

One World, One Heart

Susan Polis Schutz

Designed and Illustrated by

Stephen Schutz

*Everyone has the same basic needs and emotions. We must put aside our differences and come together as one in peace, understanding and tolerance. **Blue Mountain Arts** of Boulder, Colorado is giving this book away FREE. We hope readers everywhere will listen to the author's message.*

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One World, One Heart promotes understanding, peace, and tolerance for all people. Blue Mountain Arts hopes that people throughout the world will listen to the author's message and is giving permission to reproduce this book as follows:

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One World, One Heart

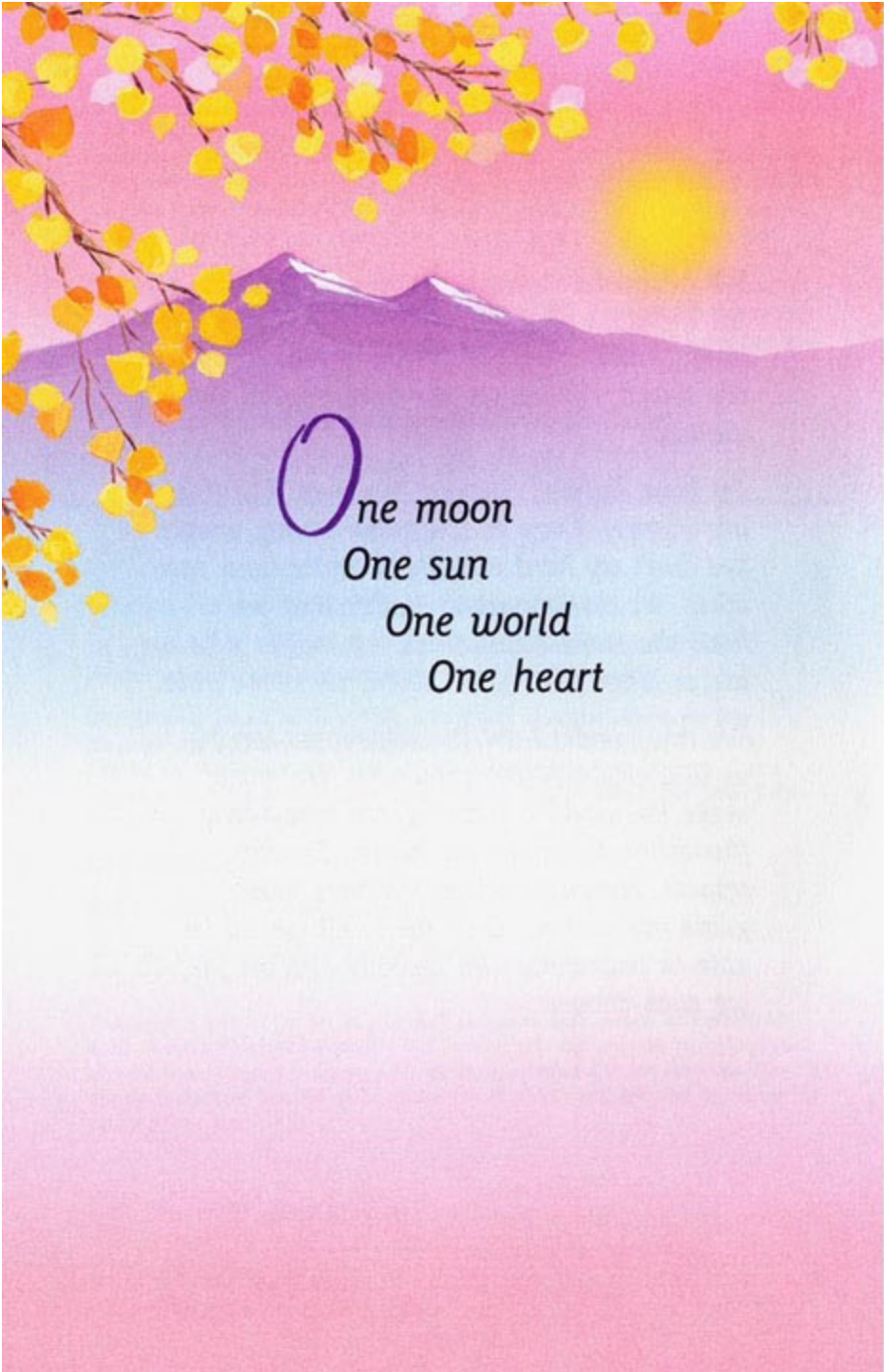
INTRODUCTION

We all hear the same sounds. We look up and see the same sky. We cry the same tears. Our feelings and emotions are the same. All mothers are sisters. All fathers are brothers. All children are one.

