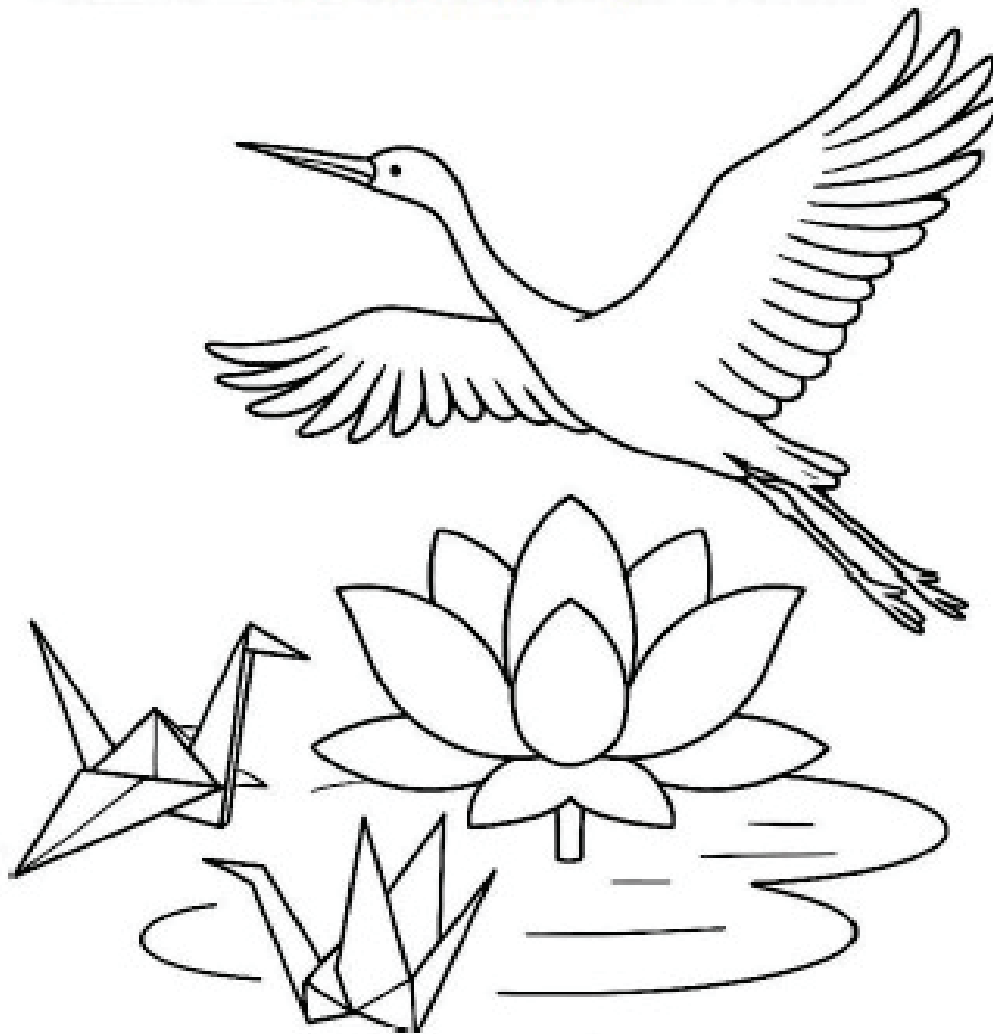


# *Peace Lives Within Us:* *Cultivating Inner Peace* *With Compassion*

*Lessons from the Story of 1000 Peace Cranes*  
*and Other Wisdom*



By Patricia (Patti-Joy) Higgins, PhD, Licensed Psychologist



## INTRODUCTION

*This peace-themed story book, Origami guide, and journal is for anyone seeking to nurture peace within themselves. May each image that you color and each crane that you fold, bring more peace into your heart, mind, and the world. Each of us can play a part to increase peace, compassion, kindness, and hope.*

*This book may help you explore the transformative power of peace, compassion, and kindness. It draws inspiration from the story of Sadako and the 1000 cranes, emphasizing the importance of inner peace and its ripple effect on the world. Sadako Sasaki, a young girl affected by the Hiroshima bombing, became a symbol of hope and peace.*

*Her goal of folding 1000 origami cranes inspired a global movement for peace. She showed and taught the concepts of resilience, hope, compassion, and positive thinking. Despite her illness, Sadako's determination to fold 1000 cranes showcased her inner strength and resilience. The symbolism of the cranes represent hope, healing, flying above for a greater perspective, and looking ahead to the future of a world without war and suffering.*

*Sadako's story continues to inspire peace initiatives worldwide. Folding Origami cranes continues to be a reflective and meditative act to foster peace, positive wishes for serenity and collaboration. It encourages self-compassion, nonviolent activism for positive change, and compassion for the human condition.*



# The Story of Sadako

*Long ago, in Japan, there was a girl named Sadako. She loved to run, laugh, and play with her friends and family as a child.*



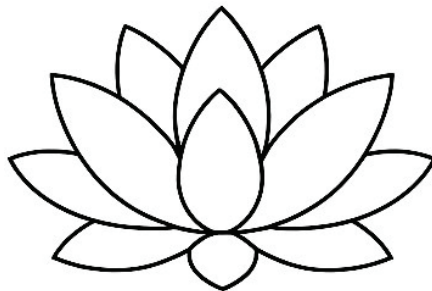
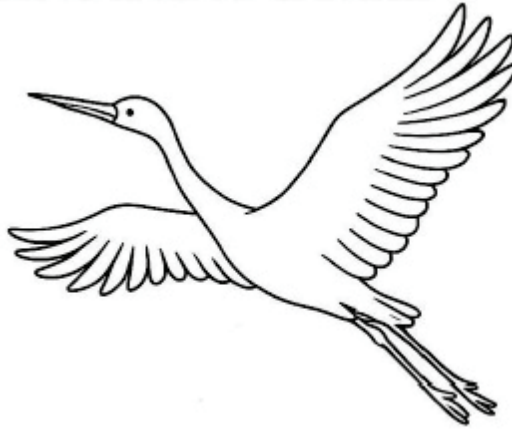
*She was kind to everyone and seemed to have a very loving, caring spirit. Sadako enjoyed being outside in nature. She was very happy and healthy.*



