(During her student days she had the idea that making money was the most important way to satisfaction.) Out of a deep seeking for a meaningful way of life I walked through woods and at the end of the night dedicated my life to being of service in this world. I began to live to give instead of to get. Life became increasingly meaningful. Someone said to me sarcastically: "Now that you have dedicated your life to service, what do you think you can do?" Only little things, but there are so many little things to be done! I never had trouble finding little things I could do.

When I started out on pilgrimage, January 1953, I was asking for

very big things—for things that would lead to world peace. But if enough of us ask together, very big things will be granted. I started out doing everything a little person can do to inspire people to do little things. (I average about 25 miles a day up to 50 miles). After one finds inner peace energy is boundless. I live on faith, penniless, way of peace I meanthe absence of the causes of war; I mean on an activity level that physical violence in dealings among nations will have been anihilated. I mean peace when psychological violence has also been anihilated. The problem facing us now is that of anihilating physical violence in a world where psychological violence still exists. The lesson we need to learn now is: This is the way of peace—overcome evil with good, falsehood with truth, hate with love. The only thing new in my message is the practice of this. When we are willing to do this, wonderful things will begin to happen. This is tries.

This is a crisis in the affairs of men. We are faced with a very momentous decision, with a life and death decision. The tide of world affairs is now drifting in the direction of nuclear war of anihilation. I see something else: a stirring and awakening in the directon of peace. I recognize that sll of us living today will help in one way or another to make this decision. Those who do nothing decide for the war of anihilation. Those of us who want peace in a nuclear age must become a part of a stirring beginning and help accelerate it to turn the tide.

In the face of this crisis situation, what are those who want to act meaningfully for peace to do? Actually, the spesific thing will have to come from within the person. I suggest some areas in which we need to work. I will begin by mentioning two steps which could be taken right away. First is the establishment of a world language to be taught as the second language in every country. I have recently written to our UN representative stating my views about this. "The mechanics of modern communication and transportation is making the world seem smaller. The time has come for the people to be speaking one common language." I believe in letting my representatives know how I feel about important issues.

The other step is something I should like to see us pioneer—the establishment of a Peace Department in our country doing realistic research for the nuclear age in which we live, an age in which war means mutual anihilation. Then we would be in a position to ask other nations to establish such a department. We can change only one person—ourselves. So it is with nations. We can help to change only one nation—our own. Then it might be possible to inspire other nations.

