



Alfredo Sfeir Younis

*This book is dedicated to the children
who died and are dying as a result of the war.
That they be attracted to de Supreme Light,
despite the atrocities they witnessed as they
were leaving their bodies.
That they be happy now, despite the crime that
took them away from our planet.
That they are healed and in peace, despite the
brutality which separated them from us.*

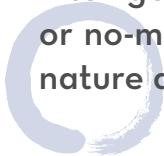
*WHEN TWO PEOPLE ARE AT WAR,
WE ARE ALL AT WAR.*

PEACE IN ALL, ALL IN PEACE



Your own logic feeds its own questions. Your beliefs feed your own answers. If you believe in the Divine you will attach to your origin. If you believe in Karma you will attach to your destination. Peace is our origin and destination.

Human beings destroy nature because they embrace the theory of “unequal intelligence”; they believe they are more intelligent than nature. However, creation only unfolds “equal intelligence” everywhere; be it matter or no-matter. Peace and respect for nature are One.



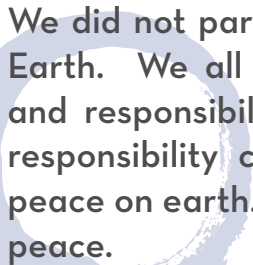
Every profession has a unique spiritual foundation. The great profession in this new millennium is Peace Being. Those who have not self-realized it have no legitimacy to exercise their profession. Medical doctors must self-realize life and peace. Agronomists, natural law and peace. Architects, space and time, and peace.

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Peace is not a thing but a State of Being. Thus, you must reclaim your inner peace and, in doing so, humanity will attain collective peace.

Alchemy is the art of transformation, containing the primordial principles embodied in such a process. Thus, everything is alchemy, and we must become self-realized in the art of peace and collective human transformation.

The new millennium demands the theology of total interdependence and collective existence. Interdependence among human beings (peace in our hearts), between them and nature (peace with nature), and all with the spirit (peace with ALL).

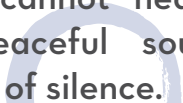


We did not parachute on this Planet Earth. We all came with a mission and responsibility. But, there is one responsibility common to all of us: peace on earth. No mission is void of peace.


Your mission on Earth has both an individual and a collective dimension. Peace is the primordial foundation of all those dimensions. Peace is inseparable and it conditions our abilities to remember and self-realize life on this planet.



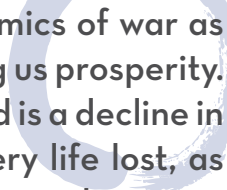
The two most important instruments of self-healing are silence and inner peace. You cannot heal yourself without a peaceful soul and a productive use of silence.



Business and entrepreneurship are the principal causes of conflict in our world. Now, they must become instruments of inner peace and world peace. Peace will enliven the awareness of oneself.

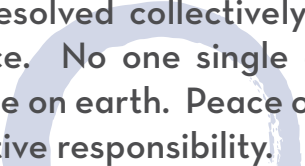



What humanity needs now is A Right Vision of its collective destiny. Central to that mission is the attainment of peace everywhere. Without A Right Vision it is like the blind leading the blind towards conflict and war.



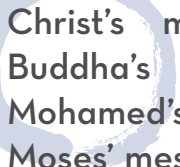
We practice the economics of war as if war would really bring us prosperity. Every weapon produced is a decline in one's own welfare. Every life lost, as a result of those weapons, becomes an engine for the self-destruction of humanity. Peace is the only answer.

The world crisis we experience today is a collective crisis and, as such, it must be resolved collectively and in total peace. No one single country owns peace on earth. Peace on earth is a collective responsibility.






Peace gives dignity to life. For the time being society has disconnected economics and business from peace and spiritual betterment. The world needs to pass from market economics to peace economics.

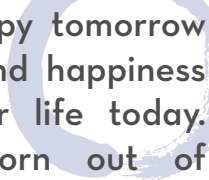


Christ's messages are universal.
Buddha's messages are universal.
Mohamed's messages are universal.
Moses' messages are universal. Lord
Krishna's messages are universal.
What makes their messages universal
is peace for all.

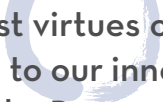
The destruction of the natural environment is not only limiting our material welfare but it is also creating wars and conflicts all over the world. Our spiritual transformation and evolution is in jeopardy. There must be a total symmetry between the quality of the environment and our aspirations for inner and world peace.

Inner peace is the most powerful form of healing< inner healing, collective healing, world healing, animals healing... As collective consciousness rises all of us will have access to peace. Heal, heal, and heal!