Yet there is hate. There is violence. There is intolerance. There is confusion among people. We don't try hard enough to understand each other. We don't seem to realize that we all have the same basic needs, no matter who we are or what part of the world we come from.

We must understand the differences among us and celebrate the sameness. We must make the world a place where love and friendship dominate our hearts. Equality, respect, compassion and kindness must guide our actions. Only then will we all be able to peacefully and lovingly live the life we each choose.

Susan Polis Schutz

A vibrant illustration of a landscape. In the foreground, there are purple mountains with white snow-capped peaks. The sky is a gradient of pink and light blue, with a bright yellow sun in the upper right. In the top left corner, there are branches with yellow and orange autumn leaves. The text is centered in the lower half of the image.

*O*ne moon
One sun
One world
One heart

*W*e need to feel more
to understand others
We need to love more
to be loved back
We need to cry more
to cleanse ourselves
We need to laugh more
to enjoy ourselves

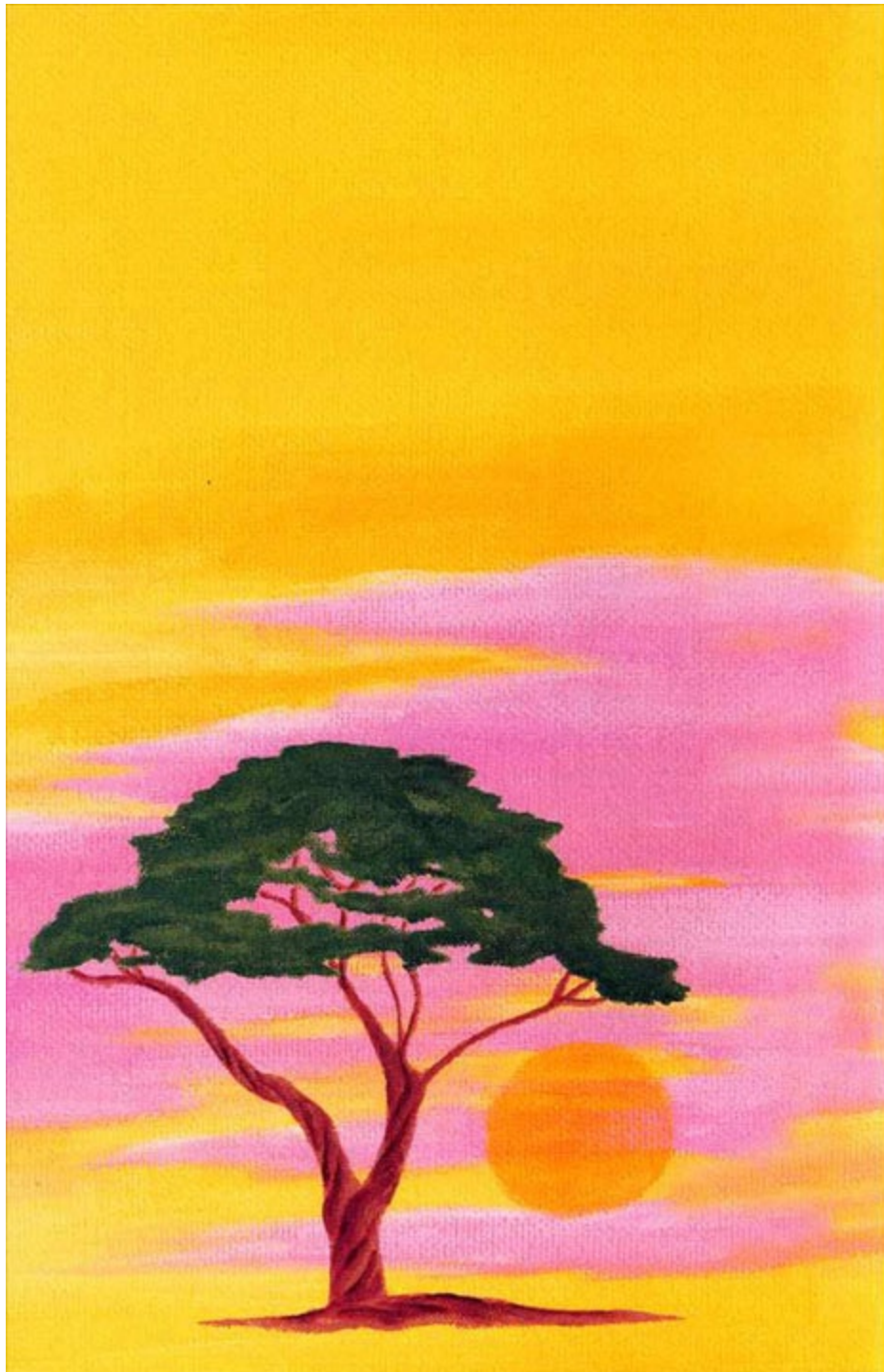
We need to be honest and fair
when interacting with people
We need to establish a strong ethical basis
as a way of life
We need to see more
than our own fantasies
We need to hear more
and listen to the needs of others
We need to give more
and take less
We need to share more
and own less
We need to realize the importance of the family
as a backbone to stability
We need to look more
and realize that we are not so different from one another

