

## TEN THINGS YOU CAN DO TO ABOLISH WAR

1. Raise your voice. Send letters or e-mails to your elected representatives and to corporate interests that contribute to war. Join peaceful demonstrations in your community. Talk to friends, neighbors and community groups about the steps needed to abolish war.
2. Practice peace. Find the barriers to peace in yourself. Search out your hidden judgments, racism, sexism, ageism. Do role-playing to prepare yourself for non-violent response. Peace begins with you.
3. Study peace. Read books, watch films, join discussion and action groups to increase your knowledge about war and its effects.
4. Teach your children. Become involved in teaching peace at home, in the schools, in church or community groups. Mentor younger people to help them prepare to assume leadership roles. A peaceful future will depend on them.
5. Broaden your horizons. Get to know people of other ethnic origins, cultures and religions than yours.
6. Listen to the women. Wars are started by men and, for the most part, are fought by men. Listen to the voices of women raised against war. Hear those who have been widowed or raped or imprisoned, for theirs are powerful arguments for peace.
7. Be ecologically aware. Increase your understanding of the network of life and humans' place in it. Learn to "think like a mountain". Remember that what we do to the Earth, we do to ourselves.
8. Reduce your consumption. The world's resources are limited. Learn to live with less. Be conscious of what you wear or eat or throw away. Reduce your use of energy-intensive means of transportation. Grow your own food and if you have more than you need, share it with a neighbor.
9. Celebrate the creative Arts. Live your creativity. Support creative expression in your community. Poetry, art, theater, music, literature are all powerful ways of speaking the language of peace.
10. Believe that an end to war is possible.