*That was until the war.*

*During the war, many people were injured, sick, and killed.*

*Although they were scared and struggled, she and her family survived the fighting, bombing, and other horrors of war.*



*After the war, at only 12-years-old, Sadako became very sick. The bomb dropped on the nearby city of Hiroshima during the war had caused her severe illness.*

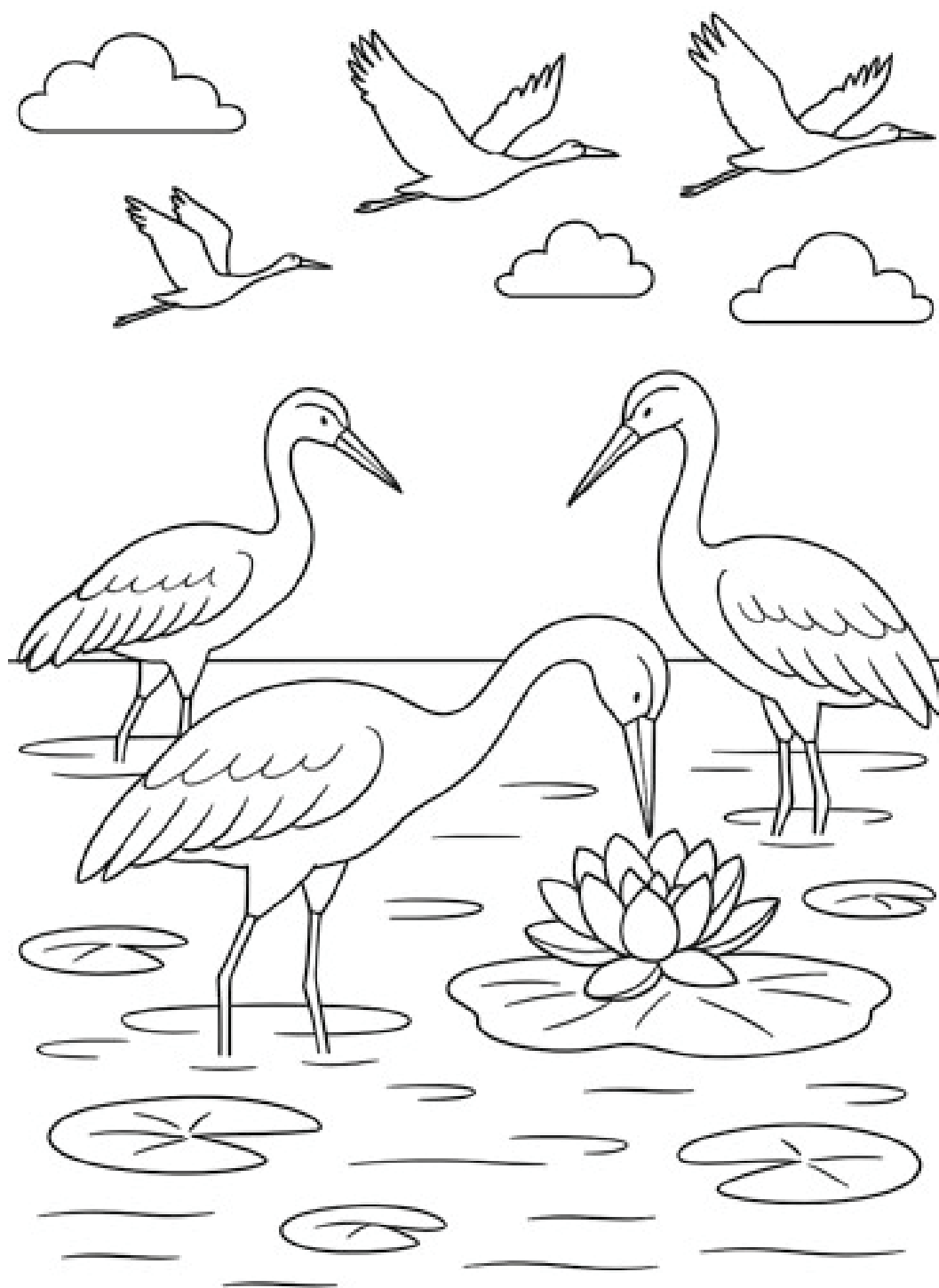


*Sadako remembered an old legend: if someone folded 1,000 Origami paper cranes, that person's wish would come true. So she started right away so she make a wish.*





*Cranes represent peace, hope, and healing. They can walk on the ground, in a pond or lake, and even the mud at times, and they can also fly. Cranes can see the down-to-earth viewpoints and also fly high above to see the big picture view and gain clear perspectives of any situation.*



