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Peaceful Co-existence



Elements of Peaceful Co-existence based on a culture of peace (some qualities but not limited to)

by Theresa Dunn

- Free and safe to be yourself
 - Without fear of withdrawal of love or the terms of a relationship
 - Able to express the qualities you would like to live and be supported to achieve that goal by those who live in your intimate space
 - Safe (emotionally, intellectually, physically and spiritually to be yourself, evolve, make mistakes and learn
- Adults guide children :
 - Setting appropriate boundaries to assure they do not hurt themselves or others,
 - Mirror back their gifts and challenges with loving kindness
- Adults participate in conscious relationships where:
 - Communication is effective, honest, and respectful.
 - Understanding is a priority, and
 - Emotional maturity is an objective ,
 - Responsible to one's actions and its effect on others.
 - Understanding one's needs and how they compliment and support the needs of others.
- Irresponsible actions are met with natural consequences and appropriate boundaries (based on Restorative Justice)
- No one is held hostage to a relationship. Free to leave when it no longer serves the people involved and especially if it is hurtful (see "idiot compassion" by Prema Chopron).
- Relationships are not meant to make us suffer rather to hold these four qualities, (refer to Thich Nhat Hanh, Handout2 for full description):
 - Loving Kindness
 - Joy
 - Compassion
 - Equanimity
- Equitable access to social and political resources and employment

Idiot Compassion “ This is when we avoid conflict and protect our good image by being kind when we should say a definite “no”.... The kindest thing we can do for everyone concerned is to know when to say “enough”.

Chodron, Pema. 2001. **The Places That Scare You: A Guide to Fearlessness in Difficult Times.** (pg.78,p.4). Shambala Publications Inc. Boston, Massachusetts.02115.

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Positive Peace , Negative Peace

- Negative vs. positive peace is “ popularized the concept that peace may be more than just the absence of overt violent conflict (negative peace), and will likely include a range of relationships up to a state where nations (or any groupings in conflict) might have collaborative and supportive relationships (positive peace). Though he (Johan Galtung) did not cite them, these terms were, in fact, previously defined and discussed in 1907 by Jane Addams and in 1963 by Martin Luther King Jr.
- Structural violence is “ widely defined as the systematic ways in which a regime prevents individuals from achieving their full potential. Institutionalized racism and sexism are examples of this.

EXCERPT from <https://supernalontheweb724.weebly.com/blog/johan-galtung-positive-and-negative-peace-pdf#johan-galtung-positive-and-negative-peace-pdf-free>. Accessed March 20, 2021

The Teachings on Tadodaho

The Peacemaker and Tadodaho

“This short film is part of 8 short, testimonial films, on the Haudenosaunee (Iroquois.) The Iroquois are embarking on an historic project about the 500-year history of the Iroquois, their relationship with Europe and America and their prophesies that, if heard, can help us navigate the oncoming changes due to climate change.”

<https://duckduckgo.com/?q=tadodaho&t=lm&ia=web>. accessed March 12, 2021

Hiawatha - The Great Law of Peace - Extra History - #1

Hiawatha wanted peace, but a more powerful chief named Tadodaho opposed him. So he joined forces with a man called the Peacemaker and a woman named Jigonsaseh, who dreamed of uniting the five Haudenosaunee (Iroquois) nations under one Great Law of Peace.

<https://www.youtube.com/watch?v=79RApCgwZfw>.accessed March 12, 2021

Disclaimer: Like any online resource these films are not provided as the sole source of information on this topic. From the history I have learned there are important elements that are reflected in these versions of the teachings:

1. The role of the Peacemaker to end an era of war and killing using nonviolent conditions with even the most violent of adversaries, and
2. The complex dynamics that resulted in a sustainable peace.