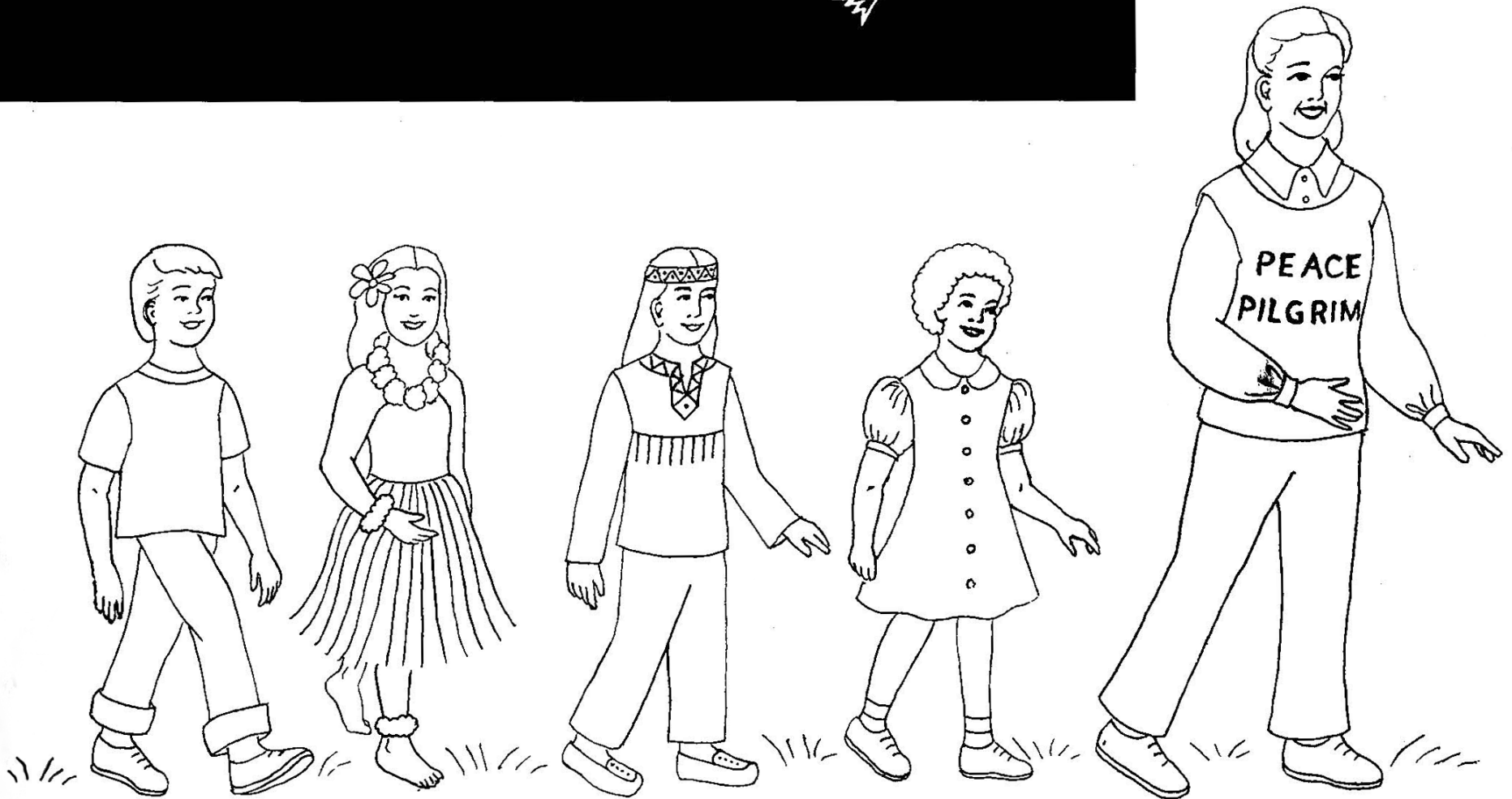


# Peace Pilgrim

## A True Story for Young People



