

Weekly Wisdom



Grow the Green for You and Your Team



“Not one of us can rest, be happy, be at home, be at peace with ourselves, until we end hatred and division.” –John Lewis

The Wisdom of Peaceful Societies

The human suffering of war is taking a toll on us all. It's hard to find reasons for hope.

It turns out, there *is* reason for hope. Columbia University researchers are studying the hundreds of “peace systems” that exist in the world.

“Peace systems are clusters of neighboring societies that do not make war with their neighbors.” Their existence challenges the assumption that conflict must be the norm.

The peace systems look a lot like “wise societies.” (Their behaviors correspond with those seen in happy marriages!)

Sustainable peace happens through “positive reciprocity: *I show you a kindness and you do me a favor in return, multiplied throughout the social world a million times over.*”

Peaceful societies are often very diverse, but members are intentional about how they speak and carry out their roles. They know that peace cannot be taken for granted.