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