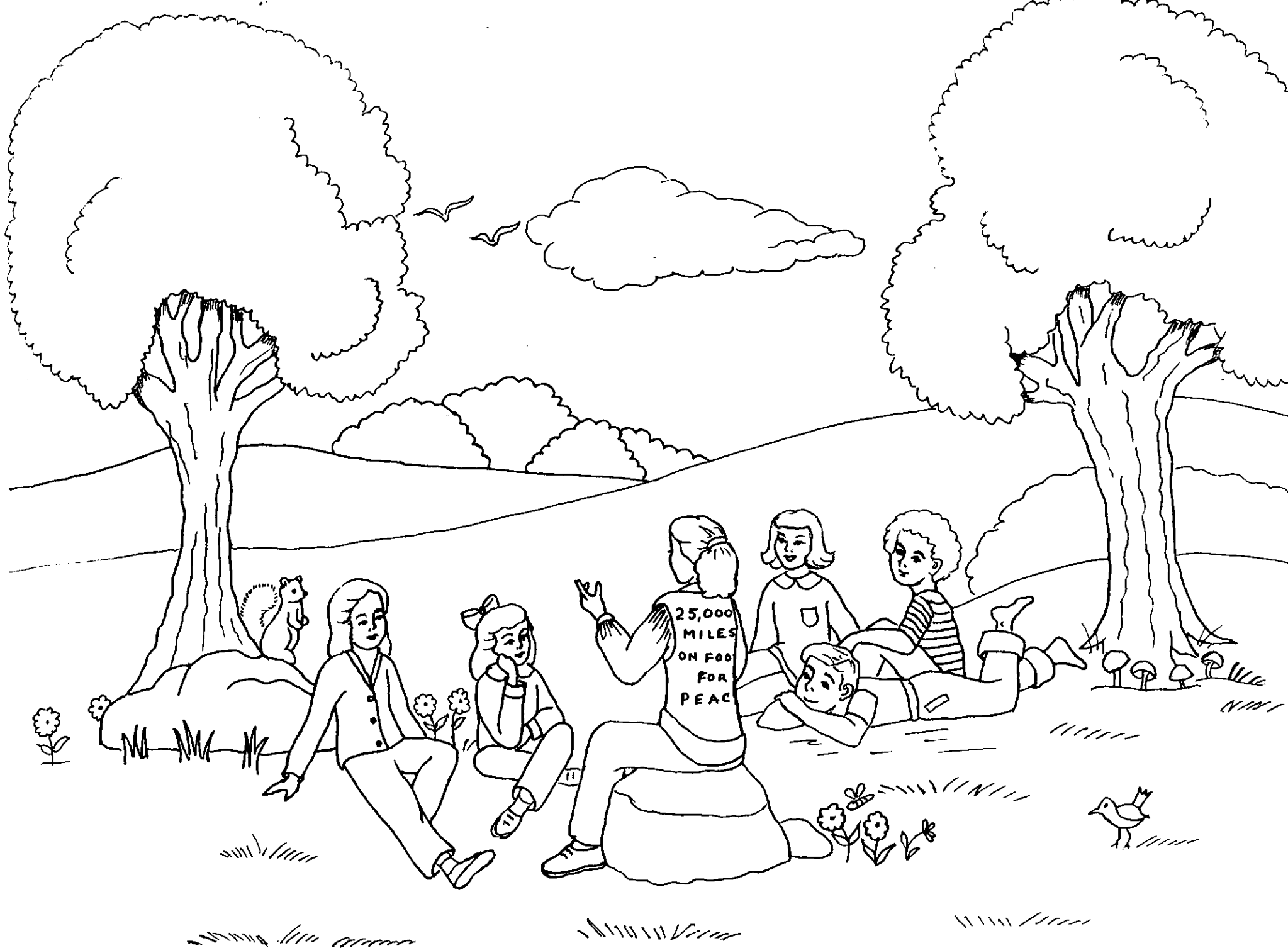
**A Coloring Storybook for Children  
on the life and teachings  
of  
Peace Pilgrim**

