

## KATIE BROOK

### Where I Find My Peace

Peace, to end all wars.  
Peace, to settle all arguments.  
Peace, something we find in ourselves.  
My peace is within me.  
It lives there, deep in my soul,  
keeping me strong  
keeping me positive,  
giving me life  
letting me think straight.

My peace relaxes my body.  
My peace puts my mind at ease.

It has a voice that tells me  
it's all going to be okay in the end,  
and that if I just relax,  
everything will turn out fine.  
I find my peace whenever I am in comfort.  
Whenever I have no worries and no one else is  
around.  
Peace lies within yourself and not in a friend.  
If it comes from a friend, it's love.  
If it comes from within you,  
it is peace.

Love is a gift from another.  
Peace is a gift from yourself.

Like countries in war,  
you can only find peace in yourself  
when you are satisfied with who you are  
and with what you have done.  
Whether it be your accomplishments  
or whether it be your choices,  
the satisfaction has given you peace.  
Peace will come to you  
at the end of a long day.  
When you have been working hard  
at something or other.  
You lie down on the couch,  
with your eyes closed,  
and think about nothing.

You have your peace.

A girl gets up at dawn  
and goes out for a paddle around the lake  
in her canoe.  
She hears nothing but a couple of birds in the  
distance.  
She feels nothing but the cool air on her cheek.  
She watches the sun appear over the edge of the  
water.  
Her body relaxes.  
Her mind is at ease.

She has her peace.

A boy takes a walk through the park  
and lies down at the top of a hill.  
He breathes in the fresh air.  
The warmth of the sun relaxes his body.  
He looks up at the clouds and his mind is at ease.

He has his peace.

I lie in bed at night,  
knowing I have hours all to myself.  
Hours and  
hours  
to dream  
and think  
about tomorrow.

I have my peace.

We all have peace within us.  
If only we could realize  
that it may be our most powerful weapon.  
A weapon we can use to end wars.  
A weapon we can use to settle arguments.

A weapon for peace.

I know that the best place to start  
is to hold onto the peace within me.  
We can keep our peace.  
We will keep our peace.

We will become our own peacemakers.

*Katie Brook is 14 years old and is in grade 9 at the Etobicoke School for the Arts; her major is drama.*