

Spiritual Peacebuilding

47 Quotes and Proverbs

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47 Quotes and Proverbs

A. "... the cultivation of love."

- 1) "Spiritual Formation, without regard to any specifically religious context or tradition, is the process by which the inner God-given divinity in human beings is given a definite form or character."
- 2) "Spiritual Discipline is the cultivation of love."
- 3) "For the soundness of ideas must be tested finally by their practical application. When they fail in this—that is, when they cannot be carried out in everyday life producing lasting harmony and satisfaction and giving real benefit to all concerned—to oneself as well as to others—no ideas can be said to be sound and practical."

B. "Plant a fruit tree; you get fruits therefrom"

- 1) "As young children grow into adults, the everyday circumstances of community life and cultural traditions provide 'frameworks' by which they 'understand their experiences and make judgments about what is valuable and important'. These 'frameworks' shape the way people come into contact with each other, and the way they interpret facts, issues, and events—and provide the context by which people decide what are appropriate responses to the circumstances of their lives. These 'frameworks' are often the source of a person's thoughts about who they are, how they feel about themselves, how they evaluate other peoples 'frameworks', and how other people might evaluate their 'framework'."
- 2) Little pitchers have big ears.
- 3) Where a rose is tended, a thistle cannot grow.
- 4) Many hands make much work light.
- 5) "Plant a fruit tree; you get fruits therefrom."

C. "In a caring community, Love will find a way"

- 1) "By the examples of your lives, you have to restore confidence among the people in the higher values of life.... Have the picture of the happy, united, love-filled human community in your heart. That will give you enough encouragement in your mission."

- 2) “Ascetic practices, years of constant recitation of the Name, pilgrimages to holy places and shrines, study of sacred books—these will not help the aspirant to spiritual victory as much as communion with the godly and good.”
- 3) “... in a highly developed civilization... every person of good will can in some way or another succeed.”
- 4) “In a caring community, Love will find a way.”

D. “... collect back with care and effort the dissipated rays of the mind....”

- 1) “A certain degree of physical comfort is necessary, but... the satisfaction of one’s physical needs must come at a certain point to a dead stop before it degenerates into physical decadence.”
- 2) What a tangled web we weave, when first we practice to deceive.
- 3) “Just as you will have to take back with care your cloth that is fallen on a thorny plant, by removing the thorns slowly one by one; so also, you will have to collect back with care and effort the dissipated rays of the mind that have been thrown over sensual objects for very many years.”
- 4) “Were I to have the least bit of knowledge, in walking on a Great Road, its only going astray that I would fear.
The Great Way is very level;
but people greatly delight in tortuous paths.”
- 5) “(Difficulties) can challenge us to maximize our potential for individual personal growth and mutual benefit.”

E. “...making best use) of the embodied energy that we inherit from industrial culture.”

- 1) “Sustainability requires living within the regenerative and absorptive capacity of the planet.”
- 2) “Ecological Deficit—The level of resource consumption and waste discharge by a defined economy or population in excess of locally/regionally sustainable natural production and assimilative capacity (also, in spatial terms, the difference between that economy/population’s ecological footprint and the geographic area it actually occupies).”
- 3) “... as a result of high population densities, the enormous increase in per capita energy and material consumption made possible by (and required by) technology, and

universally increasing dependencies on trade, *the ecological locations of human settlements no longer coincide with their geographic locations*. Twentieth century cities and industrial regions are dependent for survival and growth on a vast and increasingly global hinterland of ecologically productive landscapes.”

4) “...However, our analysis of physical flows shows that these and most other so-called ‘advanced’ economies are running massive, unaccounted, ecological deficits with the rest of the planet (Table 1)... These data emphasize that all the countries listed, except for Canada, are overpopulated in ecological terms—they could not sustain themselves at current material standards if forced by changing circumstances to live on their remaining endowments of domestic natural capital. This is hardly a good model for the rest of the world to follow.”

5) “Most credible observers now recognize that our global climate faces radical change in the coming decades if we do not take immediate and far-reaching action.”

