel peace when I get home to my farm  
I drive my car and relax in the sun  
I breathe in God's love while walking  
or sitting in sunshine  
Sitting outside in my rocker on my deck in the  
woods, with my flowers and a good book,  
letting go of my "things to do" for awhile  
and just listen to the earth and myself  
I see a flower  
I'm gardening  
I contemplate nature  
The sun comes up and the sun goes down  
I breathe

I feel peace when my heartfelt love is received from  
one or all that is within this short but full of joy life  
we share.  
I feel love, I share my love with others  
I share my love with you  
In the now of love I see happiness in the small  
things;  
When I notice my beloved is smiling at me  
A simple smile resonates forever.

I feel peace when I am present to children,  
When I see children laughing  
I see a baby's eyes as I hear them laugh.  
Children smile, people hold hands  
I watch kids play.  
I'm with people I love and I love all people  
I meditate

I feel peace when I hold a child, especially my  
daughter  
The smiles in my son's eyes radiate to my core.  
He laughs at life.  
I watch my children celebrate life everyday  
I see my daughters following their hearts  
When I am there in the moment my grandchildren  
I am with the people I love.  
When I'm holding my grandchildren  
When I'm gardening with my grandchildren  
I am meditating

I feel peace when I'm with grandma  
I walk outside  
Red birds join my journey and grandma is there  
I am full of energy  
I ride my bicycle  
When I'm with my brother  
I do video games  
I go shopping  
I laugh  
I bring happiness to people and make them feel  
good.

(continued on back)

When I have a problem and I can talk to my mom  
and solve my problem  
When I'm hugging my parents I am not afraid  
I hear beautiful music  
I'm meditating

I feel peace when I create  
I honor my creative self  
We are destined to be creative,  
Working in my studio  
I paint when I'm alone  
I listen to music  
I dance  
I sing or write poetry  
I sing even in sadness  
In my breath I surrender  
When I am making music with others,  
when I'm singing with others,  
I am totally into my center of being  
and that peace projects outward.  
I sing love with women  
we are creative beings  
I am making music with my sisters  
music with a message  
Women from all different ages and life experiences  
sing together in beautiful accapela harmony  
I feel peace when my family are together singing  
celebrating and laughing  
I make harmony  
I meditate

I feel peace when I take shelter in the kinship of all  
creatures.

I connect with many animals throughout the day,  
when working and playing with animals,  
when there are trusting sleeping animals around me.  
I stay in the flow of life  
and stay connected with my heart  
When I see dogs running together  
When deer are in the yard and the greenery is wet  
When I'm at the ocean,  
I open to the singing of whales  
My dogs, kittens and daughter and flowers and  
grass welcome me home  
My cats fall asleep on me  
I am meditating

I feel peace when the sun is setting and the world  
takes on that rosy light  
I pray and walk in that relationship.  
Twilight is ending  
and the moonflowers bloom.  
the world is at rest  
I am in deep heart-centered meditation  
Peace is everywhere  
in the little things  
in the soul  
I breathe  
Peace

## About the Spiral Peace Poem

The Spiral Peace Poem was and continues to be compiled in conjunction with the Spiral Peace Mandala in Cincinnati. The mandala is a metaphysical exercise in applying peace to our world through the use of paint and fabric on the mandala which contains a street map of the greater Cincinnati area. While preparing to add paint or fabric to the mandala participants are asked to complete the prompt "I feel peace when..." Their responses make up the poem. Metaphysical artist C. Pic Michel constructed the Mandala in April of 2006 and compiled the poem over several months as hundreds of people contributed their responses at peace related events. To date more than 1000 words make up the poem and a map of the United States and the World has been added to the mandala. To learn more about the Mandala and to contribute your own response to the peace prompt visit [www.truemakebelieve.com](http://www.truemakebelieve.com).