

**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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