



Freedom of Simplicity, by Peace Pilgrim

Some seem to think my life dedicated to simplicity and service is austere and joyless, but these do not know the freedom of simplicity. I know enough about food to nourish my body properly, and I have excellent health. I enjoy food, but I eat to live. I do not live to eat, and I know when to stop eating. I am not enslaved by food. My clothes are most comfortable as well as most practical. My shoes, for instance, have soft fabric tops and soft rubberlike soles - I feel free as though I were walking barefoot. I am not enslaved by fashion. I am not a slave to comfort and convenience - for instance, I sleep equally well in a soft bed or on the grass beside the road. I am not burdened by unnecessary possessions or meaningless activities. My life is full and good, but not overcrowded, and I do my work easily and joyously. I feel beauty all around me and I see beauty in everyone I meet. I recognize the laws which govern this universe, and I find harmony through gladly and joyously obeying them. I recognize my part in the life pattern, and I find harmony through gladly and joyously living it. I recognize my oneness with all mankind. My happiness overflows in loving and giving toward everyone and everything. -- Peace Pilgrim, (She walked more than 25,000 miles, carrying in her blue tunic her only possessions. She crossed America for nearly three decades, bearing the simplest of messages: This is the way of peace -- overcome evil with good, and falsehood with truth, and hatred with love)