

**PEACE Is Patriotic**  
**By**  
**Dr. Darlene Treese**

*"I think that people want peace so much that one of these days  
government had better get out of their way and let them have it."  
-Dwight David Eisenhower*

There is a wonderful new spirit in the air to celebrate – the longing for peace. It's not an anti-war movement, for "anti" anything only produces conflict and more of what you don't want. This new spirit is about pro-actively creating the kind of world and the kind of life you truly desire. The Great American Dream that our country was founded on had nothing to do with domination, but was focused on giving each person life, liberty and the pursuit of happiness. What an important time in history to re-dedicate each moment to these ideals and become a peacemaker in your own life. We have valiant soldiers who are willing to die for our country; it only makes sense that we be willing to *live* for the peace they are dying for.

What is required to *live* for your country? The first step is to realize that conflict is satisfying to the ego. Who doesn't enjoy being right? Hasn't it always been "me against the world"? But what do you lose to be right at all costs? In finding your answer, ask yourself what would be more satisfying to you than conflict and violence? Perhaps it may be the self-control of being kind instead of retaliating, or the satisfaction of reaching agreement on difficult issues. When you find that higher level of personal satisfaction, conflict loses its hold on you. Teach your children to honor those who negotiate rather than those who bully.

What is required to *live* for your country? Notice who you are blaming for anything wrong in your life. Give up feeding the blame through "righteous chatter" and go to the heart of the matter by identifying your personal need or want that is not being met. The newspaper is filled with reports of countries at war, blaming each other without consideration of what is underneath it all. There is no difference between how we relate to the people who irritate us and how countries interact. Teach your children how to find the real reason for their discomforts and, rather than blaming anyone else, help them find peaceful, harmonious ways to satisfy those needs.

What is required to *live* for your country? Be grateful to everyone. Those who irritate you the most are showing you blind spots holding you back from the peace you desire. They can guide you to be calmer or clearer, quieter or more outspoken. Teach your children to value differences and see the benefit in all situations.

What is required to *live* for your country? Take inventory of who you are and what individual talents and abilities you have to express your life's purpose. Take risks to be your best and share your talents to make the world a better place, even if it means departing from group pressure to take the road less traveled. Teach your children how to engage in small acts of service to others each day. Submitting ourselves to the needs of others makes heroes of us all. You are not here to contact your higher self, but to become it.

What is required to *live* for your country? As John Greenleaf Whittier said:  
*"Peace hath higher tests of manhood than battle ever knew."*

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