6) “Our emissions are a detonator, a trigger, creating larger and larger feedback loops, for example, sea absorbs heat better than ice, and warming seas release methane hydrates, which have a far higher impact on climate. To avoid runaway feedbacks, we need zero carbon in 20 years. Alongside the climate challenge is peak oil. We’ve got through half of the world’s total reserves in 150 years.”

7) “Over the past century the development of the U.S. economy and lifestyle has been fundamentally shaped by the availability of abundant, low-cost oil....The peaking of world oil production presents the U.S. and the world with an unprecedented risk management problem.... The world has never faced a problem like this.... As peaking is approached, liquid fuel prices and price volatility will increase dramatically, and, without timely mitigation, the economic, social, and political costs will be unprecedented.”

8) “The planet’s ecological systems are on the verge of catastrophic change for which few societies are prepared. So far, responses by governments to this emergency are inadequate, or counterproductive. We call it the ‘Triple Crisis,’ the convergence of three advancing conditions:

- a) Planet-wide climate chaos and global warming;
- b) The end of the era of cheap energy (“peak oil”);
- c) The depletion of many of the world’s key resources: water, timber, fish, fertile soil, coral reefs; and the expected extinction of 50% of the world’s species.

“All are rooted in the same systemic problem—massive overuse of fossil fuels and the Earth’s resources; all driven by an economic ideology of hyper growth and consumption that’s beyond the limits of the planet to sustain.”

9) “The human community’s central task for the coming decades must be the undoing of its dependence on oil, coal, and natural gas in order to deal with the twin crises of resource depletion and climate chaos. It is surely fair to say that fossil fuel dependency constitutes a systemic problem of a kind and scale that no society has ever had to address before. If we are to deal with this challenge successfully, we must engage in systemic thinking that leads to sustained, bold action.”

10) “The transition from an unsustainable fossil fuel-based economy back to a solar-based (agriculture and forestry) economy will (require making best use) of the embodied energy that we inherit from industrial culture. This embodied energy is contained within a vast array of things, infrastructure, cultural processes and ideas, mostly inappropriately configured for the ‘solar’ economy. It is the task of our age to take this great wealth, reconfigure it, and apply it to the development of sustainable systems.”

11) “Given these dependencies—the economic system on the wealth yielded by the productive system, and the productive system on the resources provided by the ecosystem—logically the economic system ought to conform to the requirements of the production system, and the production system to the requirements of the ecosystem.”

F. “The smaller the circumference, the more accurately can we gauge the results of our actions....”

1) “A wise person notices that inner harmony is disturbed when the mind lets itself be lured into indiscriminately sampling the world of phenomena.”

2) “The energy invested in a particular thing, during its life from cradle to grave, is called the ‘embodied energy’ of that object. The amount of embodied energy that an item contains depends on the technology used to create it (the origin of materials inputs, how they were created and transported, etc.), the nature of the production system, and the distance the item travels from inception to purchase.”

3) “... every article in the bazaar has moral and spiritual values attached to it... hence it behooves us to enquire into the antecedents of every article we buy.... (Yet this) is an arduous task, and it becomes almost impossible for ordinary persons to undertake it when the article comes from far off countries.”

4) “If we feel it is beyond us to guarantee the concomitant results of all our transactions, it necessarily follows that we must limit our transactions to a circle well within our control. This is the bed rock of swadeshi. The smaller the circumference, the more accurately can we gauge the results of our actions, and (the) more conscientiously shall we be able to fulfill our obligations as trustees.”

5) “By supporting items and processes that have lower embodied energy, as well as the companies that produce them, consumers can significantly reduce society’s energy use.”

6) The second law of thermodynamics efficiency is often defined as follows: ‘the efficiency is equal to the ratio of the least available work that could have done the job to the actual available work used to do the job.’”

7) “Therefore the sage says:

I take no action and people are reformed.

I enjoy peace and people become honest.

I do nothing and people become rich.

I have no desires and people return to the good and simple life.”

8) “Were I to have the least bit of knowledge, in walking on a Great Road, it’s only going astray that I would fear.

The Great Way is very level;

but people greatly delight in tortuous paths.”

9) “If many people can learn to find contentment and quality of life while consuming much less, this limiting of desires at the ‘root’ will save much trouble trying to respond to the symptoms as they materialize worldwide. This is part of the ‘spiritual teachings’ element which often gets overlooked....”

