

She wanted Peace. So she played beautiful music, painted beautiful expressions. It was not enough. She went on long walks. Gave away possessions. Smiled more. Stopped multitasking. Not enough. She bought more reverent clothing. Read spiritual books. Spoke spiritual words. Not enough. She changed her relationships. Attended classes. Cut her hair. Improved her diet. Attended worship. Found a new job. Traveled. Came back. All of it, not enough.

Then one day, she looked inside herself, the place she had run from all her life. She found TWO TRUTHS: the concentrated ego of suffering and fear, and the simmering ember of **Peace**. Realizing that Peace was a seed already inside her, she decided to try something new. She decided to **LOVE more**. Herself. Others. All things. In every moment. She opened. The ocean inside came out. The ocean outside came in. She dissolved in two oceans. Became immeasurable Lightness. She found **Peace**. Love is the sunlight that awakens the seed of Peace.

Jaiya John