

# A Vision of Peace in Our Country

By  
**Jay Uhler**

Most people want peace in their lives. Most people do **not** believe that peace can happen.

A significant step to create anything is to visualize it. It doesn't matter whether it is an art creation, hitting an accurate golf shot or planning construction of a new house. The exciting thing about visions and dreams is that they lay a foundation for us to become what we dream and to create around us what we envision. They also focus our attention on what we desire. I have been using visualization for years with positive results. It is amazing at times what the vision brings.

The ultimate value of this article is to invite you to create your own vision of what it would look like, feel like and be like for you to have peace in your life and in our country. This is not about my vision. It is about co-creating a vision and bringing about peace.

In *How to Make Friends with Your Feelings*,<sup>1</sup> the second chapter is "The Hurtful, Frightening Family" and the final chapter is a vision of "The Helpful, Fun Family." The "Hurtful, Frightening, Family" chapter explains the dynamics in a family that can be used to assess a family, a company or a country. The "Helpful, Fun Family" chapter is a **vision** of a nurturing, supportive, caring, peaceful family-Of what can be. Elements of that model are expanded here to create a vision of peace in our country.

It is important when creating a vision that you not judge your thoughts or ideas, especially with, "Oh, that could never be." Such thinking limits your vision. The interesting thing about visions is that the bigger they are, the more likely they are to expand what exists. It is also not necessary that all of your vision become reality, yet more of your vision will come true if it is expansive than if it is limited by doubt. Let your mind be free and have fun creating a vision with me.

Let's add another concept before we begin to create a vision. A Japanese friend told me that in Japan, there is a saying, "Visions are to be transformed into the practical." So, let us create a vision of peace in our country that is specific and practical in its manifestation of how life can be.

You can either begin now to create your vision of peace in our country or you can read on as I share my vision of peace in our country with you. It can give you ideas and guidance about how to create your own vision.

In my vision of peace in our country, people have **respect** for everyone. Because everyone is respected, everyone feels safe.

One of the values my Father taught me is respect for all people. He was the superintendent of a plant in Kentucky that made firebrick for the steel industry. He was especially good at relationships with the people who worked there. Managers came from

---

**Jay Uhler** is an Organizational and Clinical Psychologist, Ordained Minister, Professional Speaker and the author of the book and CD, *How to Make Friends With Your Feelings*. He provides individual, couple and family therapy. He facilitates resolution of multi-party, multi-racial and multi-gender conflicts. Jay was Coordinator for the Dispute Resolution Forum in the Program on Negotiation at Harvard Law School and facilitated supervision of mediation, negotiation and arbitration cases. He has been a guest lecturer at Boston University Law School, Suffolk Law School and the Boston Bar Association.

Europe and South America to see how a good plant is run. A few years ago, I decided to "interview" him about his managerial perspective. The first thing he said was, "**Respect everyone and treat everyone equally.**"

I love to tell this incident about him. Things seemed to be running smoothly in his plant, but the union decided to go on strike. My Father went to a hardware store, bought softballs and horseshoes for the men "so they wouldn't get bored while they were striking." On his way home from work he stopped and pitched horseshoes with them. The strike lasted for two days, and then everything went back to normal.

In my vision of peace for our country, each person is safe to be who they are. When each person respects every other human being, people treat each other with thoughtfulness and kindness. That means that people are valued and treated with respect, no matter what their gender or color or religious beliefs or political views. This contributes to people having a sense of safety.

The second part of my Father's perspective is to treat everyone equally. To treat everyone equally is essential to my vision of peace. When people are treated equally they can let go of their fears. They can trust that they will be treated fairly when they make a purchase, such as a car or a house. They do not need to be afraid that because of some personal characteristic, they will be selected for mistreatment. Each person can trust that they will be treated in the same way as any other person. **Respect breeds respect.**

In my vision of peace in our country, people's basic needs are met. Each person in the United States has sufficient nutritious food. Each member has a decent place to live that is attractive and protective. Each member has clean clothes that they can appreciate wearing. Each person has a safe car to drive to work or to play. This contributes to people having a sense of security. When people's basic needs are met and they have a sense of safety, there is no sense of injustice. A sense of fairness prevails.

