



DESIGNS FOR PEACE

Practices for Sustaining Lives of Meaning, Joy, and Beauty

February 15, 2018

Dear Friends,

Please enjoy this gift I created for you, in honor of the Month of Love. This compilation includes eight reflections about a specific aspect of Friendship, in the form of poetry, song or essay.

The photographs are made by my Beloved, my best friend and spiritual partner, Harry H. Hitzeman, Jr. His portfolios may be viewed at <http://hitzemanphotography.com>

Starting in 1966, when I first encountered Fra Giovanni and Kahlil Gibran, and as recently as July 2017, when John Fox found me, each author expands my understanding of Love and Friendship.

May you enjoy sharing this gift with the Beloveds in your life. And may you continue to be blessed by the rare and precious gift of mutual witnessing that is available in Friendship.

Vive l'amitié !

Długa przyjaźń na żywo!

Tawil alsadaqat alhaya!

万岁友谊!

Es lebe die Freundschaft!

लंबे समय से दोस्ती!

Cairdeas beo fada!

오랫동안 살아있는 우정!

давняя дружба!

Larga vida a la amistad!

Cyfeillgarwch byw hir!

Ubungani obude obude!

Marti

Love, love, love
Love, love, love
Love, love, love
There's nothing you can do that can't be done
Nothing you can sing that can't be sung
Nothing you can say, but you can learn how to play the game
It's easy
Nothing you can make that can't be made
No one you can save that can't be saved
Nothing you can do, but you can learn how to be you in time
It's easy
All you need is love, all you need is love
All you need is love, love, love is all you need

All you need is love
All you need is love, love, love is all you need
There's nothing you can know that isn't known
Nothing you can see that isn't shown
There's nowhere you can be that isn't where you're meant to be
It's easy
All you need is love, all you need is love
All you need is love, love, love is all you need
All you need is love (All together now)
All you need is love (Everybody)
All you need is love, love, love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Love is all you need
Yesterday
Oh yeah
(She love you, yeah, yeah, yeah)
(She love you, yeah, yeah, yeah)



"All You Need Is Love", written by John Lennon and credited to Lennon–McCartney, July 1967.

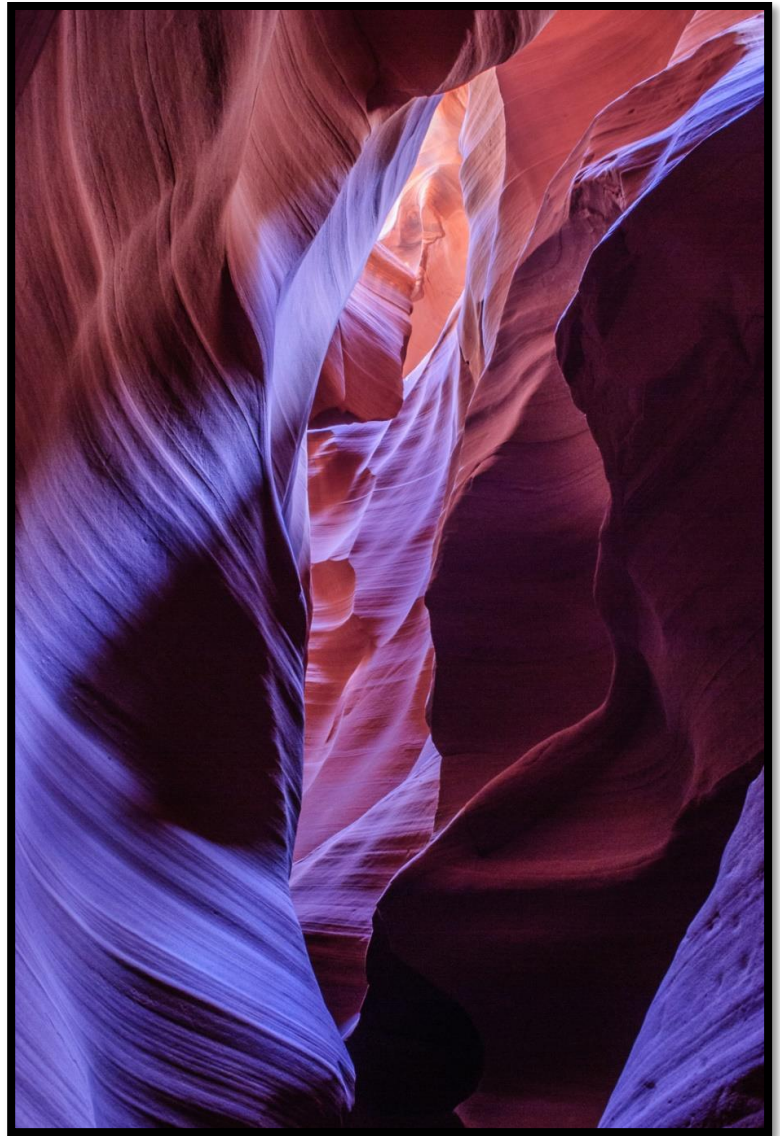
Finding What You Didn't Lose by John Fox, 1995

