



The Beginning of Peace

A Monthly Newsletter by Sarah Granby

The Soul of Money

In Lynne Twist's fascinating book, [*The Soul of Money*](#), she says that the world functions on the following erroneous beliefs: *there is not enough, more is better, that's just the way things are*. When society functions under these rules, of course we separate ourselves into "haves" and "have nots." If our belief is that *there is not enough*, well, I better get mine for myself and my family, and since it is limited, *more is better* and although it is sad there are people suffering and starving, *it's just the way things are*.

One of the biggest barriers we have to peace is the idea that lifting up another country to reach their full potential means that they will become the winner and therefore we will become the loser - if we "have" then by truly helping another country, we risk becoming a "have-not". As a society, we feel at some level it is in our best interest to keep others slightly short of their true potential so as not to risk our own status. For example, I have heard people express fear about other countries becoming more powerful. But people say that what we do to others or what we believe in others is what we actually do to ourselves. So perhaps by holding back ever so slightly, not quite helping other countries in a way that would lead them to their true greatness, we hold ourselves back from experiencing our true greatness as a nation?

Imagine a Middle East fully expressing its glory, its authentic power and its authentic greatness. What would that look like? What would the United States look like in relationship to the Middle East then? I have to believe that highest expression of the relationship between the Middle East and the United States does not include terrorism, war or killing on either side. I believe that one of our authentic responsibilities in this world is to move beyond this idea that helping someone or a nation to live up to their highest expression will somehow threaten us or our status.

In her book, Lynn Twist, founder of [*The Soul of Money Institute*](#), speaks about viewing the world through a perspective of sufficiency and abundance. There is enough for everyone if we approach the problems in the world from the perspective that peace is possible and a win-win world view is achievable. We don't have to fear another country's greatness. We have many issues to face in the world today, but as she says, we have the resources to find solutions if we approach these issues from a perspective of sufficiency.

One of my favorite ideas from this book was to think about the perfect balance you find in nature. Lions don't go on killing sprees - they kill what they need to eat. And in the human body, each breath is the perfectly sufficient amount in and the perfectly sufficient amount out. And what each person needs is a little different, but still perfectly sufficient. I know we have enough and I know we have the ability bring about what is now only a hopeful vision of peace and sufficiency for the entire world. *Breathe in. Breathe out.*

In peace,
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