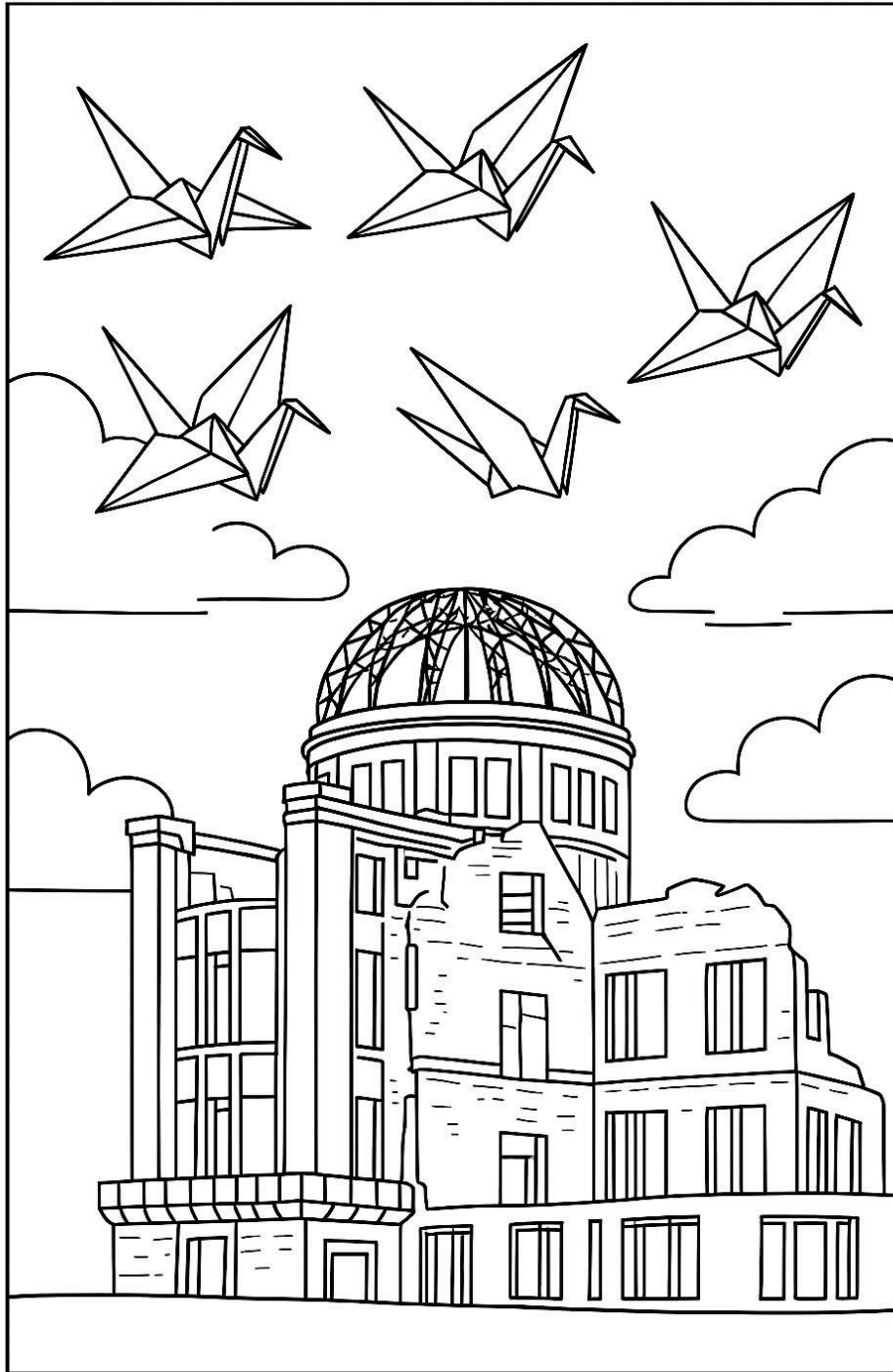


*Sadako folded many cranes. She wished for healing from her sickness, but more than anything, she wished for world peace. She saw the big picture that war was the real disease. War had caused so much pain and suffering for so many. She wished everyone just could get along and live in safety and peace.*



*Sadako kept folding her cranes for peace. Her friends and family helped her.*

*Although she grew tired and did not recover, they finished one thousand cranes in her honor.*



*To this day, we honor her wish for peace when we fold cranes. Peace can protect all children, family members, & animals from the horrors of war and the aftermath of related illnesses.*



*Sadako's wish for world peace still flies today, carried on the wings of every paper crane.*



## Reflections on Peace Quotes & Coloring Pages

*“Peace comes from within. Do not seek it without” - Buddha*





*“Peace is present right here and now, in ourselves and in everything we do” -  
Thich Nhat Hanh*



*“When we have inner peace, we can be at peace with those around us” - Dalai Lama*





*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” - Marianne Williamson*



*“Peace is the power at the heart of all creation” - Ernest Holmes*



*“Owning our story and loving ourselves through that process is the bravest thing we will ever do” - Brené Brown*



*“He who looks outside, dreams; he who looks inside, awakes” - Carl Jung*





*“When we focus on what we need rather than what is wrong, we have a greater chance of creating peace.” - Marshall Rosenberg (Non-Violent Communications [www.cnvc.org](http://www.cnvc.org))*



*“Imagine All The People Living Life In Peace” - John Lennon*



*“Let It Be.” – The Beatles*





*“Be the change you wish to see in the world” – Gandhi*



*“Let there be peace on Earth and let it begin with me.”*



*“All we are saying is give peace a chance” – John Lennon*





*Personal Peace Banner Project Starter Design – Draw in some faces, symbols, animals, plants, whatever you like to decorate your own banner for peace. You can write in words, phrases, names, or songs too.*



## My Peace Journal Prompts

*“If I could make wishes for peace come true, I would wish that...”*

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*“When, where, and how do I feel most peaceful? I remember feeling at peace and calm when....”*

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***“When I feel peaceful inside, I notice that ...”***

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## **Peace Affirmations for Inner Calm**

1. **“I carry peace within me, and it grows stronger each time I breathe.”**  
*(Reminds you that peace is already inside, waiting to be felt.)*
2. **“I release what I cannot control and rest in the calm of the present moment.”**  
*(Lets go of stress by focusing on the now.)*
3. **“My heart is open to compassion, kindness, and love—for myself and others.”**  
*(Strengthens self-kindness and outward empathy.)*
4. **“Every breath I take fills me with serenity and steadiness.”**  
*(Connects the body and mind through mindful breathing.)*
5. **“I deserve peace, balance, and joy in my life.”**  
*(Affirms your worthiness of inner harmony and happiness.)*
6. **“I choose calm over chaos and carry tranquility into each moment.”**  
*(Affirms your power to choose peace even in difficulty.)*
7. **“My mind is clear, my body is steady, and my spirit is at ease.”**  
*(Balances all aspects of yourself—mind, body, spirit.)*
8. **“I radiate kindness, and it returns to me in gentle ways.”**  
*(Connects your inner peace with the peace you give to others.)*
9. **“Stillness is my strength, and peace is my natural state.”**  
*(Reminds you that peace is not outside, but who you are at your core.)*
10. **“With each breath, I welcome harmony and let go of tension.”**  
*(Simple, powerful breathing reminder for daily use.)*

***Some Peaceful Affirmations (Positive Self-Talk) I could say to Help me Focus on Inner Peace are:***

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***Some Peaceful Affirmations I might say for World Peace include:***

