

Dr. Martin Luther King, Jr. Peace Ambassadors

**40-Day Reflection Journal
January 18 – February 26**



**Radiate Peace
from the Inside, Out**

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www.susieweller.com**



Why Participate in 40-Days of Peace?

Inspired by Dr. Martin Luther King, Jr., we join with people throughout the world to become “Peace Ambassadors.”

Historically, 40-days represents a special season for making significant changes.

The Celtic graphic (above) symbolizes harmony beginning within and expanding outwardly. By connecting to the Source of Peace that unites us all, we expand our capacity to act compassionately.

The daily quotes are taken from the *Peace Ambassador’s Journal*. For additional resources, visit:

www.40daysofpeace.org or
www.serviceforpeace.org

United for peace, imagine a world of difference we’ll create!



Day 1

I Serve Others

No matter who I am or my limitations—I can always be of service.

My service might appear small, such as leaving a student/staff lounge cleaner than I found it.

Or, I'll make a conscious choice to speak in a respectful tone when others seemed rude.

Little acts of kindness add up and transform our world.

- How will I be of service without being patronizing? Or judgmental?
- When my ego wants attention, how will I shift the focus to assist others?

I'll serve others today by:

“Everybody can be great because everyone can serve.”

Dr. Martin Luther King, Jr.



Day 2

I Act With Purpose

The pain of grief and death, especially of great leaders, inspires me to step forward and carry on their vision.

Within every loss there's a gift. When I allow it to become a teacher, I move on, rather than remain a victim of the past.

My unique experiences become a pathway for my specific form of service and life purpose.

- How am I transforming past pain to benefit others?
- What guides me to live a life of purpose?

I'll contribute to a better world by:

“Ask not what your country can do for you--ask what you can do for your country (and the global community.)

John F. Kennedy



Day 3

I Forgive

Forgiveness often happens in layers, like peeling an onion. At first, I cry and forgive as much as I'm able.

Even if I've forgiven someone 99%, I'm not free until I forgive completely. That last 1% becomes the very place where I remain stuck.

Forgiveness is another word for acceptance—of ourselves and others.

- What helps me to release others and myself from mistakes?
- What step will I take today to be willing to forgive at a deeper level?

I'm willing to forgive:

“An eye for an eye, and soon the whole world is blind.”

Mohandas Gandhi



Day 4

I Give Generously

The more I give, the more I receive.

To experience the circle of abundance, I give freely and also receive joyously.

Being thankful for all that I have expands my capacity for greater joy.

I am blessed when I'm generous with my time, talents and treasures.

- In what ways am I hoarding, instead of sharing my resources?
- What helps me to give freely without strings attached?

I'll donate my time and money to support:

“Life’s most persistent and urgent question is:

“What are you doing for others?””

Dr. Martin Luther King, Jr.



Day 5

I Am Kind

Sometimes, I struggle to be kind,
especially to those who have hurt me.

And then, a quiet voice invites me to open
up and consider a peaceful solution—
even a tiny step.

Like the small mustard seed growing into a
huge tree, only a minimum amount of
willingness to be kind is necessary.

- What encourages me to be open to exploring peaceful alternatives?
- Whom do I need to be kinder to?

I'll demonstrate being kind today by:

“Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence and justice.”

Baruch Spinoza



Day 6

I Promote Peace

Discussing peaceful possibilities is an important first step, but talk is no substitute for action.

Like crossing a river without a bridge, there's a big gap between thinking about it and actually doing something to get to the other side.

- What excuses do I make that delay building a bridge toward better understanding?
- What would demonstrate a beginning action step of peacemaking?

I'll promote peace today by:

“It isn't enough to talk about peace, one must believe it. And it isn't enough to believe in it, one must work for it.”

Eleanor Roosevelt



Day 7

I Walk With Others

I do not journey alone. By learning to walk with others, I recognize my blind spots.

Those around me see aspects of myself I don't see—both my gifts and my limitations.

- Am I open to hearing others' observations?
- Whom do I trust to give me honest feedback?

*I'll walk with others better today,
especially:*

“We have flown the air like birds and swum the sea like fishes, but have yet to learn the simple act of walking the earth like brothers (and sisters.)”

