



# MAGAZINE THOSE WHO CARE

*Make peace*

Can you create peace?

It depends on the inner attitude

Peace at any cost?



## Can you create peace?



I'm very sure that's possible but we'll get to that later.

The children usually show us how to do it.

They play war (see picture on the title page) and want to test their power and talents. What they want to avoid is to hurt and to be hurt.

That is the essence of peace:

***„I want the other person to be okay!“***

If you take that to heart, no war is possible. I remember how stunned I was when war broke out in the former Yugoslavia. I just couldn't imagine former neighbors fighting and killing each other just because someone said, "Now that's your enemy!"

Therefore, the peaceful attitude, a good portion of self-confidence and of course courage are necessary to oppose wars.

***„Imagine it's war and nobody goes there! “***

**If there is peace  
within, there will be  
peace around you**



## It depends on the inner attitude

In recent years I have often had very close encounters with animals in the forest including a fox and a wild boar. Since I was just sitting quietly and in a peaceful mood at my regular place in the forest, the animals noticed me but since I posed no danger, they simply accepted me as part of the forest.

Here is another key to peace hidden:

***„If there is no danger in my thoughts and in my mind, I will be accepted as I am.“***

In my opinion, this is also the cause of the Ukraine conflict. The NATO and the USA pose a great deal of danger to Russia. Don't get me wrong, that doesn't justify a war but I believe that with appropriate negotiations, a war could have been avoided. At the latest after the outbreak of war, peace negotiations should have been attempted in order to save human lives. The war will not end with arms deliveries, only more people will be killed. That does not mean that it is completely wrong to help the Ukraine but we have to use all of our power and every possibility to make peace negotiations.

***„You can't fight for peace, you have to advocate for peace!“***

Harald Lory



## Live (set an example) peace

If I want to work for peace, then I have to start in my environment. First and foremost there is the family: How do we resolve conflicts? There can be dispute, anger too of course but no violence. For me there is no real relationship without conflicts but: **"The desire for a peaceful solution must stand in the foreground!"**

As in small families, it should also be at school, at work and with friends. We have taught our children to work for justice, not to avoid conflict but to look for a solution that is acceptable to both parties. Compromises are not easy to find but they are worth negotiating and reaching a conclusion. In my opinion, something like this should also be taught and practiced in school.



## Give away peace

Giving peace is actually quite easy. I just have to keep peace in mind at all times. The difficulty, however, is when my counterpart brings up "heavy artillery" and makes threats. Don't let that impress you! Your counterpart usually acts out of "old injuries" and then cannot do otherwise. "How would you act if your counterpart had not done so?" Try to remain factual and please don't bring your "old injuries" out of the depth of your mind. I know what I'm talking about! I lived relationships with other people like this for almost 50 years, until my great therapist taught me that "real" relationships can only succeed if you deal with them and that also means arguing.

**"Give away peace by not avoiding any important dispute anymore!"**

Harald Lory





## Peace at any cost?

This question is on our minds right now with the terrible war in Ukraine, and I hear many say hastily: "Absolutely not!"

I reply: "Peace is always possible and even if the price is high, it is still better than people killing each other!"

As far as I can understand, there was not enough effort to find a peaceful solution to this conflict either before or now.

I mourn for every person who had to and still has to pay for it with their life. That price is way too high!

I pray for peace and take to the streets to protest for it.

***"Put down your hate and your arms!"***

Harald Lory





**THOSE WHO CARE**

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