G. “The function of work should be to practice our ideal of life”

1) “Everyone is involved when it comes to determining the markets that supply the ‘ways of earning a living.’”

2) “We do not live unto ourselves, and the more we realize the repercussions of our actions on our neighbours and strive to act according to the highest we are capable of, the more shall we advance in our spiritual development.”

3) “The function of work should be to practice our ideal of life.”

H. “... connect oneself to the Current of His Grace”

1) “God, out of His Infinite Grace, assumes the form that the devotee yearns for.”

2) “In the beginning, the Adored and the Adorer are distant and different; but, as the Sadhana becomes more confirmed and consolidated, they co-mingle and become more and more composite.”

3) “We too can discover the Lord through His Footprints, which can be discovered everywhere, provided sincere search is made with trained eyes. You can find the footprints wherever there is beauty, virtue, humility, justice, truth, love, and peace.”

- 4) “The Tao is constantly nameless....
Were marquises and kings able to maintain it,
the ten thousand things would submit to them on their own,
and Heaven and Earth would unite to send forth sweet dew.
By nature it would fall equally on all things,
with no one among the people ordering that it be so.”
- 5) “Let the will of the Lord prevail; one’s duty is but to connect oneself to the Current of His Grace.”
- 6) “It is possible for leaders to be so magnanimous and progressive—and circumstances to be so constructive and inspiring—that even the most evil elements change for the better.”

I. “...sustain the development of an infinite variety of... mutually beneficial... initiatives”

- 1) “Peacebuilding in its most compassionate form is not a competitive field of activity. Viewed in this light, the most valuable forms of peacebuilding will nurture, support, and sustain the development of an infinite variety of other forms of mutually beneficial peacebuilding, community revitalization, and ecological sustainability initiatives.”

Notes and References

A. "... the cultivation of love"

1. [Variation (by this writer) of a definition by Dallas Willard (see "Idaho Springs Inquiries Into Spiritual Formation" at <http://www.dwillard.org/articles/artview.asp?artID=36>)] (see section titled "What is Spiritual Formation? How is it to be described in the language of contemporary life?", paragraph 4)
2. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 13, Chpt. 24, p. 142 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 13 contains discourses delivered by Sri Sathya Sai Baba during 1970)
3. D.T. Suzuki *Essays in Zen Buddhism* 1st Series Grove Press New York 1961 p. 317 (Originally published in 1949)

B. "Plant a fruit tree; you get fruits therefrom"

1. By this writer, with ideas (and one partial quote) from Michelle Maiese (see knowledge based essay "Moral or Value Conflicts") Beyond Intractability. Eds. Guy Burgess and Heidi Burgess. Conflict Research Consortium, University of Colorado, Boulder. Posted: July 2003
<http://www.beyondintractability.org/essay/intolerable_moral_differences/>.
2. Proverb (traditional saying)
3. Proverb (traditional saying) From passage in *The Secret Garden* by Frances Hodgson Burnett (see Scholastic, Inc. paperback New York 1999 p283) (story originally published in 1911)
4. Proverb (traditional Chinese saying)
5. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 7, Chpt. 47, p. 236 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 7 contains discourses delivered by Sri Sathya Sai Baba during 1967)

C. "In a caring community, Love will find a way"

1. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 15, Chpt. 12, p. 70 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 15 contains discourses delivered by Sri Sathya Sai Baba during 1981-82)
2. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 8, Chpt. 18, p. 80 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 8 contains discourses delivered by Sri Sathya Sai Baba during 1968)

3. From Hexagram #50 (“The Cauldron”) in *I Ching* (The Book of Changes) Richard Wilhelm and Cary F. Baynes translation (and commentary) [3rd Ed., Bolligen Series XIX. (Princeton University Press Princeton, NJ 1967 (1st Edition 1950)]

4. This writer

D. “... collect back with care the dissipated rays of the mind...”

1. Mahatma Gandhi from “Gandhi’s Swadeshi: The Economics of Permanence” by Satish Kumar at <http://squat.net/caravan/ICC-en/Krrs-en/ghandi-econ-en.htm> (see Paragraph 13 in section “Principles of Swadeshi”) (Accessed August 22, 2007)