Text by Gary D. Guthrie  
Drawings by Barbara Werner

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First printing, 1999

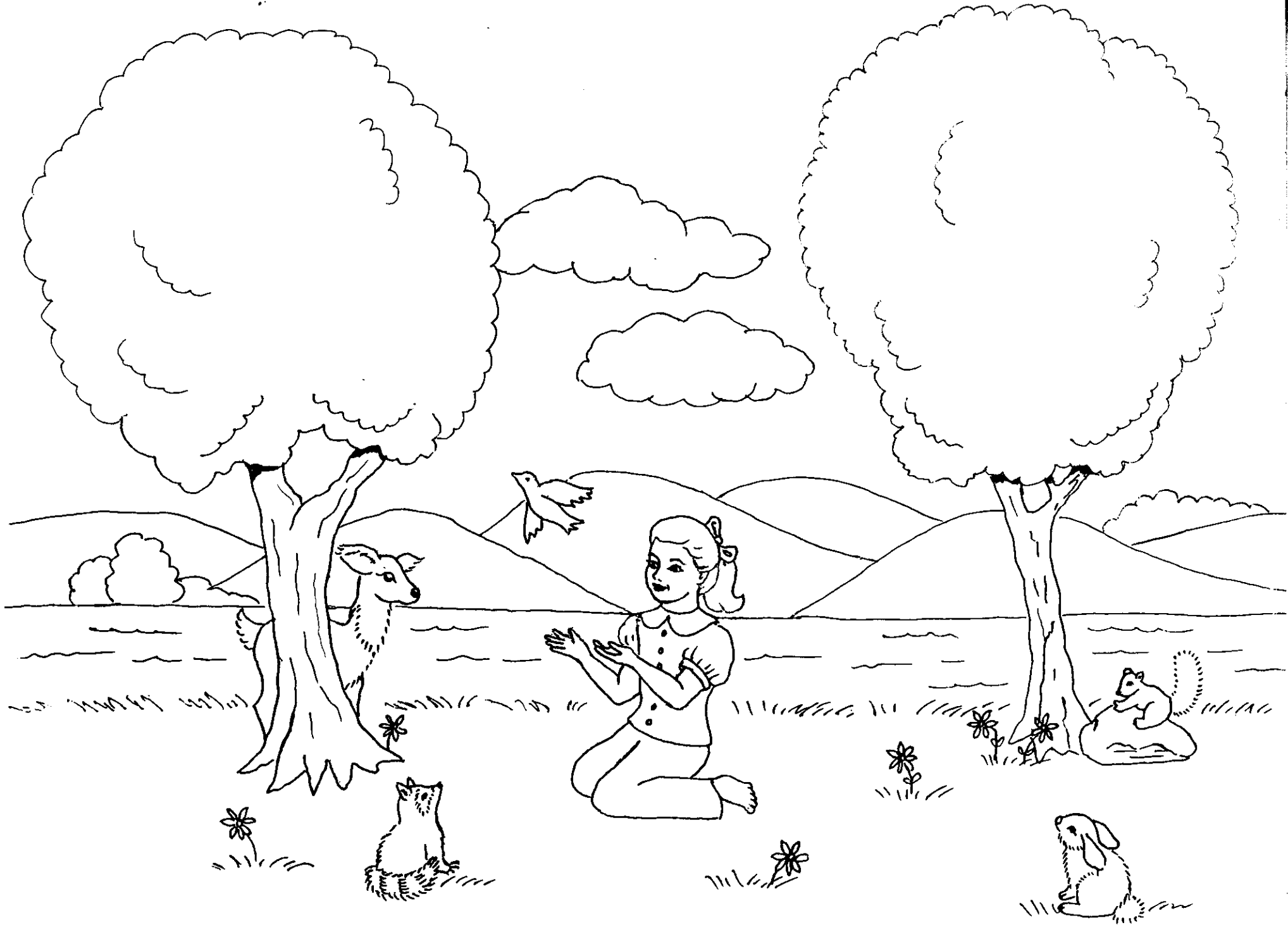
Once there was a woman who some people say was very special. She walked across the United States six times. She carried no money or food and said, “I will fast until given food and walk until given shelter.”

She slept in many places, such as in barns, on haystacks or along the roadside unless she was offered a place to stay. Adults and children liked her because she was full of interesting stories about how people could have peace within themselves and among each other.



