

# PAINTED BLOSSOMS

Don't think for a blue minute  
peace lies in dreamy eyes of smiling Buddha  
blinking across fields of pink blossoms.

Peace is no quaint scene,  
no warm aroma of homemade cookies.  
Nor, sound of luggage placed on holy  
ground.

Peace is constant motion,  
careful balance,  
endless vigil,  
rush of a purposeful journey.

Peace is not the people  
who sit quietly by  
as civic injustice, office politics,  
and environmental degradation  
unfold before them.

Peace is the courage  
to speak out,  
shatter comfort,  
demand justice.

Peace is not the people around you suddenly  
linking arms and taking up song.  
Peace is the cumbersome process of  
controlling your own temper  
so you can smile at ornery colleagues and  
small children who contradict you.

That Buddha is not napping  
in his field of delicate blossoms.  
He's resting from a conflict resolution  
conference  
with his roommate.  
He is considering  
the next move he will make  
to stir petals into beauty.

Wake up to the people around you, he calls.  
Steady yourself for a long life of  
patience, sincere communication,  
bravery, love.

When you hear him,  
you will notice the vital peace  
of an artist's hand working paint  
onto huge canvases.

Kimberly Wilder, New York

# Seed Steps to Love and Peace

# The Glory of Peace

Algeria

(inspiration flows through the landscape where Eastern thought and Western culture marry to produce cultural diversity and civilizational harmony.)

Art

(the power to connect the lives and souls by its unifying power to magnify beauty, emotion, inquiry, whether poetic and literary, pictorial or musical, shape and color . . Art contains the essence of what is deepest in each of us.)

The glory of peace

Although you are far

and I do not know your face

I know your heart

you who share the love

like ants that work

and move throughout the world

you are the white doves

you are the glory of peace.

Ammar Banni, Algeria

# Seed Steps to Love and Peace

# Love.

What a charged word.  
What a personal word.  
What other word could evoke such  
strong feelings and memories than love?  
I have felt pain, sadness, joy, tears,  
laughter,  
It has meant many things to me.  
And as I look around, I see there is some-  
thing special about it.  
About love.  
Because whenever I have tried,  
I have always been able to find it.  
In Myself.  
In a Book that inspires me.  
In Family.  
In my Dad's cooking.  
In Friends.  
In the eyes of a stranger.  
In a soup kitchen.  
In an airport.  
  
The key is to never stop looking.

Courtney, Marlborough School - Los Angeles

Ik geef jou de zon en de zee  
Een vol strand met groene parasols  
en gele meloenen  
Ik geef jou zilveren vissen,  
roze rozen, blauwe wolken en  
witte vlinders  
Jij bent zo prachtig als een  
mooi warm land  
Ik geef jou mijn hand

Mohamed, Nova College, Amsterdam

# Seed Steps to Love and Peace

## Searching for the Words

I want to write a poem that feeds the hungry,  
a poem that makes the world healthy, one  
that ends torture and replaces greed with  
compassion.

I want to write a poem that awakens people  
to the horror of war, a poem that ends our  
addiction to violence, one that reveals  
the obscenity of sending young men and  
women to war.

I want to write a poem that defeats nation-  
alism and militarism and every other ism, a  
poem that celebrates human dignity and  
the beauty and abundance of the earth.

I want to write a poem that brings down  
leaders before they commit genocide and  
other intolerable crimes, a poem that ends  
impunity.

I want to write a poem that celebrates the  
miracle of life, one that makes young people  
aware of their own beauty and fills them with  
courage to fight for justice.

I am searching for the words, the grammar,  
the language, the rhythms to write such a  
poem.

Such words are still forming like cooling lava,  
and the rules of grammar are as uncertain as  
mist. But the language, the language must  
be of the heart's pulse. And the rhythms must  
be those of the wind and tides.

A poem of such magic cannot be found in  
books or on ancient scrolls.

Such a poem cannot be written in stone, or  
ink or even blood. It can only be lived.