2. Proverb (traditional saying)

3. Swami Sivananda in *Meditation Know-How* p. 127 (now out-of-print; reference information incomplete)

4. Lao Tzu from *Te-Tao Ching* Chapter 53 Robert G. Hendricks translation Ballantine Books New York 1989

5. Dudley Weeks, Ph.D in *Eight Essential Steps to Conflict Resolution* Jeremy P. Tarcher Los Angeles 1992 p. 7

E. “...making best use) of the embodied energy that we inherit from industrial culture”

1. Possibly attributable to the first “Eco-Footprint of Nations” website, but that is no longer accessible.

2. William E. Rees From “Revisiting Carrying Capacity: Area Based Indicators of Sustainability” [see section “Appropriating Carrying Capacity and Ecological Footprints” (Box 3: “A Family of Area-Based Sustainability Indicators”)] 1996 (at www.dieoff.org/page110.htm) (Accessed August 24, 2007)

3. William E. Rees From “Revisiting Carrying Capacity: Area Based Indicators of Sustainability” [see section “Appropriating Carrying Capacity and Ecological Footprints” (paragraph 4)] 1996 (at www.dieoff.org/page110.htm) (Accessed August 24, 2007)

4. William E. Rees From “Revisiting Carrying Capacity: Area Based Indicators of Sustainability” [see section “Appropriating Carrying Capacity and Ecological Footprints” (and subsection “‘Footprinting’ the Human Economy”, paragraphs 10-11)] 1996 (at www.dieoff.org/page110.htm) (Accessed August 24, 2007)

5. Daniel Lerch from *Post Carbon Cities: Planning for Energy and Climate Uncertainty (A Guidebook on Peak Oil and Global Warming for Local Governments)* (Free Abridged Version) <http://postcarboncities.net/guidebook> (see “Executive Summary” paragraph 3) Post Carbon Institute 2007 (Accessed August 24, 2007)

6. Paul Allen—from the website of “Transition Culture” at www.transitionculture.org (from Rob Hopkins notes from a talk by the director of the “Zero Carbon Britain” project, Paul Allen) (see <http://transitionculture.org/2007/08/10/cats-zero-carbon-britain-report>) (i.e. Blog Entry “Centre for Alternative Technology’s ‘Zero Carbon Britain’ report, paragraph 4) (Accessed August 18, 2007)

7. From the “Hirsch Report” [*“The Peaking of World Oil Production: Impacts, Mitigation and Risk Management”*]—Project Leader: Robert L. Hirsch (SAIC) Commissioned by the Department of Energy, and dated February, 2005 [Accessible at the website of Roscoe Bartlett (R-MD)(USA) at www.bartlett.house.gov/EnergyUpdates/ (Accessed August 24, 2007)] Note: The first and third sentences quoted are from the section “Summary and Concluding Remarks” (see Point #2: “Oil Peaking Could Cost the U.S. Economy Dearly” and Point #3: “Oil Peaking Presents a Unique Challenge”; both on p. 64). The second and fourth sentences quoted are from the section “Executive Summary” (see paragraph 1 on p. 4)

8. From pre-conference information for “Teach In: Confronting the Global Triple Crises—Climate Change, Peak Oil (The End of Cheap Energy), and Global Resource Depletion and Extinction” (September 14-17, 2007 at The George Washington University Lisner Auditorium in Washington D.C.) Sponsored by The International Forum on Globalization (www.ifg.org) and The Institute on Policy Studies (with other co-sponsors) From Teach-In Flyer and Draft Program at http://www.ifg.org/events/Triple_Crisis_Speakers.pdf (see p. 2)

9. From Richard Heinberg’s Museletter #184 titled “A View from Oil’s Peak” (at <http://www.richardheinberg.com/museletter/184>) (from closing paragraph) (Accessed September 6, 2007) (from Richard Heinberg’s website at <http://www.richardheinberg.com/> [Note: Richard Heinberg is widely acknowledged as one of the world’s foremost Peak Oil educators. He is a journalist, educator, editor, lecturer, and a Core Faculty member of New College of California, where collaborative efforts between faculty, students, and a variety of other “stakeholders” are creating models for “Powerdown” efforts at the regional and community level. Some of the books he has written: *The Party’s Over: Oil, War, and the Fate of Industrial Societies*; *Powerdown*; *The Oil Depletion Protocol: A Plan to Avert Wars, Terrorism, and Economic Collapse*; and *Peak Everything: Waking Up to a Century of Declines*”]