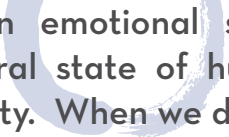




If you want to be happy tomorrow
saturate with peace and happiness
every moment of your life today.
Happiness is only born out of
happiness. Peace is only born out of
peace.

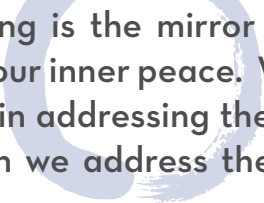


One of the greatest virtues of human life is surrendering to our inner peace we were born with. Peace is a key component of the existing Organized Order of our existence. Human suffering is directly linked to the magnitude of our ignorance about the nature of peace.



Peace is not an emotional state.
Peace is a natural state of human
and nature's reality. When we do not
self-realize peace we are actually
destroying the very core of our own
existence.


The issue is not how fast technology changes. The real issue is one related to the level of consciousness and peace of those who use that technology. We are responsible for both the origin and the final impacts of that technology. Only produce the technology that will lead towards peace.



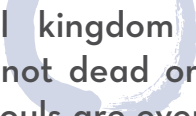
Global warming is the mirror image of the lack of our inner peace. We will be successful in addressing the outer warming when we address the inner peace.

It is imperative upon us to make out of this human material experience the most sublime of all experiences. This is why we are here on Planet Earth. Subliminal existence is born out of peace.

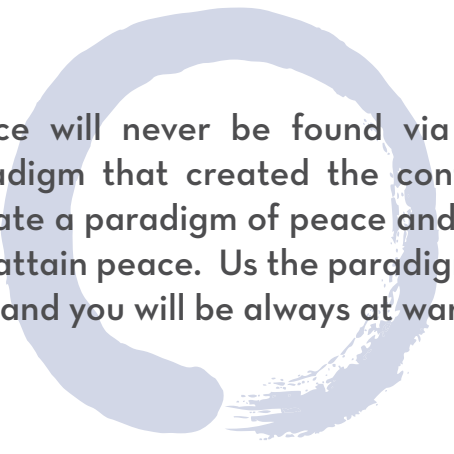
Do not kill animals. Do not mistreat animals. Do not eat animals. They possess the fundamental keys to open the gate to higher and higher levels of human enlightenment and inner peace. Our genetic codes are interdependent. Our road to peace is one.



Every tree has the divine intelligence we are ultimately aspiring for. Saving a tree is guarding a library of messages and road signs for our own individual and collective transformation. Their great message is the way we are to take to attain peace.

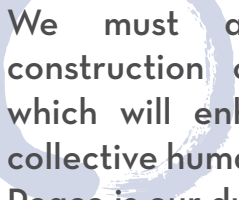


The mineral kingdom -rocks and minerals- is not dead or inert. Our hearts and souls are ever more away from real peace and, thus, we are not sensitive to the life of rocks, minerals, and other natural resources. I am mineral, you are mineral, I am peace you are peace.

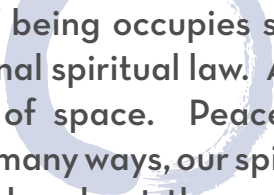


Peace will never be found via the paradigm that created the conflict. Create a paradigm of peace and you will attain peace. Use the paradigm of war and you will be always at war.

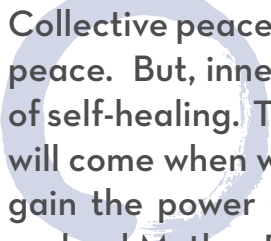
Everything and every state of reality have a sound and melody. The primordial sounds of peace are ingrained within the alphabet of human transformation. This is scattered and lost as external noise keeps primordial sounds away from our inner existence.




We must all engage in the construction of “collective peace” which will enhance and guide our collective human welfare and destiny. Peace is our duty now. Individualistic materialism and war making reached the ultimate limits.



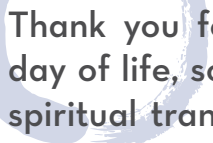
Every state of being occupies space. This is an eternal spiritual law. Anger occupies lots of space. Peace and love do too! In many ways, our spiritual practice must be about the creation and allocation of that inner space.




Collective peace is a function of inner peace. But, inner peace is a function of self-healing. Thus, collective peace will come when we all heal. When we gain the power of silence and when we heal Mother Earth.



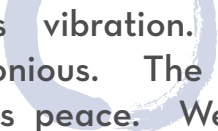
We are not an island. We are not alone. We are in the company of ourselves, our peace and all the expressions of the Divine. You are peace, I am peace, and we are peace. Peace is the beginning and the end.