David Krieger (California - Nuclear Age Peace Foundation)

# Seed Steps to Love and Peace



## We All Have Roads that Cross

Roaming the streets of Skid Row  
I await danger and uneasiness

Urine saturated garbage  
Smoke misted molesters

For all those people that tell me the high  
and homeless are bad  
And will damage me any chance they  
get

But I feel safe for some reason  
I feel as though I know them

Just because they don't have a home  
Just because I live in bounty

We all have roads that cross

I was talking to a man  
Who lived a life the way mine has been  
set out to be

He got a college diploma and worked a  
wealth inducing job

His life took a u-turn as he became an  
alcoholic

But he didn't want his journey of life to  
end

He is on the path to sobriety  
And gives the light to the end of the tun-  
nel

For all those people that you think are  
different

Or better or worse than you

You'll see yourself in everyone

Because we all have roads that cross

Ali, Marlborough High School, Los Angeles

# Seed Steps to Love and Peace

# Letter to St. Valentine

Dear St Valentine  
Your martyrdom resounds  
Through the centuries  
An impassioned heart  
Guilty only of love

How fiery your flame  
Defying laws of the land  
A beacon of freedom  
To the human spirit  
Enslaved by evil tyranny

In this capsule of time  
We celebrate your gift  
However vaguely remembered  
By romantics and poets  
Your love essence remains

Yet we only know it now  
As a dress rehearsal  
For our sentient nature  
Clothed in superficial colours  
Of glamour and illusion

But a higher love beckons  
One we will yet experience  
On all planes consciously  
The magnet of the heart  
Will bless the sacred union

Even as I write  
The supreme Lord of Love  
Prepares His second coming  
We await in awe the ultimate impact  
Of unconditional love fulfilled  
Then every day will be  
A celebration of Love  
And we will drink deeply  
Joyfully yours truly  
St Valentine's Day xxxxx

Sophia La Toa New Zealand

# Seed Steps to Love and Peace

## Cupid's Day Off

Ali Ryan-Plasil Paul Revere Middle School  
Los Angeles

It's Cupid's day off,  
And in his place,  
Is a Cupid with the same face  
But a different mission, a different cause  
To save humanity and all its flaws,  
He'll stop the war, he'll give the world  
peace  
He'll end world hunger, so everyone has  
a piece  
He's another Gandhi with a bigger  
cause  
His mission to save the hands and paws  
Of everyone who loves this earth  
And wants its beauty preserved  
So on Valentine's Day  
He'll be there  
Giving money to the poor  
Helping heal the sores  
That all of us humans bring  
The sub for cupid will be waiting  
To help everyone, big and small  
On a real Valentine- Cupid's day off

Ali Ryan-Plasil Paul Revere Middle School, Los Angeles

## Samen

De vele bomen tonen een bos  
Vallende druppels vormen regen  
Drijvende wolken, samen de deken  
Een grijze sluier van vocht  
Ieder deel onderdeel  
Samen een geheel  
Afzonderlijk nietig en klein  
Groots Samen Zijn

Anja, Amsterdam

# Seed Steps to Love and Peace

## Oh, Cupid

Cupid is known to be devious  
Changing who we fall for  
For better or for worse  
Maybe Cupid could change his ways  
And his bow could strike you  
And you would love everything  
Not someone in particular

Oh, Cupid and your bow of peace  
Please help us change the 'world of hate'  
Your little bow could puncture our hearts  
Making us do good  
Not be prejudiced to someone.  
The puncture from your bow will reverse our  
prejudice

Oh, Cupid and your bow of love,  
We love your tricks and we cherish them  
Every Valentine's day.  
You don't have to change your ways,  
But if you had the big heart  
Which you are said to have.

Maybe on one day you can change it up.  
The poison from your bow could change it up.  
Making them be happy for once  
That then making their happiness  
Cause their daughters joy to see their  
Depressed mother happy for a change.

Valentine's day is a harsh holiday  
For those who you have forgotten  
To strike with the tips of your arrow  
Nobody wants to be alone  
So if you use the bow to bring the world to-  
gether  
Nobody will ever be alone  
And we the mortals may be as happy  
As the gods?

But we can't put all the blame  
For no world peace on a baby with a bow  
The inhabitants of the world must unify we  
must take the first steps  
And Cupid will help us once we have tried  
Even though we try to think not  
But our steps are more important than  
A bow.

Our steps to love and peace are  
Larger than you know.

# Seed Steps to Love and Peace



# I Have a Poem

I have a poem for peace to the world  
A poem that'll spread the message with its  
fires  
Towards the planets with holocausts or killings  
A poem that'll talk about reality amongst the  
Communities tortured and marginalized  
A poem that'll be against female mutilations  
With sex violation and child abuse  
A poem that'll sail on the oceans, seas  
And lakes.

