

## Peace is this moment without judgment

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 that 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  
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.

Dorothy Hunt