Dr. Martin Luther King, Jr.



Day 8

I Speak with Respect

Respect is the foundation for relationships.
But how do I behave when others treat me with disrespect?

Rather than react harshly, I commit to responding in a peaceful manner.

I set appropriate boundaries and talk in ways that restore a safety zone of respect between us.

- In what ways do others mirror parts of me I don't want to accept?
- How will I calm myself down and use words that bring peace to the situation?

I'll apologize for speaking rudely to:

"Better that a thousand hollow words is one word that brings peace."

Gautama Buddha



Day 9

I Change My Attitude

“Never good enough,” I complain. I’m quick to notice what’s wrong and ignore what’s going right.

When I stop criticizing, I re-train my mind. By planting seeds of forgiveness with humility, I cultivate a new crop of joy.

- What helps me to focus on enjoying everything that’s going well?
- How will I exchange love for hate to create a promising future?

I’ll shift my attitude by:

“We cannot change the past, but we can change our attitude toward it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility. Exchange love for hate—thereby, making the present comfortable and the future promising.”

Maya Angelou



Day 10

I Create Positive Habits

Since my mind doesn't distinguish between what is real or vividly imagined, I'll actively rehearse new habits.

By focusing on how I want to behave, I create new brain pathways to change my behavior.

- Where am I focusing my thoughts and energy?
- How will I replace a negative habit with a positive one?

The positive habit I'm creating is:

“Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.”

Aristotle



Day 11

I Dream

In Nelson Mandela's inaugural address he said,

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. You are a child of God. Your playing small doesn't serve the world. . . .”

- Out of false humility, how do I “play small”?
- What action will I take today to live out Dr. Luther King's vision for humanity?

I'll help Dr. King's dream become real by:

“I have a dream that my four little children will one day live in a nation (world) where they will not be judged by the color of their skin, but by the content of their character.”

Martin Luther King, Jr.



Day 12

I Smile

The book, *One Smile*, by Cindy McKinley describes the power of a girl smiling at a discouraged, unemployed man sitting on a bench.

Her tiny gesture of caring started a positive chain reaction with far-reaching effects.

Based on the movie, the *Pay It Forward*, one smile inspired change in her world, one face at a time.

- If 70% of communication is non-verbal, what am I communicating?
- What will I do today to improve how I convey speaking in a peaceful tone?

I'll pay it forward and smile at:

“A smile is the beginning of peace.”

Mother Teresa of Calcutta



Day 13

I Am Courageous

Fritz Perls explained, “Fear is excitement without the breath. Breathing releases the fear to discover the excitement.”

By taking a deep breath and relaxing my body, I’m able to let go of fear more easily.

When I allow my heart to open up in trust, courage guides my response, rather than anxiety.

- How will I release my fears?
- What allows my heart to open in trust?

I’ll breathe deeply and show courage by:

“To know what is right and not to do it is the worst cowardice.”

Confucius



Day 14

I Live My Genius

Each of us has a “genius,” or guardian spirit. It’s a natural ability that shapes our destiny.

Sometimes I confuse competencies--the things I’m good at--with my genuine gifts.

- What’s at the core of my essence? Have I confused my competencies, with my genius?
- How am I expressing what I’m called to do?

I’ll express my genius today by:

“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction.”

Albert Einstein



Day 15

I Act Justly

When people asked what was expected of them, the prophet Micah replied:

Act justly, love tenderly and walk humbly.

Justice without mercy is vengeful. And, without humility, I become self-righteous.

- What action is needed to repair any breaches of injustice?
- How will I walk humbly with mercy?

I'll treat people more justly by:

"It is reasonable that everyone who asks for justice should do justice."

Thomas Jefferson



Day 16

I Think Globally

No longer just a politically correct nicety, I live in a global village linked to others-- both in economic and ecological necessity.

Local decisions create an international ripple effect. Therefore, I expand my circle of caring.

- What supports me to think globally when I make local decisions?
- How will I respond to the words: “To whom much is given, much is expected?”

I'll think globally and act locally by:

“This country (world) will not be a good place for any of us to live in unless we make a good place for all of us to live in.”