I have a poem for peace to the world  
A poem that'll flow deep in the hearts of  
mankind  
Imagination with persecution and murder  
A poem that'll transform many faces from  
sadness  
To joy in the season of revolt  
A poem that'll fly above the moons, stars  
And suns.

I have a poem for peace to the world  
A poem that'll never accept dictatorships  
But the democracy to embrace the integrity  
and equality  
A poem that'll victoriously shine in the midst  
Of darkness to steer the world for light  
A poem that'll challenge the axis of conflicts,  
hunger  
And war.

A poem that'll bring the new dawn  
To the less fortunate, disabled  
And the poor.  
A poem that'll uphold our dignity and rights  
Against the imperialists nightmares storms  
A poem that'll reign on the rivers, streams  
And valleys.

I have a poem for peace to the world  
A poem that'll fight for my rights, your destiny  
Against poverty and violence  
Against the tyrants holding the oppressions  
And discrimination towards culture  
A poem that'll condemn child trafficking,  
slavery  
And child soldiers.

I have a poem for peace to the world  
A poem that'll curse child labor,  
And early marriage on the rise  
A poem that'll condemn and break all arms,  
bullets

And bombs to justice that prevails  
A poem with the vision to the mission  
Against inhumanity, IMPUNITY  
And injustice.

Yes!  
I have a poem for peace to the world

A poem!

Like Martin Luther King had  
A Dream.

Walter Keyombe, Nairobi, Kenya

# Seed Steps to Love and Peace

Anonymous - Marlborough  
High School - Los Angeles

A flower can remind us of our youth, or  
the happiness we feel each time  
we think about the magic of being alive.  
A flower can show the world how simple  
beauty truly is, and that flaws are what  
make  
the world such an awesome home.  
A flower is something that can be given  
to anyone, a friend, neighbor, lover, or  
stranger.  
And like our lives, a flower is not forever,  
but the memory of receiving it lives on.

## Vrede

Lisa - age 9, Amsterdam

Vrede is fijn  
Waar vrede is daar  
Wil ik graag zijn  
Want daar is geen oorlog  
En dus geen pijn  
Vrede daar wil ik  
Graag zijn  
  
Peace is good  
Where there is peace  
I would like to be  
Because there, there is no war  
And so no pain  
Peace is where I would like to be

Roxanne - Marlborough  
High School - Los Angeles

Instead of wanting roses  
Or chocolates (just a few).  
  
What I want, from the heart,  
Is peace from me to you.

# Seed Steps to Love and Peace

# February 14

This is a day  
That has become popular for the guilt  
when you forget to buy that \$6 sparkly  
card  
For imposing calories from expensive  
chocolate  
And for some, the realization of loneli-  
ness.

But why?  
Can't this be a day to celebrate love, life  
and friendship?

Perhaps today is a day to search for  
peace. Wholeness.  
But how can we do that when the world  
is filled with so much hate  
And so much violence?

We NEED to accept  
Religion  
Race  
Culture  
Beliefs other than our own.

Maybe you tell yourself that you are  
already tolerant.  
Maybe you need to try a little harder.

This poem isn't here to make you feel  
guilty,  
But to make you stop and think about  
the world around us.  
So that maybe, one day,  
We can enjoy  
A day where we appreciate some  
chocolate, or a homemade card.

Laura - Marlborough High School - Los Angeles

# Seed Steps to Love and Peace

# Fly to Love

To fly

you must be free

To be free

you must let go

To let go

you must find trust

To find trust

you must have faith

To have faith

you must keep hope

To keep hope

you must see beauty

To see beauty

you must know love

To know love

you must learn to fly

The lesson is this:

If you love to fly

you must fly to love

Wayne Visser, England

# Seed Steps to Love and Peace



# Peace

Peace is everything,

Even when there is anger.

You don't have to make peace,

'cause it's all around you.

Peace is what makes the world

Go 'round and 'round.

Peace will always be with you,

Even if you don't want it to.

Peace is like a rainbow:

It can be different colors:

Red, Blue, Yellow, or anything  
else.

Peace is also like a flower;

It can open and close.

This is what peace is.

Hannah Murphy, New York

# Seed Steps to Love and Peace

## For all our Soldiers

If I could offer drops of faith to fill your  
endless need  
I would open all my salty rivers, let them  
flow into your desert

If I could wrap our eyes in memories of  
peace  
I would blind us both, blessed to grope

If I could morph these bloodied arms  
into armored wings I would carry us up

Allow us just a bit of space to breathe,  
see more than the battle field

Know more than the sound of the fire  
fight,  
the smell of hope incinerating

Tammy Nuzzo-Morgan, New York

## El Precipicio

Subimos para pasar el precipicio entre  
la risa y las lagrimas  
Nos lanzamos los manos ardientes en la  
niebla del monte  
Y como el alondra nos pintamos los cie-  
los con nuestra cancion.

