



**Brother John Martin**

## **JOY AND INNER PEACE IN THE CONTEXT OF HUMANITY TODAY**

Today we live amidst two important conflicts: the continuous Ukraine and Russian war and the conflict between Hamas and Israel. These conflicts, if go out of control, may provoke World War 3. They can break peace in the world outside and also take away our inner peace. People will live in fear and anxiety.

We cannot expect that there will be always external peace. As long as we live in collective identities and collective belief systems there will be always potential for conflict and violence. In some countries there are religious conflicts, in some places conflicts between majority groups and minority groups. There can be a temporary truce but violence can erupt at any time.

The only recourse is to find inner peace that is unshakable and that gives us the strength to handle when external violence arises. It gives wisdom to handle fear and anxiety.

Jesus Christ said: Peace I leave with you; my Peace I give to you. Not as the world gives do I give to you. Jn. 14.27.

The peace that the world gives is external peace which is relative. This external peace can be shaken at any time. It may be gone at any time. But the peace that we discover within is everlasting. It comes from discovering our true self, our infinite self. Our infinite self is beyond collective identifications. It is a state of unity. The nature of our inner and infinite self is peace. We do not have peace but we are peace. This peace cannot be taken away. Jesus Christ called people to discover this inner peace. To discover our true self is to discover the kingdom of God. The life of the kingdom is the life of joy.

Jesus Christ described the joy of the person who finds the kingdom of God. The kingdom of God is like a man or woman who found treasure in the field. He or she went home, sold everything and bought that field.

To find the treasure is to find our true self or infinite self. It is beyond all artificial boundaries. It gives tremendous joy. It makes us discover that we are peace. We live with inner peace and joy. May the divine grace help us to discover inner peace and live a life of joy. St. Paul said: rejoice in the Lord always and again I say rejoice.

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