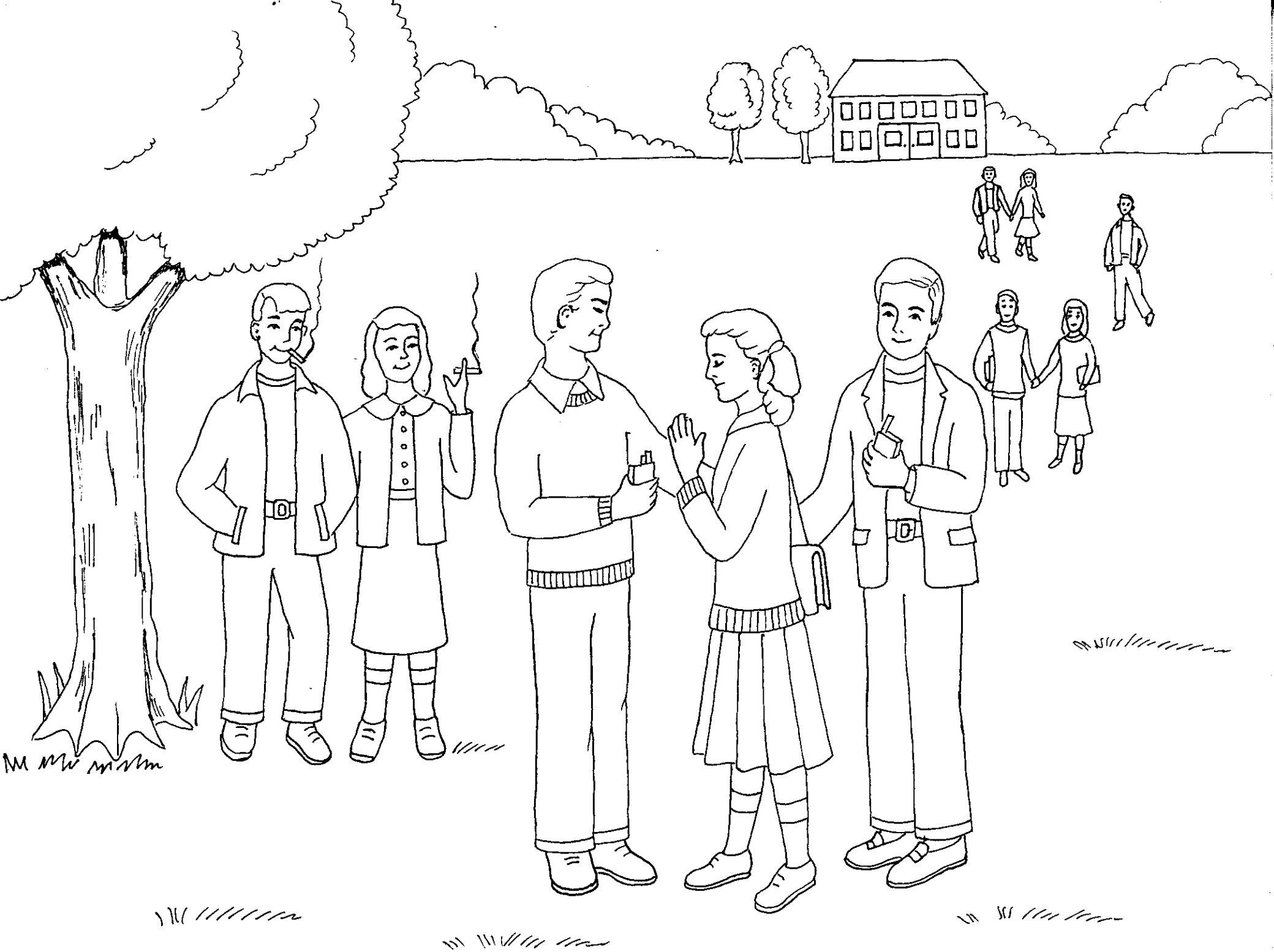
Once a young boy saw her walking through his town and asked her, “Have you always been a wanderer walking across America, a pilgrim dressed in blue?”

She smiled and answered him, “No, I was once a child just like you and your friends. I had light yellow hair, almost the color of gold. I liked to climb trees and play with animals. Where I grew up there was a woods to play in, a small river to swim in, and lots of room to grow up in.”



She also told the young boy that as a child she began preparing for her pilgrimage without knowing she was doing so. She did this by always deciding and doing the best things for her inner growth and spiritual understanding of life.