We go up to tread the precipice be-  
tween laughter and tears  
We thrust our burning hands into the  
mountain snow  
And like the skylark we paint the skies  
with our song.

Richard Rudd, Wales

# Seed Steps to Love and Peace

# The Crystalline Lattice

My love for you is beyond gender,  
beyond the constraints of personality,  
beyond space and time.

It is contained  
in the marvelous crystalline lattice,  
held by the heart strings,  
plucked like a harp,  
dipped into the well of clear water.

We are here for just an instant  
and vanish like a snowflake,  
our imprint still shimmering  
against the glass pane.

But the heart, the heart-  
it lasts forever.

Terri Glass, San Francisco

# Seed Steps to Love and Peace

## A Green Week

A week like fresh mint,  
a green week spreading  
its fragrance to the roots  
of my being

“Have a green week!”  
My father used to bless us  
on Saturday nights,  
“Have a green year”  
he beamed,  
brandishing a fresh mint sprig  
over our curly heads -  
and give it back  
to the world  
fully blossoming.

Who will give me  
a green week  
now that he's dead?  
Now that the Gates of Heaven  
are shut, and we  
dump our grayish nuclear waste  
in the belly depths  
of our innocent green earth?

Only peace science  
Only peace technology  
Only peace, ushering  
A World Beyond War

Ada Aharoni, Israel

## Tegenovergestelde van vrede

Met haat kom je nergens  
Je kunt nergens naar toe  
Zelfs niet naar Timboektoe  
Nergens kun je heen  
Je staat helemaal alleen  
Want waar je ook gaat  
Je treft alleen je eigen haat.

Annet Nijhuis, Amsterdam,  
16 jaar (AOC Oost)

# Seed Steps to Love and Peace



## To a Soldier

I howled  
before the dawn appeared,  
the restless bed  
creaked in fear  
beneath my banging shoulder,  
while the pit in my throat  
grew and grew  
like a yawning crater.

Since you were clutched away  
to the War -  
the sun is black sand.  
Bombs in black sackcloth  
float under my breath  
exploding it,  
making a choking icicle  
of me.

Before the night dies again  
on my lips,  
flash a sign from there  
my love,  
make a sign of life -  
so that I can live -  
ending howls in sounds  
of peace

Ada Aharoni, Israel

## El amor

El amor es el que nos da una vida que  
necesitamos para seguir adelante y saber  
que  
alguien nos quiere en verda y no gueva con  
nuestro amor que le tenemos atodos los  
que nos rodean es mejor saber si te quieren  
para no seguir con ellos porque alamejor  
tu no le cais bie y nsi nadie te quiere mejor  
miras las estrellas que ellas siempre  
estan contigo y ellas si te comprenden en-  
todo lo que estas bibiendo y los problemas  
que as tenido para que alamejor te ayuden  
acomprenderlo mejor y no a enojos ni  
agritos ni en llanto porque eso no relaciona  
nada es mejor saberlo con calma y con  
paciencia bueno me despido que te la  
pases bien y que dios te cuide mucho y que  
proteja delo malo para que vivas bien y que  
te de muchos anos.

Gabriela Cruz Heart of Los Angeles (H.O.L.A.)

# Seed Steps to Love and Peace

## Reflect

Light  
Reflecting in her eyes  
Eyes looking toward the sun  
Our sun  
The same sun all earthly beings look  
upon

Light reflecting off the ocean  
Sparkling  
Reflecting the light of the One Sun  
The same sun that all earthly water re-  
flects

Water flowing freely  
It knows no borders  
Rain drop, babbling brook, ocean wave  
Washing away the separation  
Uniting all rivers  
One body  
All people  
One planet  
One Sun  
In Peace

Student, Nampa, Idaho

## Voor wie ik liefheb...

Mijn moeder is mijn naam vergeten.  
Mijn kind weet nog niet hoe ik heet.  
Hoe moet ik mij geborgen weten?

Noem mij, bevestig mijn bestaan,  
Laat mijn naam zijn als een keten.  
Noem mij, noem mij, spreek mij aan,  
o, noem mij bij mijn diepste naam.