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***Some Peaceful Affirmations to wish peace to someone or some situation that is challenging or difficult include:***

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***Some ways I could try to focus peaceful thoughts, set intentions for peace in my life, focus on peace for the world, and/or wish peace to people or situations that seem difficult include:***

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***When I wish peace for all of humankind, the animals, the earth, and all of life, I feel:***

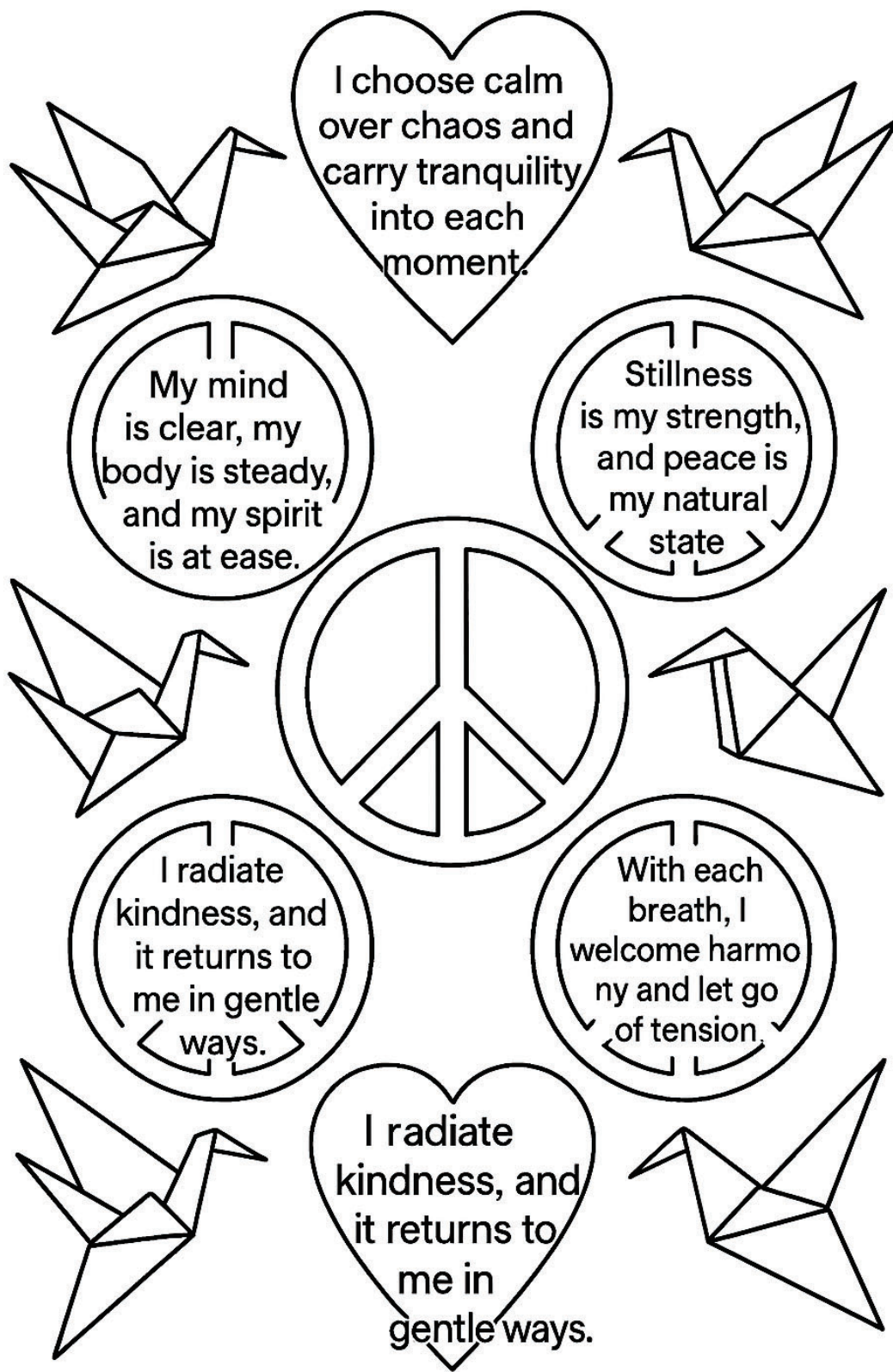
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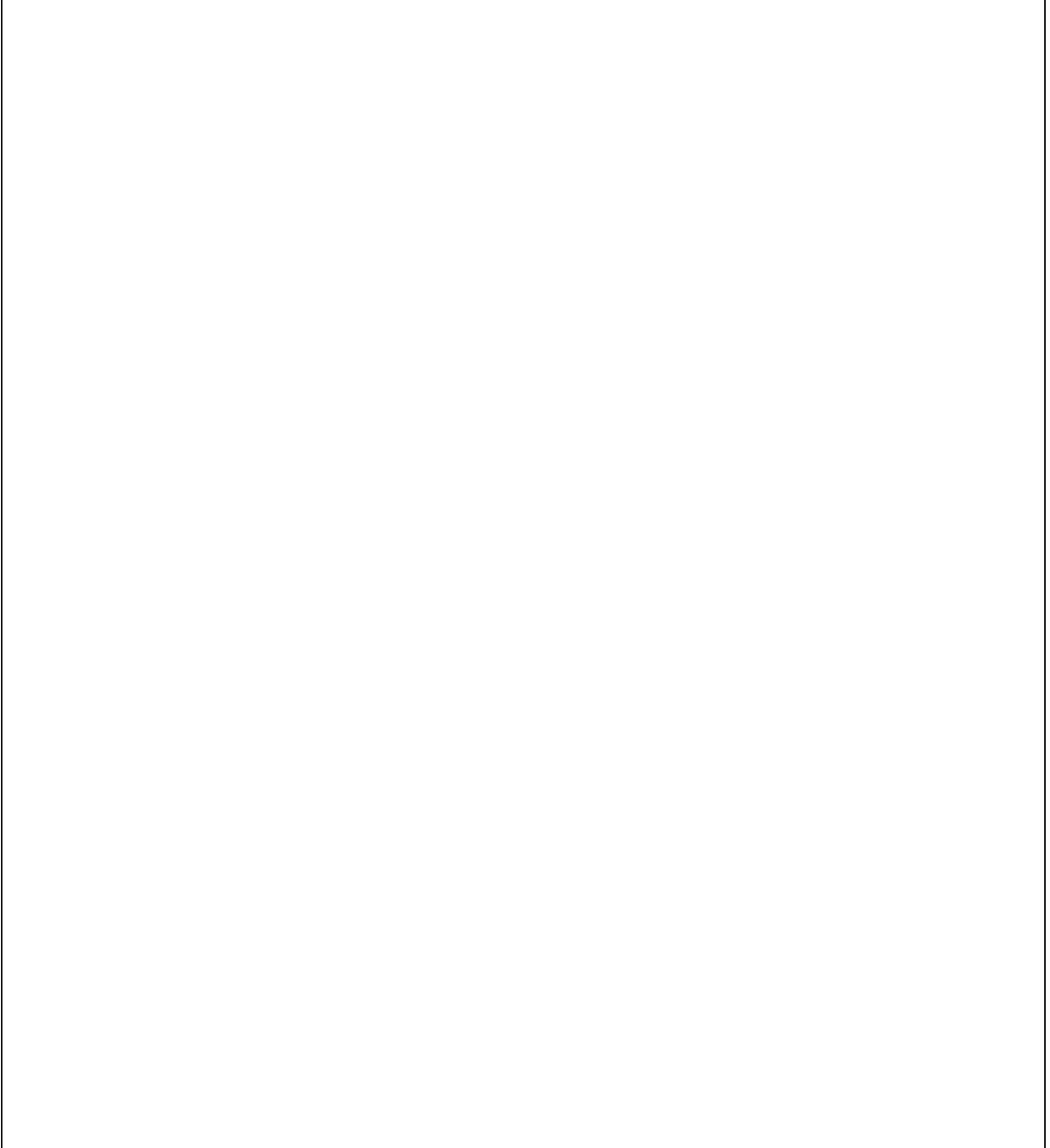
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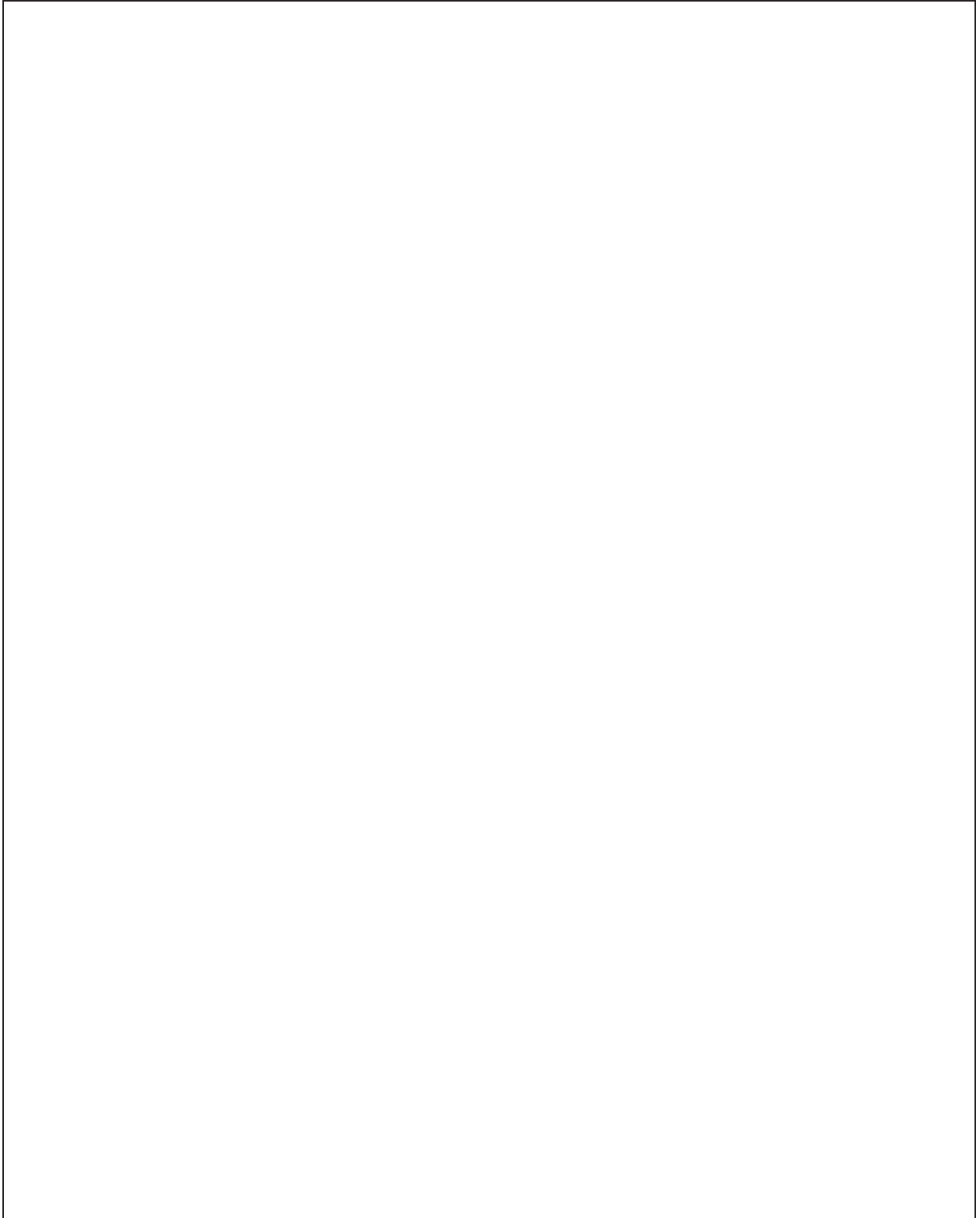


