

full tilt living newsletter

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Make A Peace Garden

Now don't be getting out your seed catalogues and rakes and shovels. It's a virtual garden I'm calling for. Not a computer virtual garden. An in-your-head virtual garden. Based on a real place that you know. Which doesn't need to be bare earth at all. It could be a gas station with grease rainbows on the cement and an island planted with astro turf and plastic flowers. Or wishing it had plastic flowers to dress it up. It could be a fast food joint with plastic wood, hot grease smacking into your nose when you open the door. An asphalt-covered parking lot forested with steel light poles doing their best to cast their thin strips of shade. A place that never draws your eye or blesses you with inviting aromas. Some spot you may frequent even though it makes no lasting impression. Suffering from a poverty of care, in sore need of some peace to shine it up.

Size matters when you choose what you will work with. It needs to be an area that you can fit into your mind's eye. So when you close your eyes and call up its image or sense it's space, it's all there. And once you do, and holding it lightly, hold as well peace. The way you know it: waves, sounds, colors of peace. You becoming its enricher, healer. Returning as often as you can to the peace garden you are creating. Building it a few moments at a time.

You may begin to imagine or sense a change when you visit. There may even begin to be a beauty about it that was surely not there before. As is only right. You provide the raw materials for peace to grow and peace comes back to you.

This ugly duckling place is your practice ground. Once you have made your first peace garden, with peace coming back to you, you have the ability to make peace wherever you choose. With people, places, events.

You'll believe me once you do it.

And know that I'm behind you all the way.