

Peace is This Moment Without Judgment

by Dorothy Hunt

Do you think peace requires an end to war?

Or tigers eating only vegetables?

Does peace require an absence from
your boss, your spouse, yourself?...

Do you think peace will come some other place than here?

Some other time than Now?

In some other heart than yours?

Peace is this moment without judgment.

That is all. This moment in the Heart-space
where everything that is is welcome.

Peace is this moment without thinking
that it should be some other way,
that you should feel some other thing,
that your life should unfold according to your plans.

Peace is this moment without judgment,
this moment in the heart-space where
everything that is
is welcome.