Theodore Roosevelt



Day 17

I Love My Family

It's often easier to love those unrelated to me. Somehow, the most intimate relationships trigger reactions no one else does—or at least not as intensely.

Yet, peace begins in the home. This is where I learn to practice forgiveness, acceptance and reconciliation.

- Whom do I need to accept and love “as is” within my extended family?
- What action will I take to practice reconciliation within my intimate relationships?

I'll accept and love my family better by:

“If you want to work for world peace, go home and love your families.”

Mother Teresa of Calcutta



Day 18

I Expand Peace

Peace begins with me. Similar to an expanding spiral, when I feel peace within, the more I'm able to vibrate it out to others.

Like changing a radio channel, I can become a positive "frequency holder" for peace.

- What helps me be aware of what "vibes" I'm sending out?
- How will I change my "frequencies" to amplify peace around me?

I'll expand peace within and without by:

"If there is to be peace in the cities, there must be peace between neighbors. If there is to be peace between neighbors, there must be peace in the home. If there is to be peace in the home, there must be peace in my heart."

Lao Tzu



Day 19

I Speak Well About All

I resolve to watch what I say.

To guide my speech, I'll ask: "Would I say this if the person were in the room?"

Or, "How would I feel if another publicly said this about me?"

- What excuses do I give to speak poorly about others?
- What reinforces me to find the good?

I'll make a point to speak well of:

"I resolve to speak ill of no person whatever, not even in a matter of truth; but rather by some means excuse the faults I hear charged upon others, and upon proper occasions speak all the good I know about everybody."

Benjamin Franklin



Day 20

I Do Something

Instead of being overwhelmed and paralyzed by so many needs, I do something.

To avoid feeling driven or becoming “compassion fatigued,” I listen within to make conscious choices about how best to respond.

- Without feeling driven, how will I work effectively for change?
- What action do I feel called to do to benefit the common good?

I'll do my part by:

“You can't fix every problem, but what you can fix, you must.”

Bono



Day 21

I Maintain Integrity

The process of how I attain my goals is just as valuable as the product.

Justifying inappropriate means diminishes a noble intention.

I pay a high price when I don't live with integrity. My body tenses, relationships contract, and my spirit shrivels when I'm not truthful.

- Who or what lets me know when I'm not walking my talk?
- What action is needed to repair a trust that's been broken?

I'll demonstrate more integrity by:

“Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.”

Martin Luther King, Jr.



Day 22

I Am the Change I Seek

Rather than wait for someone else to make the first move, I create the change I want.

Complaining keeps me stuck. Instead of cursing the darkness, I light one candle.

Although I don't have the power to control others, I can shift my behavior.

- What excuses do I use to prevent creating what I want?
- How will I begin the process of transformation?

I'll start by initiating this change:

"We must be the change we wish to see."

Mohandas Gandhi



Day 23

I Release Agendas

When meeting someone new, I often want to impress or get something from them.

By releasing agendas I express my authentic self and value others for who they are.

- What helps me to release any expectations of what I can get from others?
- How will I treat all people with respect, regardless of the outcome?

Without any agendas, I'll make an effort to talk to:

“The true measure of an individual is how he or she treats a person who can do him or her absolutely no good.”

Ann Landers



Day 24

I Create Friendships

Abraham Lincoln purposely created a “team of rivals” to consider multiple points of view. Wise leaders know that even “enemies” are teachers.

By inviting those who strongly disagree with me to join the discussion, I enlarge my perspective.

- Instead of “preaching to the choir,” how will I expand my circle of friendships?
- What helps me to see positive qualities in those I dislike?

I'll include someone I consider an “enemy” into the discussion by:

“I destroy my enemies when I make them my friends.”

Abraham Lincoln



Day 25

I Watch My Thoughts

Thoughts create a ripple effect--
positively or negatively.

I can't always curb which ideas will enter
my head. But I can decide if I'll make
a home for them.

- To change my feelings, what helps to
first alter my convictions?
- How will I recognize the beliefs that
preceded my behavior?

The thought I'm going to replace is:

*“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your
destiny.”*

Anonymous



Day 26

I Partner

Adults and nations can act like toddlers engaged in parallel activities.