***Peace Affirmation Drawing Pages or Art Project Space***

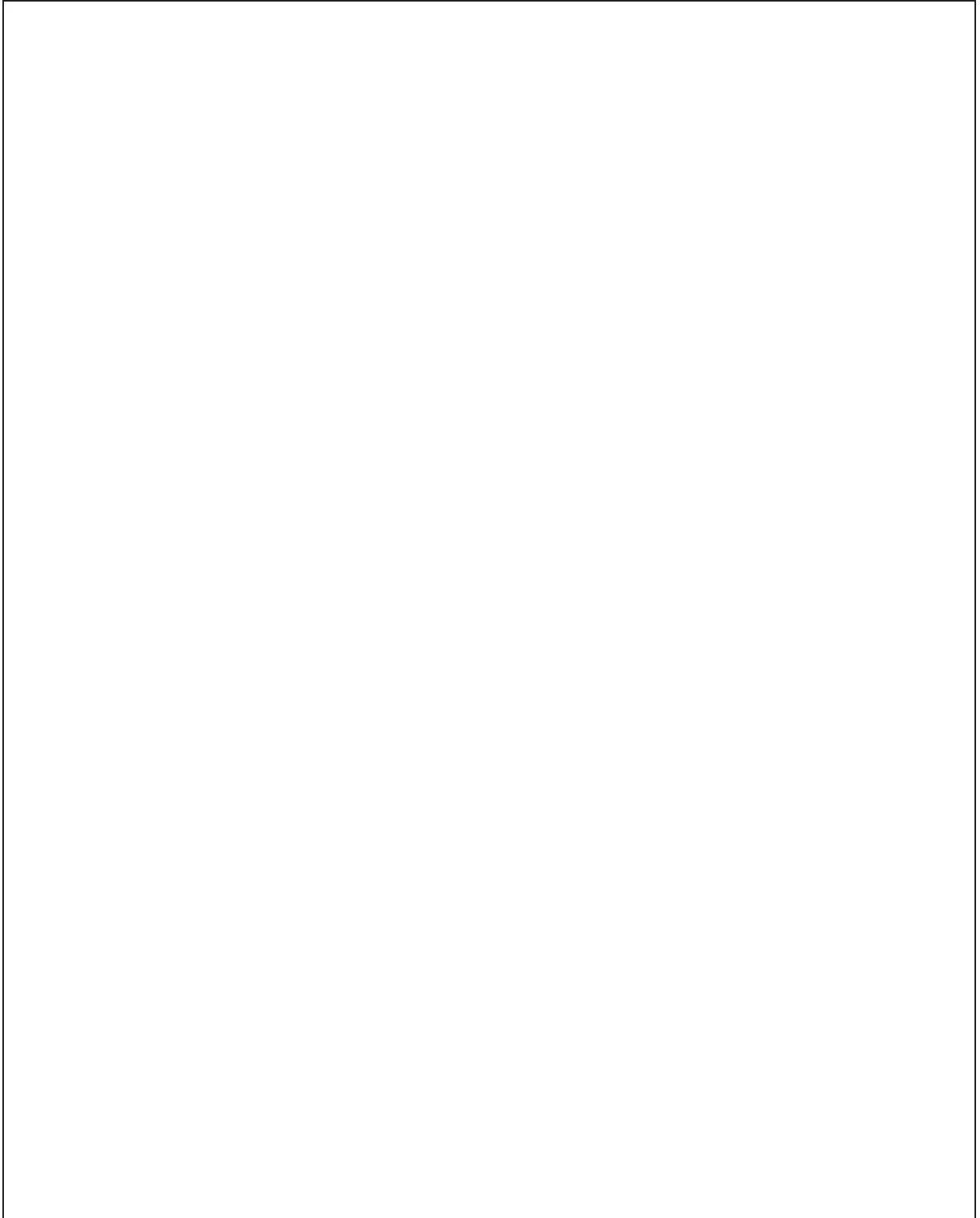
***“I honor my inner calm and let it guide my choices.”***



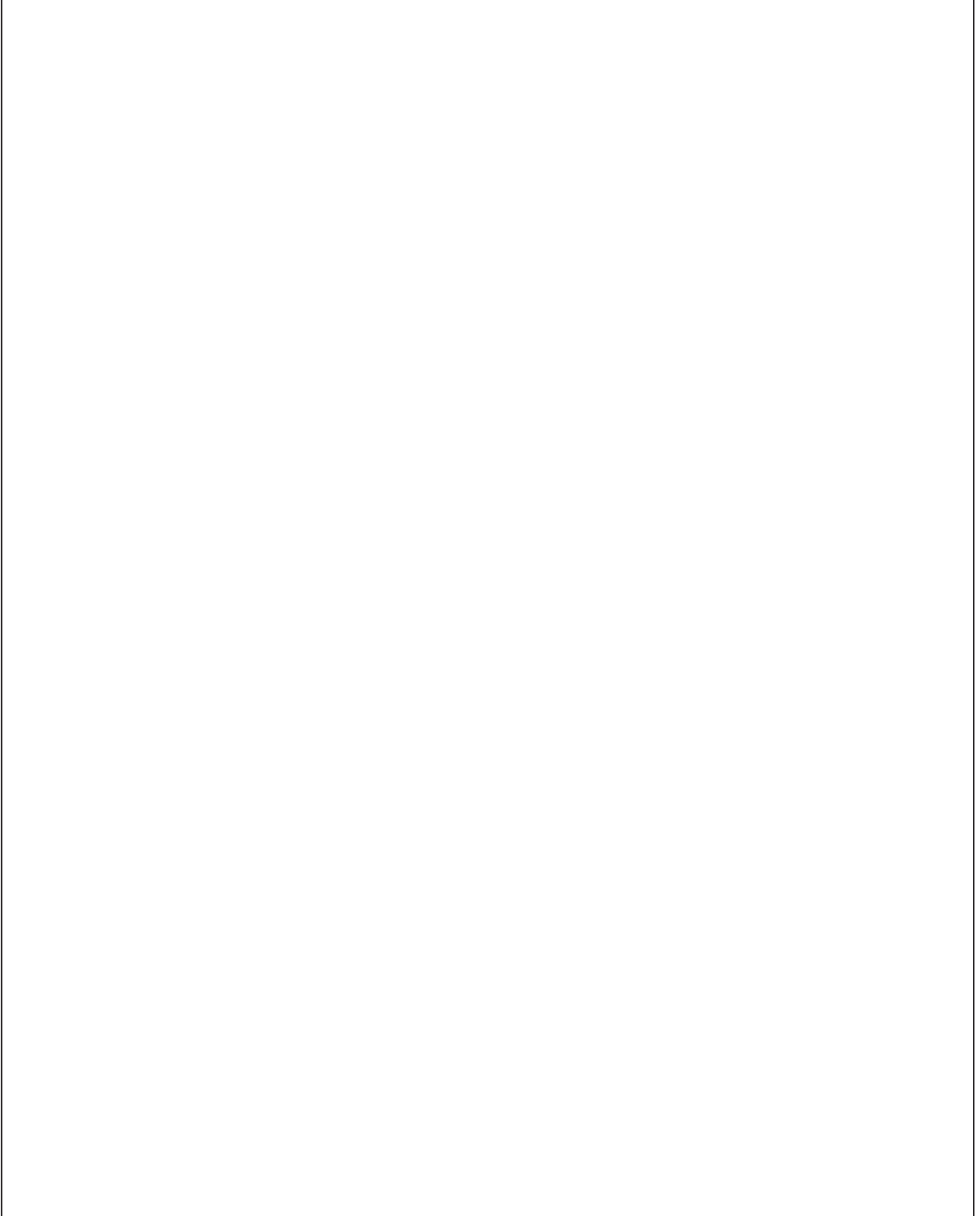
***“Peace flows through me and surrounds me with light.”***