Voor wie ik liefheb, wil ik heten.

Neeltje Maria Min, Amsterdam

# Seed Steps to Love and Peace

# Valentine's Day

The day of peace and happy is here  
When you have secret admirers and  
don't feel fear  
The air blows your hair freedom is felt  
The chocolates in the sun start to melt

Hearts are drawn pink and red  
The soldiers are safe resting in bed  
Peace signs around birds flying the sky  
We see children so happy we all start to  
cry

The world reflects back digging deep  
down inside  
Today is the day where no one tells lies  
When light and dark combine so well  
Sweet music is playing with clapping  
bells

The doors are open to a whole new store  
You miss the people that changed your  
world before

Cupid is here living with love

He reminds us of people who live up  
above

You start a seed then grow so big

The parents that raised you as a kid

The past is gone, things you must live  
without

At times you thought your life was a  
doubt

Spread the care and feel for others

Treat everyone as your brothers

Through dust and rain you ride the train

Away, away, away, peace is every-  
where.

Justin Ruder, Paul Revere School, Los Angeles

# Seed Steps to Love and Peace

## Piece flower

In the middle of the flower-  
in the heart of it,  
folded petals arch their  
soft, pliant, fragrant selves to  
be beautiful in  
the expansion of something,  
together and unfolding  
One thing, living and unique  
touching the others, living and unique  
and becoming something, so perfect,  
so transient, that  
the world stands in wonder of it.

Diane Siegal, Los Angeles

## Amour

Amour.  
Je ne te demande pas la lune,  
Qu'elle soit en diamant ou en toute autre  
fortune.  
Je n'aspire pas aux splendeurs du firmament,  
Même lorsqu'il déploie, son plus beau tapis  
d'argent.  
Je n'envie pas les éclats du soleil,  
Dont un seul rayon suffit pour rechauffer mon  
corps.  
Mais je veux vivre avec toi un Amour vrai,  
Partager tes souffrances et tes misères.  
Je veux vivre cet Amour,  
Qu'ont chanté tous les prophètes et poètes.  
Je veux vivre cet Amour,  
Même s'il n'a plus toute sa raison,  
S'il a perdu ses valeurs,  
Et si parfois, sa détresse conduit à la douleur  
Je veux vivre cet Amour,  
Sans crainte ni peur,  
Peur pour mes enfants, peur du lendemain;  
Aimer dignement! Aimer en être libre!!  
Aimer en être humain!!!  
Aimer! Même quand j'en ai assez!  
Aimer! est-ce vraiment trop demander?  
Ne rêves-tu pas d'un monde meilleur?  
D'un monde nouveau, bâti sur de vraies  
valeurs,  
Une vraie justice,  
Où l'Amour et la paix règnent en vainqueur!  
Toi et moi devons y contribuer,  
Je t'aimerai même dans le plus haut des  
cieux.  
Ton seul et unique Amour

A. Soro, Ivory Coast

# Seed Steps to Love and Peace



## Open je ogen

Je loopt over straat  
En kijkt om je heen  
Mensen lopen overal  
En nergens heen  
Verzonken in gedachten

Ogen vol gemis  
Lijken ze te wachten  
Op dat wat nog niet is  
Zich niet bewust  
Van eigen kracht  
Het vuur geblust

Zo donker als de nacht  
Het zware gevoel  
Is al zo gewoon  
Hun levensdoel  
Alleen nog in een droom

Het leven leven  
Maar met de ogen dicht  
Met geen ander streven  
Dan een heel klein beetje licht  
Open je ogen

En kijk om je heen  
Liefde en mededogen  
Voor iedereen  
Het licht gaat schijnen  
Ook jou tegemoet

Laat het duister verdwijnen  
Als je je hart open doet  
Laat de liefde stromen  
Vul jezelf ermee

Geef licht aan je dromen  
Laat stromen die zee  
Geef dan kracht aan anderen  
En loop voorop

De wereld zal veranderen  
Vanuit het dal naar de top

## Encounter Life

Peace comes with being one with the cre-  
ator  
Let go of everything you know,  
And let all become new  
Treat everyday as an adventure  
To touch lives of all you encounter

Let joy be with you at all times,  
By seeing the beauty in all things,  
And all people.

Every person has a unique gift,  
So seek to never judge,  
But enjoy all encounters

Ineke, Amsterdam

Student, Boise, Idaho

# Seed Steps to Love and Peace