

The UN International Day of Peace 2019 has been observed around the world

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Dear friend,

As International Day of Peace has been observed once again around the world on September 21st, it is a good practice to keep reminding ourselves what we really want and most deeply desire: peace. In reality, however, there is nowhere in the world where there is really any peace. Not only do we currently have dozens of "hot" wars, guerrilla wars, and the like going on, there are in fact 7.6 billion happening as we speak. I speak here of the wars within each person -- between our mind and our body, with our conflicting emotions, etc.

Rev. Dr. Sun Myung Moon often asked the question of his audience: "Have you been able to stop the war in yourself yet?" For as long as there is no peace within the individual, it is difficult to create peace and harmony in the family, the nation, and the world.

And how would we solve this "inner war"? The answer lies in the well-known story of a Cherokee chief teaching his grandson about life:

"A fight is going on inside me," he told the boy. "It is a terrible fight, and it is between two wolves.

"One is evil -- he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego. The other is good -- he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"This same fight is going on inside you -- and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old chief simply replied, "The one you feed."

To feed the 'good wolf' in ourselves, we need spiritual food from scripture for the mind, heart, and soul. Even more important, we need the spiritual food that comes from putting scriptural words into practice every day until we BECOME those words and thus silence the 'evil wolf' within us once and for all.

May such a day come soon!

Sincerely,

Angelika