Thank you for giving me one more day of life, so that I can continue my spiritual transformation, and put my spirituality at the service of peace.




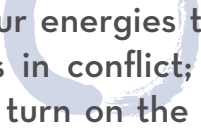
The most powerful form of creation is by word and sound. I can create happiness and peace with just one word. This is why in the beginning there was the word, the source of all creation. Just follow the melody of life and peace.



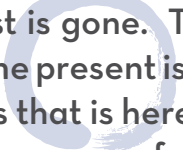
All is vibration. All must be harmonious. The ultimate melody sounds peace. We must fine tune our inner instruments to peace again and again, as it was fine-tuned at conception.

“The inner is like the outer and the outer is like the inner”. This is one of the fundamental laws of life. In practice, it means that peace in the world demands peace within us. Every manifestation of peace in our material world is the mirror image of the peace that houses in our souls.

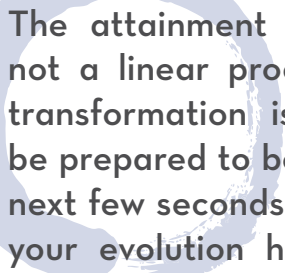




Do not waste your energies to know why the world is in conflict; use all your energies to turn on the light of peace. This is the most advanced instrument of self-healing.



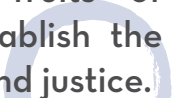
The past is gone. The future is never here. The present is the only aspect of our lives that is here and now. Create peace now your future will fold into the present: everlasting peace.



The attainment of world peace is not a linear process. Also, human transformation is not linear. Thus, be prepared to become peace in the next few seconds. The next stage of your evolution has already arrived with peace written all over it; it is only waiting for your acknowledgement.

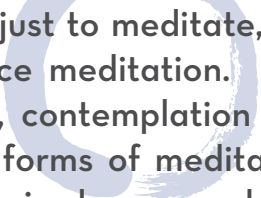
Forgiveness of oneself is essential for inner peace. A world without forgiveness is like an empty glass of water. A soul that has not been forgiven is like the galaxies without motion. Have the courage to forgive yourself and you will bloom. Have the wisdom to forgive others and you will be the true expression of peace.

Indifference is the main cause of collective suffering and war. We must involve ourselves in action, but not just any action. It must be peaceful action. The fruits of peaceful actions will establish the merits of righteousness and justice.

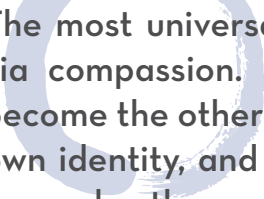


The nature and intensity of our collective interdependence call for a greater attention to peaceful behavior, peaceful intent, and peaceful existence. My vision of world peace must be validated with my peaceful behavior wherever I am: family, neighborhood, region, country...

World peace demands a huge effort from all of us. It will not come just out of intent. If your efforts to attain peace are half of what is actually needed, you will attain half of peace or no peace at all. The effort of the archer is embedded in the speed and trajectory of the arrow!



The ideal is not just to meditate, but to practice peace meditation. This applies to yoga, contemplation and prayer. Not all forms of meditation will bring the desired peace related experience. Meditation must enable you to vibrate in a way to enter “collective peace”, and attain your collective destiny.




The most universal form of peace is via compassion. Compassion is to become the other without losing your own identity, and to commit yourself to resolve the problems that created conflict in the first place. Compassion and peace go hand in hand.

We have polluted water, earth, space and air (wind). We have polluted peace. We carry this pollution into all we do: here, there and everywhere. The same applies to the other elements of life. This is why there are so many conflicts today.

The treasures of life are in the fullness of emptiness. The power of life is in the fullness of silence. The level of peace is in the fullness of itself. Reach inner peace and you will be all you can be.

At one point in time, you have to surrender to peace and all of those who want to live in peace. The self-realization of surrendering to peace is a key stepping stone towards the fulfillment of 'yoga' and 'karma', on the path towards divine enlightenment. Do not let your ego be on the way to world peace.

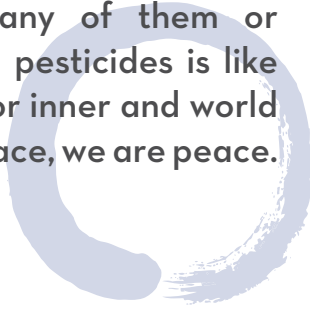


You and I must service peace: the peace of human beings, sentient beings, living beings... Those who do not serve peace will be stuck in the mud of illusion and false prosperity. The waves of peace must carry all boats; the big ones and the little ones. Be at the service of peace and you will become peace.