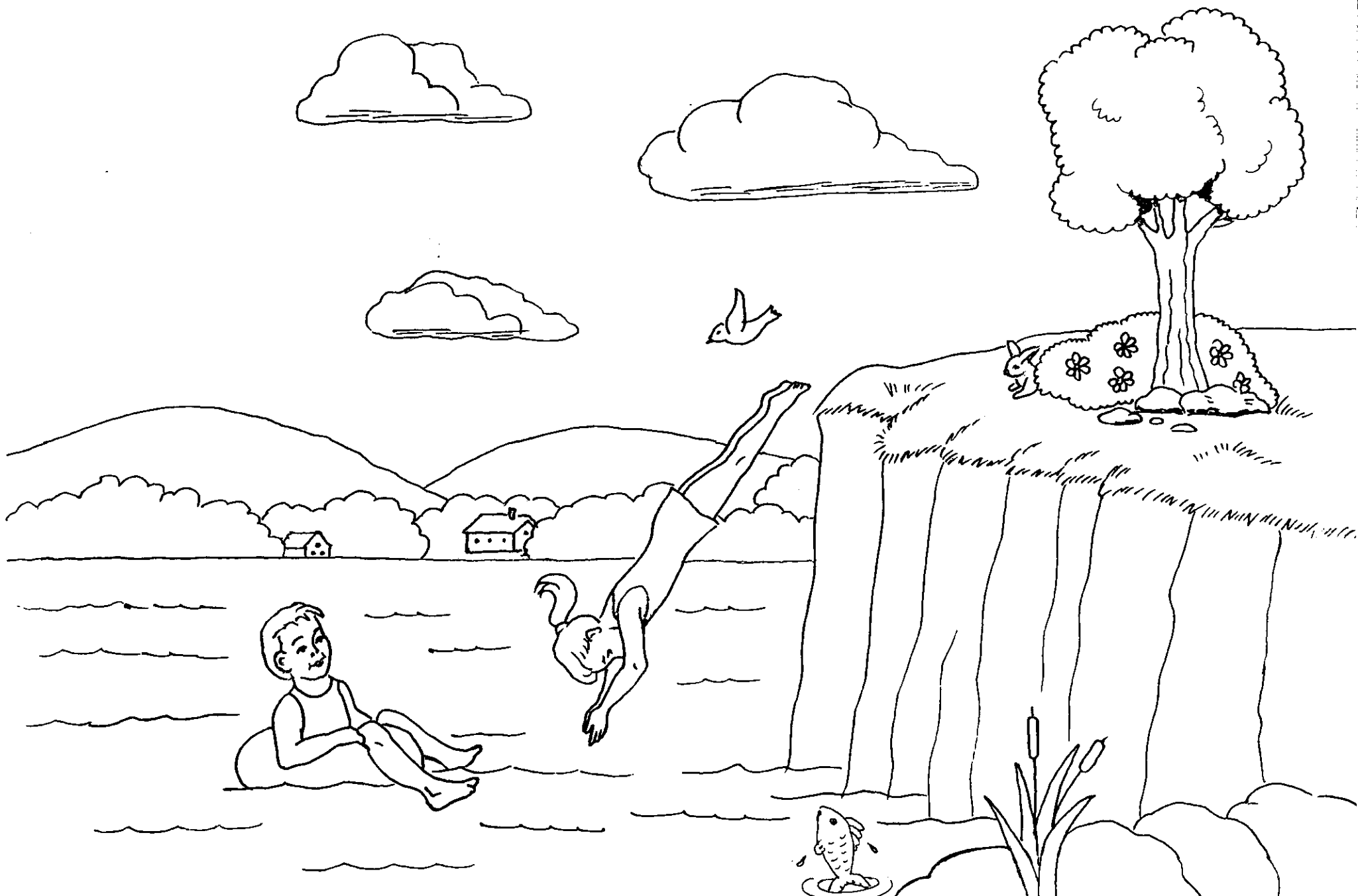
When her friends in school said, "Try some cigarettes and alcohol; everyone else smokes and drinks," she answered, "Life is a series of choices, and I choose freedom." She saw that drugs, alcohol, cigarettes may be popular but they can make slaves of people's lives.





Even though she didn't drink or smoke, she still had many friends and really enjoyed her life. She liked doing things such as swimming, diving and acting in plays. She received awards for not missing a day of school.

Some of her friends said that when they went swimming after school she had little fear about jumping off high places into a river or lake.