***“I am safe, grounded, and whole in this moment.”***

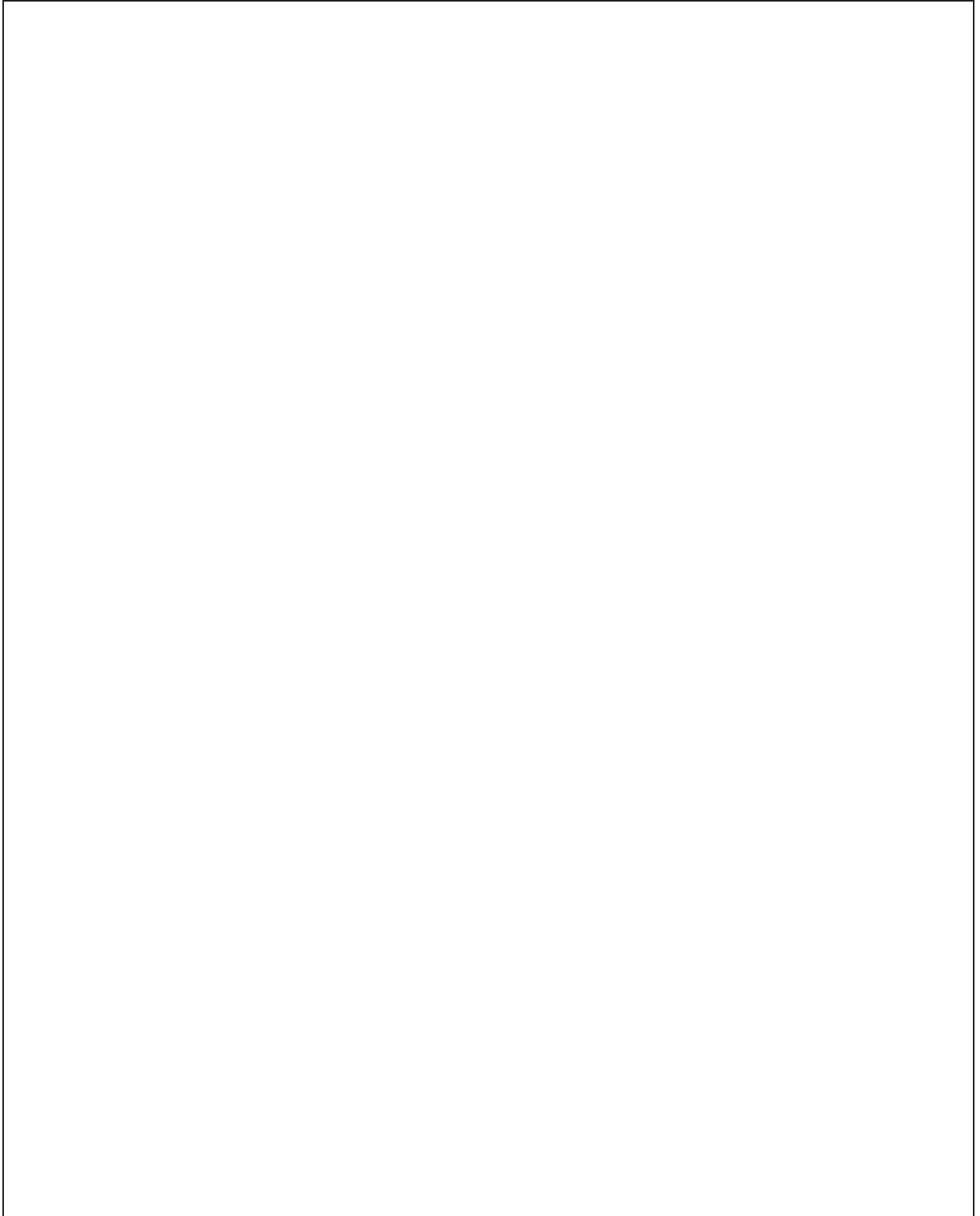


***“My thoughts are gentle, and my heart is open.”***





***“I create harmony within myself and share it with the world.”***

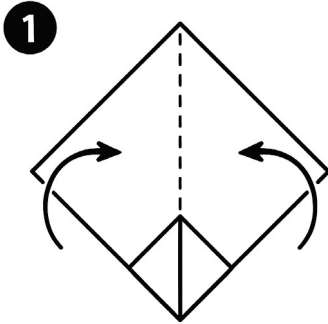


# Fold Your Own Origami Cranes

*Start with patience, fold with kindness, breathe with peace.*

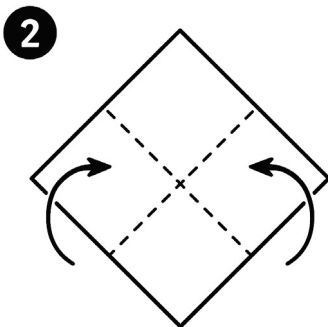
## Step 1

Step 1: Make guide lines. Fold the square in half horizontally and vertically, then open.



