



## Making a Difference, for Peace

In my memoir *The Peace Angel – Taking Her Tears and Hanging Them Out to Dry* I talk about how “Ego is the one word to me that describes humanity’s greatest barrier to a peaceful existence and total harmony”, “for while people look first to fill their own ego cup, there is no room for giving to others.” (pg. xii)

When we think about peace (synonyms in context: harmony, calm, tranquillity, quiet, stillness, order, accord, goodwill, friendship, cordiality, non-violence, non-aggression) it’s more than just the absence of negativity, it’s about the human desire for positivity.

Everything about peace is positive. It inspires, supports and facilitates humanity’s positive progress, communication, growth and maturity; it creates stability throughout all layers of society; it nurtures humanity’s ‘DNA’ to assure its survival; it enriches and transforms the human soul; and it feeds the human mind and body.

Avoiding negativity in the media is nigh on impossible, however it’s been that way for decades; let’s not kid ourselves. The media knows that humans respond with their emotions first and fastest and the promotion of positive news stories (in the absence of negative news) isn’t necessarily going to improve ratings and draw measurable interest, at least not in the short term. We live in a world where most people, even politicians and lawmakers, don’t see long term as 50 or 100 years. Perhaps that’s why global peace seems, to many, so impossible to achieve. Perhaps that’s why focusing on negative in the here-and-now is the easy way for the media to get through to people or for people to get through life. Fighting and being negative requires no positive effort whatsoever; being peaceful takes courage, reflection and (therefore) time.

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When I first created the concept of Serenidad Consulting® and its vision and mission, just post my 50<sup>th</sup> birthday, I documented a 55+ year strategic plan for us. Why? Because a human’s biological potential is at least 135 years and I felt I had a lot of time to give to helping achieve a great outcome. I knew the changes we needed to affect would take at least 2 ‘generations’ of change (2 x 25 years) and the key to that positive change was to reach children and their influencers, without delay. I still hold true to that timeline for change.

With the upcoming 17<sup>th</sup> anniversaries of both the September 11<sup>th</sup> attacks on the USA and the United Nations General Assembly’s unanimous declaration that the International Day of Peace (September 21<sup>st</sup>) should be a day of non-violence and cease-fire, it hits home to me that the very best thing we can all do to support achievement and sustainability of peace, is to keep talking about how good peace is and walking towards that outcome.

Collectively, groups and individuals around the world are helping to affect the changes we need. Environmentalists and scientists are working in collaboration with peacemakers, diplomats, facilitators and educators to find and fund solutions. Progress is slow at times, time appears to stand still when we’re addressing key impacts on humanity, however the one thing we must do is stay the course.

Stay the course for peace, in all its forms and for all that it’s worth.

“Your friend in peace”,

**Nola A. Hennessy**  
**Founding Managing Director & CEO**  
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