*When someone deeply listens to you
it is like holding out a dented cup
you've had since childhood
and watching it fill up with
cold, fresh water.*

*When it balances on top of the brim,
you are understood.
When it overflows and touches your skin,
you are loved.*

*When someone deeply listens to you,
the room where you stay
starts a new life
and the place where you wrote
your first poem
begins to glow in your mind's eye.
It is as if gold has been discovered!*

*When someone deeply listens to you,
your bare feet are on the earth
and a beloved land that seemed distant
is now at home within you.*





Neter of Beauty (Council Suit)

Oh, The Comfort

*--by Dinah Maria Mulock Craik
From A Life for A Life, 1859*

*Oh, the comfort,
the inexpressible comfort,
of feeling safe with a person.*

*Having neither
to weigh thoughts nor
to measure words*

*But to pour them all out,
just as it is,
chaff and grain together.*

*Knowing that a faithful hand
will take and sift them,
Keeping what is worth keeping,*

*And then, with
the breath of kindness,*

Blow the rest away.



“When we honestly ask which persons in our lives meant the most to us, we often find that it is those who, instead of giving much advice, solution, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not-knowing, not-curing, not-healing and face with us the reality of our powerlessness... makes it clear that whatever happens in the external world, being present to each other is what really matters.”

--Henri J. M. Nouwen

From *Out of Solitude: Three Meditations on the Christian Life*, 1974

On Being Woven by Rumi

*The way is full of genuine sacrifice.
The thickets blocking the path are anything
that keeps you from that, any fear
that you may be broken to bits like a glass
bottle.*

*This road demands courage and stamina,
yet it's full of footprints! Who are
these companions? They are rungs
in your ladder. Use them!*

*With company you quicken your ascent.
You may be happy enough going alone,
but with others you will go farther and
faster.*

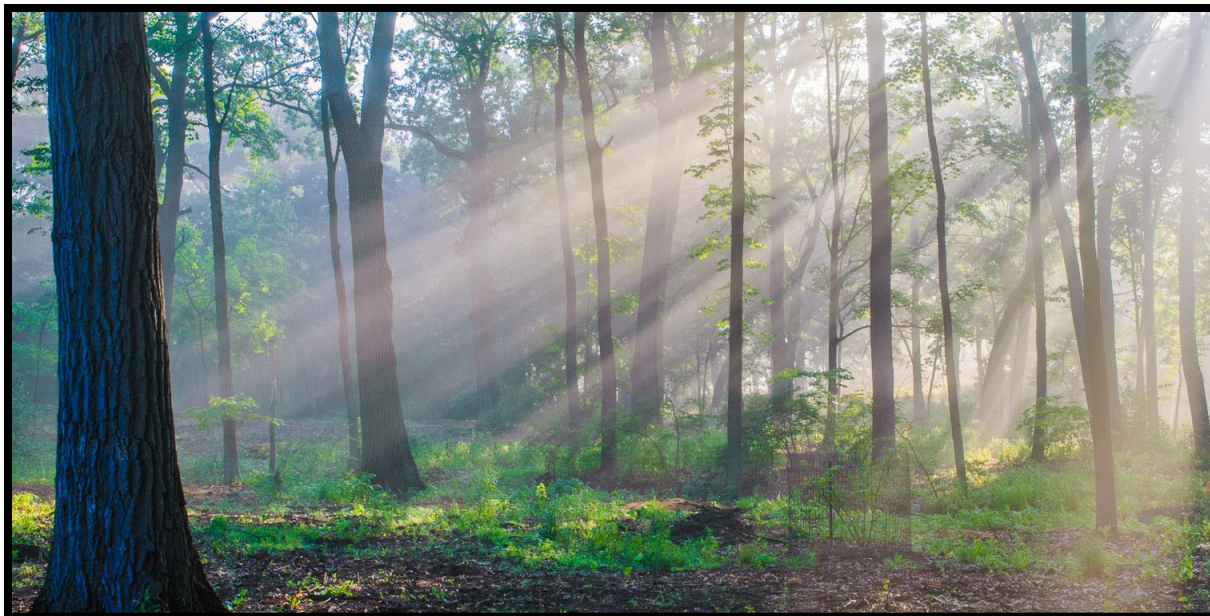
*Someone who goes cheerfully by himself
to the customs house to pay his traveler's
tax will go even more lightheartedly
when friends are with him.*

