

A Vision of Peace for Our Country

By

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Most people want peace in their lives, both inside themselves and in their surroundings. Most people also do not believe that peace can happen.

A significant step to create anything is to visualize it. It doesn't matter whether it is an art creation, hitting an accurate golf shot or planning construction of a new house. The exciting thing about visions and dreams is that they lay a foundation for us to become what we dream and to create around us what we envision. They also focus our attention on what we desire.

I have been using visualization for years with positive results. It is even amazing at times what the vision brings.

The ultimate value of this article is to invite you to create your own vision of what it would look like, feel like and be like for you to have peace in our country. It is not about my vision. It is about co-creating a vision and bringing peace.

In *How to Make Friends with Your Feelings*, one of the early chapters is about "The Hurtful, Frightening Family" and the final chapter is a vision of "The Helpful, Fun Family." The "Hurtful, Frightening, Family" chapter explains the dynamics in a family that can be used to assess a family, a company or a country. The "Helpful, Fun Family" chapter is a vision of a nurturing, supportive, caring, peaceful family. That vision can be used as a model, using the same thoughts, as a way to look at a vision for peace in our country.

It is important when creating a vision that you not judge your thoughts or ideas, especially with, "Oh, that could never be." Such thinking limits your vision. The interesting thing about visions is that the bigger they are, the more likely they are to expand what exists. It is also not necessary that all of your vision become reality, yet more of your vision will come true if it is expansive than if it is limited by doubt. Let your mind be free and have fun creating a vision with me.

Let's add another concept before we begin to create a vision. A Japanese friend told me that in Japan there is a saying, "Visions are to be transformed into the practical." So let us create a vision of peace in our country that is specific and practical in its manifestation of how life would be.

You can either begin now to create your vision of peace in our country or you can read on as I share my vision of peace in our country with you. It can give you ideas and guidance about how to create your own vision.

In my vision, people in our country feel safe. One of the values my Father taught me is respect for all people. In my vision, each person in our country is safe to be who they are. When everyone respects every other human being, people treat each other with thoughtfulness and kindness. That means that people are valued and treated with respect, no matter what their gender or color or religious beliefs or political views. This contributes to people having a sense of safety.

In my vision of peace in our country, people's basic needs are met. Each person in the United States has sufficient nutritious food. Each member has a decent place to live that is attractive and protective. Each member has clean clothes that they can appreciate wearing. This contributes to people having a sense of security. When people's basic needs are met and they have a sense of security, they are capable of treating others with kindness and respect. Respect breeds respect. When people are treated with kindness, they are most likely to treat others with kindness.

In my vision of peace in our country, each person who wants an education can have it at whatever level they are motivated to achieve. People who want to work can have a job that fits their skills and can get the training for it, so they can find vocational fulfillment in their lives. People who would prefer to take care of their children, which are tomorrow's future, would be able to do so without sacrificing their basic needs and the needs of their children. This is not charity. This is empowerment. This is creating now and building a future for our country where people can get satisfaction from their contribution to the benefit of all and all can benefit from their contribution.

In my vision of peace in our country, people can have hospitals, advanced health care equipment and a variety of health care treatment options based on what they need in order to have healthy, happy lives.

In my vision of peace in our country, we would all have safe roads and safe, comfortable, environmentally efficient transportation, including bicycles, motorcycles, cars, trains, buses and airplanes to move around our country.

In my vision of a peaceful country, we would not only have respect for each human being, but also for the animals, the plants and other living creatures with which we share our country and our planet. We are all interdependent and to recognize and respect every other living being does not only honor them, but adds to our lives in many ways.

In my vision of a peaceful country, children are seen and heard. They are encouraged to express their feelings, their thoughts and their needs. They are given permission to be unique, different, who they are. They are supported to be responsible, to develop their talents and to be their best at whatever they desire without pressure to meet unrealistic goals.

In my vision of a peaceful country, communication is clear, direct and open. People are considerate of others in the way they express themselves and state their views in a positive way that builds affection and trust. Our words come from a peaceful heart and convey a sense of safety to others.

In a country, just as in a family or an organization, the tone is set at the top. In my vision of peace in our country, our highest elected leaders make decisions based on the needs of the people in our country with consideration for all. This means that the earlier parts of my vision of peace in our country are used as the criterion, the yardstick, by which all legislation and judicial decisions are made.

In my vision of peace in our country, every person contributes to peace. We bring peace as we have peace in our hearts. We bring about peace in the way we treat others and the world around us. When we have self-respect and respect all living beings, we

bring peace to our country. When we have peace in our country, we will add to peace in the world.

In my vision we use our influence to bring peace to the world and as we do we bring security to ourselves. As we show kindness to other nations in the world we will experience kindness in return. As we respond to the needs of other people of the world, they will appreciate us. As we invite other countries in the world community to share their visions of peace, we include them in the co-creation of peace in our world.

I mentioned earlier that to have a vision does not mean that it will become reality. However, **I believe that the vision of peace in our country that I envision can exist. We have the creativity, the skill, the talent and especially the money to make it all come true. It is a matter of priorities. What we need is the motivation. We need enough people to have the vision, the motivation and the commitment to make it a reality.**

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