



# 365 Meditations for a Peaceful Heart and a Peaceful World

*Marcus Braybrooke*

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## **365 Meditations for a Peaceful Heart and a Peaceful World** Marcus Braybrooke

Here is a book of practical spirituality in the form of brief, enlightening readings, one for each day of the year. Words of wisdom from the world's great thinkers and spiritual leaders are presented with the author's explanatory commentary to inspire meditation and create peace of mind. The readings selected for this book represent the spiritual riches of the three great Western traditions--Judaism, Christianity, and Islam--as well as spiritual insights from Eastern mystics and renowned secular thinkers. Whether upset by personal misfortune or simply seeking emotional peace in the face of chaotic world events, readers can turn to this book on a daily basis and find inspiration. For instance, the Chinese philosopher Lao Tsu advises . . .

If there is to be peace in the world.../There must be peace in the home...

If there is to be peace in the home.../There must be peace in the heart.

Soren Kierkegaard, the important Danish religious thinker advises on the initial step in attaining inner peace as a path toward spiritual fulfillment . . .

The first thing to be done is to procure inner silence

And Jesus, in the Gospel of Matthew, advocated tolerance and compassion for others as an important virtue . . .

How dare you say to your brother, "please let me take that speck out of your eye," when you have a log in your own eye?

From the Buddhist Compendium of Practices comes much the same message . . .

If you do not practice compassion toward your enemy, then toward whom can you practice it?

These are just samplings from the helpful daily insights presented in this book. Approximately 200 illustrations capture the mood for meditation.

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