We need to create a world where
we can trust one another
We need to create a world where
we can all peacefully live
the life we choose

*W*e all cry the same tears
tears of fright
tears of sadness
tears of loss
tears of frustration
tears of disappointment
tears of loneliness
Lands are flooded with our tears
We need one another's
kindness, cooperation, trust and respect
to survive



*W*e must talk
until there are no more words
We must explain
until everything is understood
We must be honest
until nothing is hidden
We must listen
until everything has been said
We must question
so that we know why
We must be fair
so that everyone's basic needs are met
If there is no communication
there will be no bond
If there is no bond
there will be no friendship



Nothing Should Divide Us

*W*e who inherit the earth
who cheer the new moon peaking
through the womb
who admire the green leaves of summer
turning to lustrous reds and yellows
who watch them fall to the ground
cold, brown and stiff...

We who give birth to new life
who are exhilarated by the sun rising
who are romanced by the sun setting
who dream to the floating clouds...

We who have a passing mark on the future of the world
must have the same heart
must have compassion for one another
must have respect for one another
must understand that though we have differences
we all want the same things
Nothing should divide us

*W*e must overcome hate
We must overcome violence
We must overcome greed
We must overcome fighting
We must overcome cruelty

*We must overcome all that
tears people apart
and concentrate on all that
brings people together*

The Fight

*T*he heart wants to love
yet we hate
The heart wants to understand
yet we are confused
The heart wants equality
yet we try to dominate one another
The heart wants peace
yet we fight
The heart wants to give
yet we are greedy
The heart wants to help
yet we destroy
The heart wants to care
yet we are insensitive
If only the heart
were a little stronger



*We Know Better,
All Women Are One*

I am a woman like you are
I am a mother like you are
I am a worker like you are
I am an inamorata like you are
Yet because you live there
and I live here
or because your appearance or lifestyle
is different from mine
people tell us we are not alike
But we can see the differences
in each other's beliefs because
our intrinsic ideals are the same
People tell us we are not alike but
we know better
We are all one



Celebrate All That Binds Us Together

*C*elebrate
the budding flowers
the clear blue sky
the deep green forests
the perfect full moon
the twinkling stars
Celebrate
the miracle of a baby
the optimism of children
the laughter of adolescents
the responsibility of adults
the wisdom of our elders
Celebrate
the love in our hearts
the spirit in our souls
the health of our bodies
Celebrate
all that binds us together
as one

love

English

miłość

Polish

عشق

Farsi and Dari

kaerlighed

Danish

स्नेह

Sanskrit

אהבה

Hebrew

liefde

Dutch

ラブ

Japanese

upendo

Swahili

حُب

Arabic

αγάπη

Greek

ЛЮБОВЬ

Russian

amor

Latin

amore

Italian

amour

French

مینه

Pashtu

liebe

German

amor

Spanish

sevgi

Turkish

愛

Chinese

kärlek

Swedish

چاہت

Urdu

rakastaa

Finnish

kjærlighet

Norwegian

amor

Portuguese

sôo

Hausa

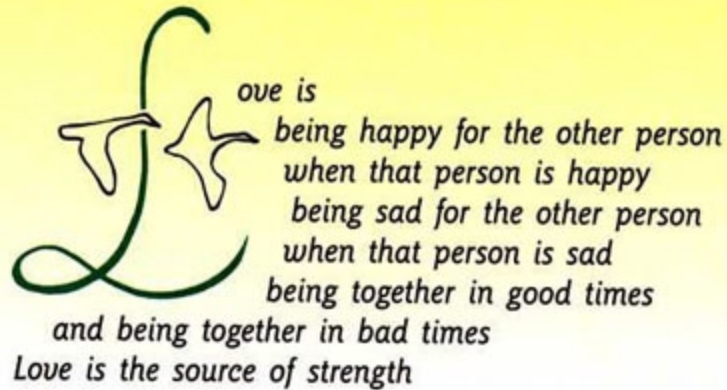
Love Is the Soul of Hearts



Love is
the meaning of poetry
the inspiration of dreams
the passion of dance
the music of songs