Humanity's survival is at risk if we continue to squabble over limited resources. Refusing to partner, especially when there's a global impact, affects everyone.

- What's at risk if I don't learn to get along?
- How will I cooperate better with those I dislike?

I'll partner better with:

"If you want to make peace with your enemy, you have to work with your enemy. Then he, or she, becomes your partner."

Nelson Mandela



Day 27

I Ask: Why Not?

Sometimes I'm afraid to ask, because I fear hearing the word, "No." But, by taking the risk, I explore what's possible.

I make a clear request—without demanding—and then I let go of the outcome.

If I don't receive the response I expected, I trust things will work out in another way.

- What happens when I make demands instead of requests?
- What helps me to trust and dream big?

I'll dare to respectfully ask:

"You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'"
George Bernard Shaw



Day 28

I Cooperate

I am a stakeholder contributing to the common good. There are enough resources for everyone's need, not my individual greed.

- How does my livelihood support respectful labor and environmental practices?
- In what ways do I support buying things at fair market value—rather than just trying to get the best deal at others expense?

I'll protect the planet by:

“The structure of world peace cannot be the work of one person or one party or one nation. It must be a peace which rests on the cooperative effort of the whole world.”

Franklin Delano Roosevelt



Day 29

I Change My Mind

The emotional layer of my brain is the gatekeeper that decides if I'm safe or feel threatened.

When I become fearful, I (literally) can't think straight.

Calming down allows the higher thinking part of my brain to creatively respond, rather than impulsively react.

- What encourages me to pause long enough to notice what I'm thinking?
- How would changing my thoughts change my world?

I'll stop and pause before speaking, especially when:

*"Change your thoughts, and you change your world."
Norman Vincent Peale*



Day 30

I Advocate

Martin Niemoller, a German pastor during World War II, described what happens when good people are silent.

“First, they came for the Jews, and I did not speak out because I was not a Jew.

Then they came for the _____, and I did not speak out because I was not a _____

Then they came for me and there was no one left to speak out for me.”

- Who are the “despised” people today?
- How will I support those who have no one else to advocate for them?

I'll speak up for the rights of all by:

“All that is necessary for evil to triumph is for good people to do nothing.”

Edmund Burke



Day 31

I Am Willing

In *A New Earth*, Eckart Tolle describes developing a willing acceptance as:
“For now, this is what this situation, this moment requires me to do, and so I do it willingly.”

By surrendering to what I don't have control over, I allow peace to flow into my life.

- What helps me to embrace what is?
- What needs to be surrendered to support a greater flow of peace?

To support non-violence, I'm willing to:

“The believer in non-violence is the person who will willingly allow him or herself to be the victim of violence but will never inflict violence upon another.”

Dr. Martin Luther King, Jr.



Day 32

I Create Inner Peace

When things are going well, it's easy to feel contentment. However, do I maintain a peaceful spirit in the midst of troubling situations?

Cindy Wigglesworth, author of a Spiritual Intelligence (SQ) Assessment defines SQ as the ability to “behave with compassion and wisdom while maintaining inner and outer peace, regardless of the circumstances.”

- What disrupts my contentment?
- Today, how will I maintain inner and outer peace, no matter what happens?

I'll create inner peace by:

“Nothing can bring you to peace but yourself; nothing but the triumph of principles.”

Ralph Waldo Emerson



Day 33

I Express Love

Love, the glue that bonds us together, is expressed in small ways. Daily tasks done with great care are tangible forms of affection.

Mother Teresa became known for how she treated the “untouchables” in her society. She affirmed the dignity of each person with every word, gesture and action.

- How will I treat the strangers I meet on the street?
- What are the little ways I nurture others?

I'll express love through my daily tasks when I:

“I don't do great things. I do small things with great love.”

Mother Teresa of Calcutta



Day 34

I Understand

Stephen Covey in his book, *7 Habits for Effective People*, encourages: “First, seek to understand.”

When I’m upset, I forget and reverse the process. Expecting others to listen to me first prolongs the argument.

Understanding doesn’t necessarily mean agreeing. But, it does show respect.

- What encourages me to be a better listener?
- How will people know I value their viewpoint, even when I disagree?

