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What can one person do? A lot. We can start with something very fundamental. Each one of us can generate bright, beautiful energy of peace and healing with every breath we take. It is easy to do with Peace Breathing: inhale thinking world, exhale thinking peace.

The steady peaceful energy you generate compares to a continuously flowing stream of fresh and pure water. Just as one stream naturally joins another, you naturally harmonize with people you meet when you Peace Breathe. This is because you are flowing with the movement of the Universe. As larger streams continue to flow, they find their way into rivers. This is like societies interacting harmoniously with other societies when people within them generate peaceful energy. In time, all rivers come together and merge when they reach the ocean.

In the ocean, water is one. Regardless of where a small stream originated - whether Africa, America, Asia or elsewhere - once it reaches the ocean, all water is unified in one enormous, harmonious ocean. It doesn't matter if it came from the top of a mountain or a flat plain, from land that is soft or land that is hard, from a dark forest or an open field. In the ocean, all water is equal. All water is one.

When humanity joins together in oneness like the ocean, all the boundaries we've created melt away. Race, gender, background, age, education or any other status doesn't matter. As one, our combined energy is exceedingly bright, beautiful and healthy. As one, our energy is vastly deeper, wider and more expansive. As one, we achieve true equality. In oneness we clearly understand why we are here and what we need to do to heal and revive our beautiful Earth. Our natural state overflows with love, harmony, respect and gratitude.

I hope you'll add the simple practice of Peace Breathing to other positive actions you take. Let's flow with the movement of the Universe toward the ocean of oneness for humanity, nature and all living things.