Believing in scarcity, rather than believing in abundance, breeds fear. Believing that there is not enough to go around for everyone causes needless competition promoted by greed. A sense of privilege causes people to think they deserve much more than others. Every human being should be considered privileged and deserving. The sad part is that when a belief in scarcity prevails, people cannot see that there is more than enough for everyone in the world without hoarding. The creativity and intellectual brilliance of people in our country has no limits to providing for all. **It is the will that limits us, not the way.** There is no scarcity. There is enough to go around, enough for everyone.

When people are treated with kindness, they are more likely to treat others with kindness. **Caring is contagious!**

In my vision of peace in our country, each person who wants an education can have it at whatever level they are motivated to achieve. People who want to work can have a job that fits their skills and can get the training for it, so they can find vocational fulfillment in their lives. People who would prefer to stay home to take care of their children (children are the future for our country) would be able to do so without sacrificing their basic needs and the needs of their children.

**This is not charity. This is empowerment.** This is creating now and building a future for our country where people can get satisfaction from contributing to others and everyone can benefit from their contribution.

In my vision of peace in our country, people can have access to hospitals and advanced health care equipment when that is called for. A variety of health care treatment options are also available, based on what is needed in order to have healthy, happy lives. Natural means of healing are encouraged.

People see through the scandalous pharmaceuticals, and their health damaging side effects. People denounce the exorbitant profits and inflated prices for medications that they need.

People have equal access to a health care system that truly assists healthy living.

In my vision of peace in our country, we would all have safe roads and safe, comfortable, environmentally efficient transportation to move around our country, including bicycles, motorcycles, cars, trains, buses and airplanes.

Bicycle paths, respect for cyclists and encouraging cycling as a mode of transportation would add both to pollution free air we breathe and stronger, healthier bodies.

Our cities and towns would be designed with a focus on slowing vehicles for pedestrian safety, beautiful streets and pathways that would be pleasurable to walk.

In my vision of peace in our country, we would not only have respect for each human being, but also for the animals, the plants and other living creatures with which we share our country and our planet. We are all interdependent and to recognize and respect every living being does not only honor them, but adds to our lives in many ways.

In my vision of a peaceful country, **children are seen and heard. They are encouraged to express their feelings, their thoughts and their needs. They are given permission to be unique, different, who they are.** They are supported to be responsible, to develop their talents and to be their best at whatever they desire without pressure to meet unrealistic goals or to be “perfect.”

In my vision of peace in our country, communication is clear, direct and open. People are considerate of others in the way they express themselves. We state our views in a positive manner that builds caring and trust. Our words come from a peaceful heart and convey a sense to others that they are safe with us.

In a country, just as in a family or an organization, the tone is set at the top. In my vision of peace in our country, our highest elected leaders make decisions based on the needs of the people in our country with consideration for all—and with a view of how that affects other people around the world. This means that the earlier aspects of my vision of peace in our country are used as the criterion, the yardstick, by which all legislation and judicial decisions are made.

In my vision of peace in our country, every person contributes to peace. We bring peacefulness into our hearts. We bring about peace in the way we treat others and the world around us. When we have self-respect and respect all living beings, we bring peace to our country. When we have peace in our country, we will be a model for peaceful living and add to peace in the world.

In my vision, we use our influence to bring peace to the world and as we do, we bring security to ourselves. As we show kindness to other nations in the world, we will experience kindness in return. As we respond to the needs of other people of the world,

they will appreciate us. As we invite other countries in the world community to share their visions of peace, we include them in the co-creation of peace in our world.

I mentioned earlier that to have a vision does not mean that it will become reality. Simply to strive for the vision will bring about significant change.

**However, I believe that the vision of peace in our country that I presented here can exist. We have the creativity, the talent and skill, and the money to make it all come true. We spend much money to perpetuate the opposite of peace that could be used to bring about all that I have mentioned. It is a matter of where we place our priorities. All we need is the motivation to care for ourselves and each other. We need enough people to have the vision, the motivation and the commitment to bring about peace in our country—to make Peace a reality.**

<sup>1</sup>Uhler, J. 1993. *How to Make Friends With Your Feelings*. Boston: Ambassador Press International.

(Copyright © Jay Uhler, 2005)  
(May be copied, as is, when used to benefit people)

(This article was written as a summary for listeners to the Jordan Rich Show, WBZ, 1030AM, Boston, when we discussed "A Vision of Peace in Our Country" on July 31, 2005.)