I’ll seek to better understand others by:

“Peace cannot be kept by force. It can only be achieved by understanding.”

Albert Einstein



Day 35

I Blossom

During the cold, dark days of winter, I yearn for spring. I eagerly await long, sunny days and blooming flowers.

Yet, growth is happening underground, even within the darkness. It's just harder to see the results of hidden labors.

- What keeps my buds constricted?
- What helps me to burst through any confining shells?

I courageously risk blossoming when I:

“ And the day came when the risk to remain in a tight bud was more painful than the risk it took to blossom.”

Anaís Nin



Day 36

I Transform Hate

When I shake a blaming finger, three other ones point back to me. How easy it is to spot the faults in others without seeing them within myself.

Byron Katie's asks: "Who would you be without that thought or feeling? Would you be willing to turn your judgments around?"

- What if I viewed my complaints about others as if they were descriptions about me?
- How can I express horror for specific actions without hating the person committing them?

I'll transform my judgments about:

"If you love peace, then hate injustice, hate tyranny, hate greed. But hate these things in yourself, not in another."

Mohandas Gandhi



Day 37

I Respect Others

All creation is a spark of the Creator. As part of this common heritage, I affirm the following principles:

Everyone is entitled to basic rights and freedoms, including a healthy planet.

I accept diverse people for who they are— appreciating their individuality, even when it feels uncomfortable.

- How will I treat others with respect, especially when they think or act differently from me?
- What action will I take to protect basic rights for all people and the environment?

I'll show more respect by:

“Peace is the respect for the rights of others.”

Benito Juarez



Day 38

I Do the Right Thing

When I don't know what to do, I take time to pause and listen to the still small voice within.

If I try to ignore my inner wisdom it keeps nagging until I pay attention.

My conscience compels me to open my heart, change my mind, and make amends.

- What's nagging me to re-examine my thoughts, words or actions?
- How will I make appropriate restitution for what I have done or not done?

I'll do the right thing by making amends with:

“Always do right—this will gratify some and astonish the rest.”

Mark Twain



Day 39

I Commit

In a world with high divorce and children born to single parents, many people seem wary to make commitments.

I'm human and haven't always kept my agreements. I resolve to learn from mistakes and re-commit to strengthen my relationships.

- How will I follow through on my word?
- What engages me to join with others, rather than act alone?

As a single spark, I commit to joining with others to keep the fire alive by:

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.”

Margaret Mead



Day 40

I Am Compassionate

I become more compassionate when I view others as being just like me:

“They are seeking happiness for life.

They are trying to avoid suffering.

They have known sadness, loneliness & despair.

They are seeking to fulfill their needs.

They are seeking to learn about life.”

- What increases my compassion?
- How will I express loving kindness to others and myself?

I'll show more compassion by:

“The line separating good and evil passes not through states (or countries), nor between classes, nor between parties either—but right through the human heart.”

Alexandr Solzhenitzyn

Additional Resources

For additional resources to promote peace within and without, visit these websites:

www.winterfeastforthesoul.com is a worldwide 40-day spiritual practice period for people of all faiths. It takes place every year from January 15-February, 23. Participating in the Winter Feast for the Soul means committing to 40 minutes of spiritual practice each day during the 40 days.

www.64-days.org celebrates a 64-day “Season for Nonviolence.” Beginning on January 30th (Gandhi’s Birthday), it ends on April 4th (Martin Luther King’s Death.)

Meet Susie Leonard Weller, M.A., author of this booklet:

Susie’s an author, teacher for 20 years at the Community Colleges of Spokane, and a life/spiritual coach.

As a certified thinking styles consultant and author of ***Why Don’t You Understand? Improve Family Communication with the 4 Thinking Styles***, she provides practical tools to respect and appreciate differences.

For FREE resources, visit Susie Leonard Weller’s web site at:
www.susieweller.com

If you’d like to try a **FREE 30-minute coaching experience** contact Susie at **(509) 255-6676** or e-mail **sweller@att.net**



Susie Leonard Weller, M.A.

*Change Your Mind, Change Your Life with
Whole Brain Life & Spiritual Coaching*