*Every prophet sought out companions.
A wall standing alone is useless
but put three or four walls together,
and they'll support a roof and keep
the grain dry and safe.*

*When ink joins with pen, then the blank paper
can say something. Rushes and reeds must be woven
to be useful as a mat. If they weren't interlaced,
the wind would blow them away.*

Like that, God paired up creatures and gave them friendship.





I AM YOUR FRIEND — Fra Giovanni, 1513 A. D.

*I am your friend and my love for you goes deep.
There is nothing I can give you which you do not already have.
But there is much, very much, that,
While I cannot give it, you can take.
No heaven can come to us unless our hearts find rest in today.
Therefore, take Heaven!*

*No peace lies in the future which is not already hidden
In this present moment.
Therefore, take Peace!*

*The gloom of the world is but a shadow.
Behind it, yet within our reach, is Joy.
There is radiance and glory in the darkness, could we but see,
And to see, we have only to look.
I beseech you to look.
Therefore, take Joy!*

*Life is full of meaning and purpose, so full of Beauty beneath its covering,
that you will find earth but cloaks your heaven.
Life is so generous a giver; but we, judging its gifts by the covering,
cast them away as ugly, or heavy, or hard.
Remove the covering, and you will find beneath it a living splendor,
woven of love, by wisdom, with power.
Welcome, grasp it, and you touch the angel's hand that brings it to you.
Therefore, take Beauty!*

*Courage, then, to claim it; that is all.
But courage you have;
And the knowledge that we are pilgrims together,
Wending through unknown country, home.*

*And so, at this time, I greet you.
Not quite as the world sends greetings, but with profound esteem
And with the prayer that for you, now and forever,
the day breaks and the shadows flee away.*



ON FRIENDSHIP

Kahlil Gibran from The Prophet, 1923

*And a youth said, Speak to us of Friendship.
And he answered, saying:
Your friend is your needs answered.
He is your field which you sow with love and
reap with thanksgiving.*

*And he is your board and your fireside.
For you come to him with your hunger,
and you seek him for peace.
When your friend speaks his mind
you fear not the "nay" in your own mind,
nor to you withhold the "ay."*

*And when he is silent your heart ceases not to listen to his heart;
For without words, in friendship, all thoughts,
all desires, all expectations are born and shared,
with joy that is unclaimed.*

*When you part from your friend, you grieve not;
For that which you love most in him may be clearer in his absence,
as the mountain to the climber is clearer from the plain.*

*And let there be no purpose in friendship save the deepening of the spirit.
For love that seeks aught but the disclosure of its own mystery
is not love but a net cast forth: and only the unprofitable is caught.*

*And let your best be for your friend.
If he must know the ebb of your tide, let him know its flood also.
For what is your friend that you should seek him with hours to kill?
See him always with hours to live.*

*For it is his to fill your need, not your emptiness.
And in the sweetness of friendship
let there be laughter, and sharing of pleasure.
For in the dew of little things
the heart finds its morning and is refreshed.*



On Friendship by David Whyte

From *Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words*, 2015

Friendship is a mirror to presence and a testament to forgiveness. Friendship not only helps us see ourselves through another's eyes, but can be sustained over the years only with someone who has repeatedly forgiven us for our trespasses as we must find it in ourselves to forgive them in turn. A friend knows our difficulties and shadows and remains in sight, a companion to our vulnerabilities more than our triumphs, when we are under the strange illusion we do not need them. An undercurrent of real friendship is a blessing exactly because its elemental form is rediscovered again and again through understanding and mercy. All friendships of any length are based on a continued, mutual forgiveness. Without tolerance and mercy all friendships die...

...But no matter the medicinal virtues of being a true friend or sustaining a long close relationship with another, the ultimate touchstone of friendship is not improvement, neither of the other nor of the self, the ultimate touchstone is witness, the privilege of having been seen by someone and the equal privilege of being granted the sight of the essence of another, to have walked with them and to have believed in them, and sometime just to have accompanied them for however brief a span, on a journey impossible to accomplish alone.