

## A Picture of Peace

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There once was a King who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The King looked at all the pictures, but there were only two he really liked, and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror for the peaceful towering mountains all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The second picture had mountains, too. But these were rugged and bare. Above was an angry sky from which rain fell, and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all. But when the King looked further, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the plant a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest... a picture of perfect peace.

Which picture won the prize? The King chose the second picture. Why? "Because," explained the King, "peace does not mean to be in a place where there is no noise, trouble or hard work. Peace means to be in the midst of all hardship and chaos and still be calm in your spirit. That is the real meaning of peace."