Love is
the spirit of souls
the emotion of hearts
Love is
the poetry of dreams
the dance of songs
and the
soul of hearts

Love



love is
being happy for the other person
when that person is happy
being sad for the other person
when that person is sad
being together in good times
and being together in bad times
Love is the source of strength

Love is
being honest with yourself at all times
being honest with the other person at all times
telling, listening, respecting the truth
and never pretending

Love is the source of reality

Love is
an understanding so complete that
you feel as if you are a part of the other person
accepting that person just the way he or she is
and not trying to change each other to be something else

Love is the source of unity

Love is
the freedom to pursue your own desires
while sharing your experiences with the other person
the growth of one individual alongside of
and together with the growth of another individual

Love is the source of success

Love is
the excitement of planning things together
the excitement of doing things together
Love is the source of the future

Love is
the fury of the storm
the calm in the rainbow
Love is the source of passion

Love is
giving and taking in a daily situation
being patient with each other's needs and desires
Love is the source of sharing

Love is
knowing that the other person
will always be with you regardless of what happens
missing the other person when he or she is away
but remaining near in heart at all times
Love is the source of security

Love is the
source of life



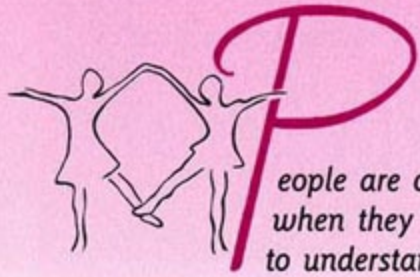
*All Mothers Are Sisters,
All Fathers Are Brothers
and All Children Are One*

*W*hen you interact with children
you must always keep in mind
that everything you do and say
has an enormous impact on their lives
If you treat children
with love and respect
it will be easier for them
to love and respect themselves and others
If you treat children
with freedom and honesty
it will be easier for them
to develop confidence in their
abilities to make decisions
If you treat children
with intelligence and sensitivity
it will be easier for them
to understand the world
If you treat children
with happiness, kindness and gentleness
it will be easier for them
to develop into adults capable
of enjoying all the beautiful things
in life



We Must Learn to Understand One Another

*C*onflicts always occur
It is in the resolution of conflicts
that human beings stand out
Every conflict can and should be calmed
by talking about and understanding
one another's needs
and by acting with compassion
to solve the differences
This is how all people should get along
This is how we must get along



*People are only complete
when they have a true friend
to understand them
to share all their
passions and sorrows with and
to stand by them
throughout their lives*



*friend is
someone who is concerned
with everything you do*

*A friend is
someone to call upon
during good and bad times*

*A friend is
someone who understands
whatever you do*

*A friend is
someone who tells you
the truth about yourself*

*A friend is
someone who knows
what you are going through
at all times*

*A friend is
someone who does not
compete with you*

*A friend is
someone who is genuinely happy
for you when things go well*

*A friend is
someone who tries to
cheer you up when
things don't go well*

*A friend is
an extension of yourself
without which
you are not complete*

*M*usic transcends barriers
among people
Slow, soft songs
 eyes are sad and misty
Fast songs
 eyes are sparkling
Old familiar songs
 eyes are dreamy
Witty songs
 eyes are laughing
Religious songs
 eyes are wistful

When listening to our own music
we are all one



Let Everyone Sing in Harmony

I see the hurt in your eyes
I see the joy in your eyes
I see the fear in your eyes
We have the same laughter and tears

I smell the beautiful rose
I smell the crisp, clear air
I smell the autumn leaves
Nature's magnificent aromas are the same
 all over the world

I hear the songs of birds
I hear the violins in the symphony
I hear the solitude of death
I hear the laughter of children playing
We all listen to the same sounds



All Hearts Must Be One

*E*veryone has the same emotions
Everyone has the same feelings
Everyone has the same desires
No matter where we live
or what we believe in
all hearts must be one

*W*e must make the world
a place where
love dominates our hearts
nature sets the standard for beauty
simplicity and honesty are
the essence of our relationships
kindness guides our actions
and everyone respects one another



ne sun

One moon



ne world

One heart