Peacefulness is an inner sense of calm - it comes from becoming still - in  
order to reflect and meditate on our inner wisdom and receive answers. A  
peaceful heart is one that is free from worry and trouble. It's becoming quiet  
so we can look at things quietly so we can more clearly understand them and  
thus come up with creative solutions. It is learning to live in the present.

 “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

[17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, 18 because anyone who serves Christ in this way is pleasing to God and receives human approval. 19 Let us therefore make every effort to do what leads to peace and to mutual edification.](http://www.biblestudytools.com/passage/?q=Romans+14:17-19)

“Out beyond ideas of wrongdoing   
and rightdoing there is a field.  
I'll meet you there.  
  
When the soul lies down in that grass  
the world is too full to talk about.

When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed.”

When Great Trees Fall  
  
When great trees fall,  
rocks on distant hills shudder,  
lions hunker down  
in tall grasses,  
and even elephants  
lumber after safety.  
  
When great trees fall  
in forests,  
small things recoil into silence,  
their senses  
eroded beyond fear.  
  
When great souls die,  
the air around us becomes  
light, rare, sterile.  
We breathe, briefly.  
Our eyes, briefly,  
see with  
a hurtful clarity.  
Our memory, suddenly sharpened,  
examines,  
gnaws on kind words  
unsaid,  
promised walks  
never taken.  
  
Great souls die and  
our reality, bound to  
them, takes leave of us.  
Our souls,  
dependent upon their  
nurture,  
now shrink, wizened.  
Our minds, formed  
and informed by their  
radiance,  
fall away.  
We are not so much maddened  
as reduced to the unutterable ignorance  
of dark, cold  
caves.  
  
And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.”

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
  
Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:   
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.  
  
The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed--and gazed--but little thought  
What wealth the show to me had brought:  
  
For oft, when on my couch I lie  
In vacant or in pensive mood,   
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.”

.But the Mahommedan religion increases, instead of lessening, the fury of intolerance. It was originally propagated by the sword, and ever since, its votaries have been subject, above the people of all other creeds, to this form of madness. In a moment the fruits of patient toil, the prospects of material prosperity, the fear of death itself, are flung aside. The more emotional Pathans are powerless to resist. All rational considerations are forgotten. Seizing their weapons, they become Ghazis—as dangerous and as sensible as mad dogs: fit only to be treated as such. While the more generous spirits among the tribesmen become convulsed in an ecstasy of religious bloodthirstiness, poorer and more material souls derive additional impulses from the influence of others, the hopes of plunder and the joy of fighting. Thus whole nations are roused to arms. Thus the Turks repel their enemies, the Arabs of the Soudan break the British squares, and the rising on the Indian frontier spreads far and wide. In each case civilisation is confronted with militant Mahommedanism. The forces of progress clash with those of reaction. The religion of blood and war is face to face with that of peace.”

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children’s lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.”

Our bodies have five senses: touch, smell, taste, sight, hearing. But not to be overlooked are the senses of our souls: intuition, peace, foresight, trust, empathy. The differences between people lie in their use of these senses; most people don't know anything about the inner senses while a few people rely on them just as they rely on their physical senses, and in fact probably even more.”

“If you don't want a man unhappy politically, don't give him two sides to a question to worry him; give him one. Better yet, give him none. Let him forget there is such a thing as war. If the government is inefficient, top-heavy, and tax-mad, better it be all those than that people worry over it. Peace, Montag. Give the people contests they win by remembering the words to more popular songs or the names of state capitals or how much corn Iowa grew last year. Cram them full of noncombustible data, chock them so damned full of 'facts' they feel stuffed, but absolutely 'brilliant' with information. Then they'll feel they're thinking, they'll get a sense of motion without moving. And they'll be happy, because facts of that sort don't change.”

“Every person needs to take one day away.  A day in which one consciously separates the past from the future.  Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence.  Each person deserves a day away in which no problems are confronted, no solutions searched for.  Each of us needs to withdraw from the cares which will not withdraw from us.”

The Simple Path  
Silence is Prayer  
Prayer is Faith  
Faith is Love  
Love is Service  
The Fruit of Service is Peace

For Equilibrium, a Blessing:  
Like the joy of the sea coming home to shore,  
May the relief of laughter rinse through your soul.  
As the wind loves to call things to dance,  
May your gravity by lightened by grace.  
Like the dignity of moonlight restoring the earth,  
May your thoughts incline with reverence and respect.  
As water takes whatever shape it is in,  
So free may you be about who you become.  
As silence smiles on the other side of what's said,  
May your sense of irony bring perspective.  
As time remains free of all that it frames,  
May your mind stay clear of all it names.  
May your prayer of listening deepen enough  
to hear in the depths the laughter of god.

The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.

That was when it was all made painfully clear to me. When you are a child, there is joy. There is laughter. And most of all, there is trust. Trust in your fellows. When you are an adult...then comes suspicion, hatred, and fear. If children ran the world, it would be a place of eternal bliss and cheer. Adults run the world; and there is war, and enmity, and destruction unending. Adults who take charge of things muck them up, and then produce a new generation of children and say, "The children are the hope of the future." And they are right. Children are the hope of the future. But adults are the damnation of the present, and children become adults as surely as adults become worm food.   
Adults are the death of hope.”

Happiness, true happiness, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy.

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

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The most important thing is to enjoy your life - to be happy - it's all that matters.

I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.

A birthday is just another day where you go to work and people give you love. Age is just a state of mind, and you are as old as you think you are. You have to count your blessings and be happy.

“We begin from the recognition that all beings cherish happiness and do not want suffering. It then becomes both morally wrong and pragmatically unwise to pursue only one’s own happiness oblivious to the feelings and aspirations of all others who surround us as members of the same human family. The wiser course is to think of others when pursuing our own happiness.”

“The pleasure which we most rarely experience gives us greatest delight.”

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

The only thing that will make you happy is being happy with who you are, and not who people think you are.  
Read more at: http://www.brainyquote.com/quotes/keywords/happy.html