## Step 2

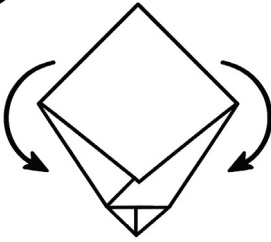
Step 2: Make X guide lines. Fold corner to corner both ways, then open.



## Step 3

Step 3: Collapse to a small square. Push the sides inward along the creases to flatten into a diamond with open flaps at the bottom.

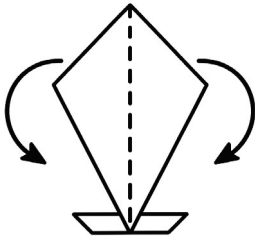
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## Step 4

Step 4: Kite folds (front). Fold left and right edges to the center line, then fold the top triangle down and unfold.

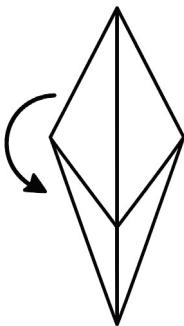
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## Step 5

Step 5: Petal fold (front). Lift the top flap upward along the creases to make a tall diamond, then flatten.

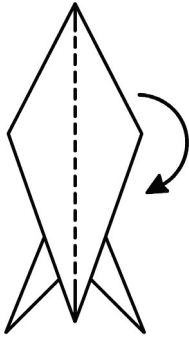
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## Step 6

Step 6: Kite + petal (back). Flip over and repeat steps 4–5 on the other side.

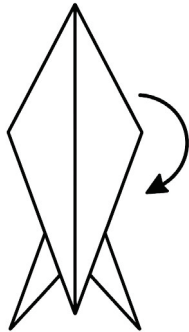
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## Step 7

Step 7: Make the body skinny. Fold lower edges into the center line on both sides.

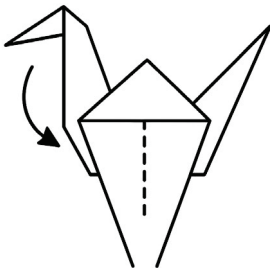
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## Step 8

Step 8: Form the neck and tail. Lift the bottom flaps upward along the center line.

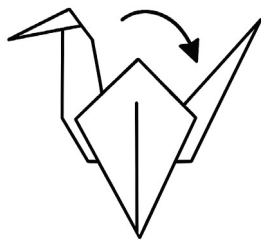
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## Step 9

Step 9: Inside reverse fold the neck and tail. Open slightly and push tips inside to flip upward neatly.

9



## Step 10

Step 10: Make the head. Reverse fold the tip of the neck downward to form the beak.

## Step 11

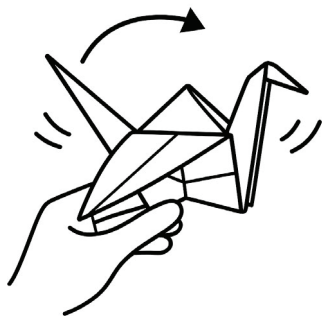
Step 11: Create the wings. Fold down the top flaps on each side so they line up with the bottom.

## Step 12

Step 12: Finish & shape. Gently pull wings apart and puff the body slightly.

## Step 13

Step 13: Optional – Make it flap! Hold the body and gently pull the tail back and forth to flap the wings.



## ***Dedications***

*This e-book is dedicated to all those seeking, finding, and spreading peace. Each of us can cultivate inner peace and share it, Peace can start with a deep breath and intention for peace. Peace can be found in simple childlike pleasures such as reading a story coloring or drawing, making a wish, doing a craft project, or just settling our minds and heart with a 5 or 10 second intention to focus on just the word peace itself. Then maybe we can focus on the meaning of peace. Then, we might move on to considering what peace feels like, looks like, images or colors or songs or phrases that come to mind. It can be simple or more complex.*

*First, we can begin with self-compassion, acceptance, and kindness to grow our own inner peace. Second, we can grow that inner peace to shine around us surrounding our families, our friends, our neighbors, our communities, and outward to other people. Then, we can choose to take more actions for peace, through peace meditations, dances and songs of peace, talking and writing about peace. The more we become peaceful, the more we may want to share our peace with others, spreading messages of hope and peace to more and more people. Practicing peaceful thoughts, actions, and words throughout our day can cause a ripple effect that can affect others.*

*May our world become brighter with every crane we fold, every image we color, every act of kindness, compassion, acceptance, and peace we share. Affirm that: Peace begins lives within us; Peace surrounds us; and Peace Spreads Through Us. Peace fills us with love, compassion, kindness, respect, and acceptance of ourselves and others on this planet.*

*I'd like to express love and gratitude to my loving, peaceful, and supportive husband Kirk Jacinto. I also want to thank the people from the Centers for Spiritual Living who helped inspire the creation of this e-book for peace, especially Atascadero's Carol Anne, Laurie, and Rev. Elizabeth and Charlotte's Rev. Rosedale. I also appreciate the "What Else is Possible?" band at Awakenings Ways for singing songs of hope, compassion, joy, and peace weekly.*

*Also, I give credit to ChatGPT for help with the vector art and editing in the development of this e-book. AI technology can be used for benevolent intentions to help improve the quality of life for all living beings. I hope that AI will be used ethically and responsibly by world leaders to bring about world peace, universal health, conservation of the planet, and for all living beings to thrive in cooperation, collaboration, and teamwork.*

*Namaste! The Divine Peaceful Light in me recognizes, honors, and bows to the Divine Peaceful Light that is also in You), Patricia (Patti Joy) Higgins, PhD*



**May all beings be peaceful. May all beings be happy. May all beings be safe. May all beings awaken to the light of their true nature. May all beings be free.**