

**LET  
PEACE  
UNFOLD**  
**by**  
**Various**  
**(2012)**

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Work is not always required.

There is such a thing as sacred idleness,  
the cultivation of which is fearfully neglected.

(George MacDonald, 11824-1905)

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What life can compare to this?

Sitting quietly by the window,  
I watch the leaves fall and the flowers bloom,  
as the seasons come and go.

(Hsueh-Tou, 982-1052)

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The clear river curves around our village:  
these long summer days are beautiful, indeed.

Swallows swoop from the eaves,  
the gulls all flock to the water.

... This medicine is all a sick man needs.

What man could ask for more?

(Tu Fu, 712-770)

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Shed the day's anxieties, one by one.  
No need to hurry. Let the body drowse.

Unwind, little by little.

Still the mind.

Breathe slow

- until at last the busy world retreats  
and leaves you in gentleness,  
a stillness,  
a refuge of peace and calm.

(Pam Brown, b.1928)

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Take the Gentle Path

If there is tumult in your heart  
seek out tranquillity  
- a calm and moonlit sea,  
a place of peace,  
a gentleness of landscape  
and let their quietness flow  
through you,  
and wash your care away.

(Pam Brown, b.1928)

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Even in the heart of a city  
there can be a place of calm.

Doors shut and curtains closed, a light  
against the dark, wrapped round in dear,  
accustomed things we can withdraw  
and find ourselves again.

(Pam Brown, b.1928)

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And silence, like a poultice, comes  
to heal the blows of sound.

(Oliver Wendell Holmes, 1809-1894)

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I leave this notice on my door  
For each accustomed visitor:  
"I am gone into the fields  
To take what this sweet hour yields;  
Reflection, you may come tomorrow.  
... Expectation, too, be off!  
Today is for itself enough."

(Percy Bysshe Shelley, 1792-1822)

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And so, while others  
miserably pledge  
themselves to the  
insatiable pursuit of  
ambition and brief  
power, I will be stretched  
out in the shade, singing.  
(Fray Luis de Leon, c.1527-1591)

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The greatest revelation is stillness.  
(Lao-Tzu, 6th Century BC)

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To a mind that is still the whole  
universe surrenders.  
(Chuang Tzu, 4th Century BC)

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You do not need to leave your room...

Remain sitting at your table and listen.

Do not even listen, simply wait.

Do not even wait, be quiet still and solitary.

The world will freely offer itself to you unmasked.

It has no choice.

It will roll in ecstasy at your feet.

(Franz Kafka, 1883-1924)

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I lay in a meadow until the unwrinkled serenity  
entered into my bones, and made me into one

with the browsing kine, the still greenery,

the drifting clouds, and swooping birds.

(Alice James, 1848-1892)

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Come away from the din.

Come away to the quiet fields,

over which the great sky stretches,

and where, between us and the stars,

there lies but silence;

and there,

in the stillness let us listen to the voice that is speaking within us.

(Jerome K Jerome, 1859-1927)

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