10. David Holmgren in “Permaculture and Energy” [article first written in 1990, published in “Permaculture Activist” Issue #31 May, 1994 (see subsection titled “Mollison” paragraph 4) at <http://permacultureactivist.net/Holmgren/holmgren.htm>] (Accessed June 9, 2007)

11. Barry Commoner from *The Closing Circle: Nature, Man, and Technology* New York Knopf 1971

F. “The smaller the circumference, the more accurately can we gauge the results of our actions....”

1) B.K.S. Iyengar in *Light on the Yoga Sutras of Patanjali* Thorsons San Francisco p. 124

2. Worldwatch Institute *State of the World 2004: Special Focus—The Consumer Society* W.W. Norton and Company January, 2004 p. 36-37

3. J.C. Kumarappa in *Why the Village Movement?* Akhil Bharat Sarva Seva Sangh Rajchat, Kashi 1960 p. 78
4. J.C. Kumarappa in *Why the Village Movement?* Akhil Bharat Sarva Seva Sangh Rajchat, Kashi 1960 p. 79
5. Worldwatch Institute *State of the World 2004: Special Focus—The Consumer Society* W.W. Norton and Company January, 2004 p. 36-37
6. This is one example of a definition of “Second Law” efficiency. One source which supports this definition is as follows: “Second Law efficiency: The ratio of First Law thermodynamic efficiency to its maximum theoretically possible value; equivalently, the ratio of the least available work that could have done the job to the actual available work used to do the job.” From Amory B. Lovins [A.B. Lovins, "Energy Efficiency, Taxonomic Overview," *Encyclopedia of Energy* 2:383-401 (2004), 6 vols., San Diego and Oxford (UK)] Accessible on the Internet at http://www.rmi.org/images/PDFs/Energy/E04-02_EnergyEffTax.pdf (see p. 3) (Accessed August 23, 2007)
7. Lao Tzu from *Tao Te Ching* Chapter 57 Gia-fu Feng and Jane English, translators Vintage Books New York 1989
8. Lao Tzu from *Te-Tao Ching* Chapter 53 Robert G. Hendricks, translator Ballantine Books New York 1989
9. This writer

G. “The function of work should be to practice our ideal of life”

1. This writer
2. J.C. Kumarappa in *Why the Village Movement?* Akhil Bharat Sarva Seva Sangh Rajchat, Kashi 1960 p. 73
3. J.C. Kumarappa in *Why the Village Movement?* Akhil Bharat Sarva Seva Sangh Rajchat, Kashi 1960 p. 183

H. “... connect oneself to the Current of His Grace”

1. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 14, Chpt. 59, p. 343 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 14 contains discourses delivered by Sri Sathya Sai Baba during the years 1978-1980)
2. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 7, Chpt. 48, p. 240 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 7 contains discourses delivered by Sri Sathya Sai Baba during 1967)
3. Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 6, Chpt. 37, p. 185 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 6 contains discourses delivered by Sri Sathya Sai Baba during 1966)

4. Lao Tzu from *Te-Tao Ching* Chapter 32 Robert G. Hendricks, translator Ballantine Books New York 1989

5. Source unknown. Quoted by Sri Sathya Sai Baba from *Sathya Sai Speaks* Vol. 1, Chpt. 3, p. 18-19 Sri Sathya Sai Books and Publications Trust Prasanthi Nilayam India (Note: Vol. 1 contains discourse delivered by Sri Sathya Sai Baba during the years 1953-1960)

6. From Hexagram #11 (“Prospering”) in *The I Ching Workbook* Interpretation and Commentary by R.L. Wing Main Street Books (Spi Edition) 1978

I. “... sustain the development of an infinite variety of... mutually beneficial peacebuilding”

1) This writer