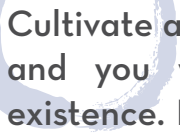
A tree is a tree. A tree is not just a tree. It is a live entity, which holds one of the most powerful keys to reach enlightenment: peace coming from the Zenith. It seats in a Lotus position connecting to peace that emanates from the center of the Earth and contemplates towards the highest point of peaceful existence.

A rock is a rock. A rock is not just a rock. It is the most powerful expression of the alchemy of peace. Rocks remind us of the importance of our density and weight. Seat on a rock holding yet another rock and you will experience peace and eternal bliss. Rocks talk about peace at noon time.

A herb is a herb. A herb is not just a herb. Together, they possess the exact genetic code of inner healing and peace in all possible dimensions. Thus, eliminating any of them or polluting them with pesticides is like losing the ground for inner and world peace. They are peace, we are peace.

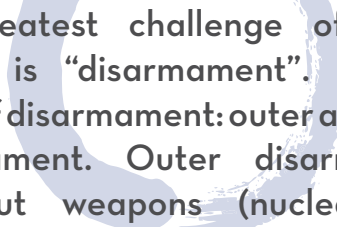


When you wake up in the morning you are awakening to all your virtues and illnesses at the same time. You are to make a choice; please choose to be in peace and heal yourself from any thoughts of conflict and war. This is a conscious choice, not a random one.



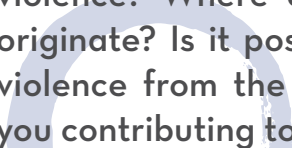
Cultivate all the dimensions of peace and you will experience supreme existence. Even if you have one seed of inner peace, cultivate it now. If you think you do not have the seed of peace within you, prepare your inner soil daily. I can assure you that the seed of peace is there!

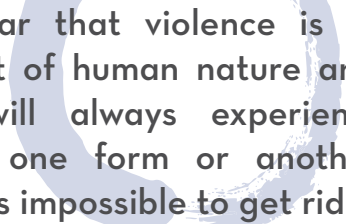
If violence is the result, what are its causes and condition? If we do not change them the world will continue being a violent place. Let us begin right now, and at least eradicate the violence in our relationship with our self (me and me) and with one more person (me and you).




The greatest challenge of super powers is “disarmament”. But, all forms of disarmament: outer and inner disarmament. Outer disarmament is about weapons (nuclear and non-nuclear). Inner disarmament is about hate, fears, insecurity and discrimination. Disarm, disarm now!!!

We are affected by many forms of violence: physical, emotional, religious, family, political, economic, urban, rural... Why is there so much violence? Where does this violence originate? Is it possible to eradicate violence from the world today? Are you contributing to this violence?






Often, I hear that violence is an integral part of human nature and, thus, we will always experience violence in one form or another. They say: it is impossible to get rid of violence and all we can do is to define what level of violence is acceptable. Is this your way of thinking too.



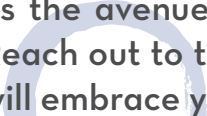
What is inside the mind of the person or a government who commits acts of violence? How does one justify destroying my home, killing my children and, then, go home? Is violence the result of a collective seed we are to take care of? Do you have a profile of the violent mind, violent country, violent government, violent religion, violent science, or violent technology?

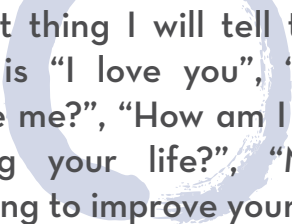
Shall we combat violence with violence? Or, shall we use non-violent means to attain peace and security? Violence leads to more violence. One cannot attain any level of sustainable peace as a result of violence of any sort. Going to war will not bring peace home.



The unsettled states of violence will be alive after death. You may leave your body behind but carry that violence with you: You will experience a spiritual of suffering and it could manifest in your next reincarnation. You may also be born in a lower realm as a result. Be aware of this reality!

I believe in humanity. I have experienced the beauty of every human being. Like the immunity system, we should spark every plug of our inner peace, light and goodness as the avenue to eliminate violence. Reach out to the other and the other will embrace you.





The first thing I will tell the violent person is “I love you”, “why don’t you love me?”, “How am I negatively affecting your life?”, “May I do something to improve your life?”, “Do you live in a violent environment?”, and “How can I help you to change it to a peaceful environment?”

Are you committed to a better world? Then, be prepared (a) to sacrifice your entire life to expand and nurture our collective peace and consciousness; (b) to embrace all living beings and be co-equal in every aspect of life and (c) to fully detach from everything and everyone and develop your neutral mind.



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