At school she became very curious about life and asked many people, "What is God?" When nobody gave her an answer that could satisfy her, she took a long walk with her dog and found her own answer.

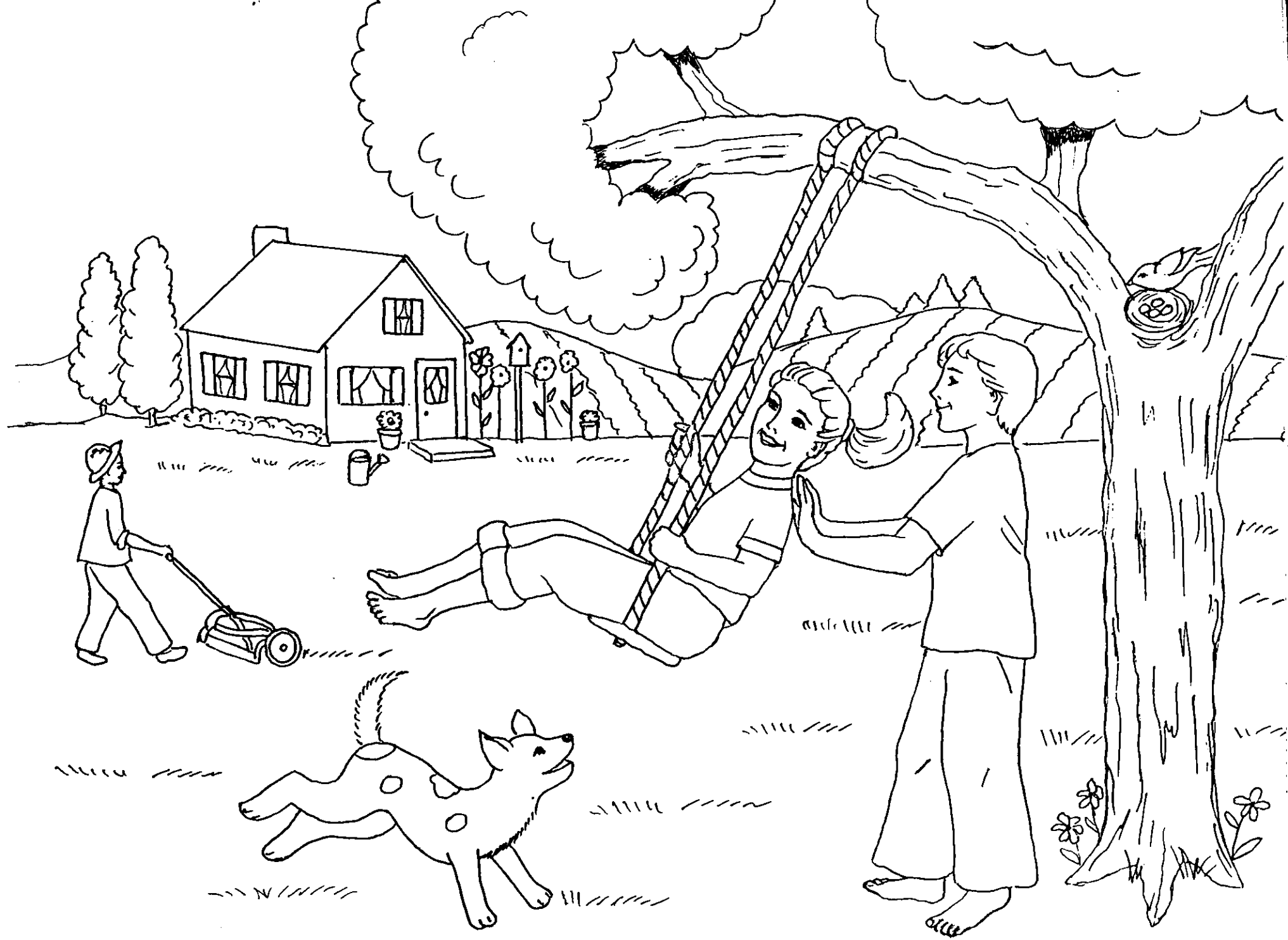
The answer came when she looked at a beautiful tree and thought, "Trees cannot create themselves without seeds. A Higher spiritual and creative Power must exist that created the seeds and the trees." That night a still small voice within her told her that the spiritual and creative Power was God.



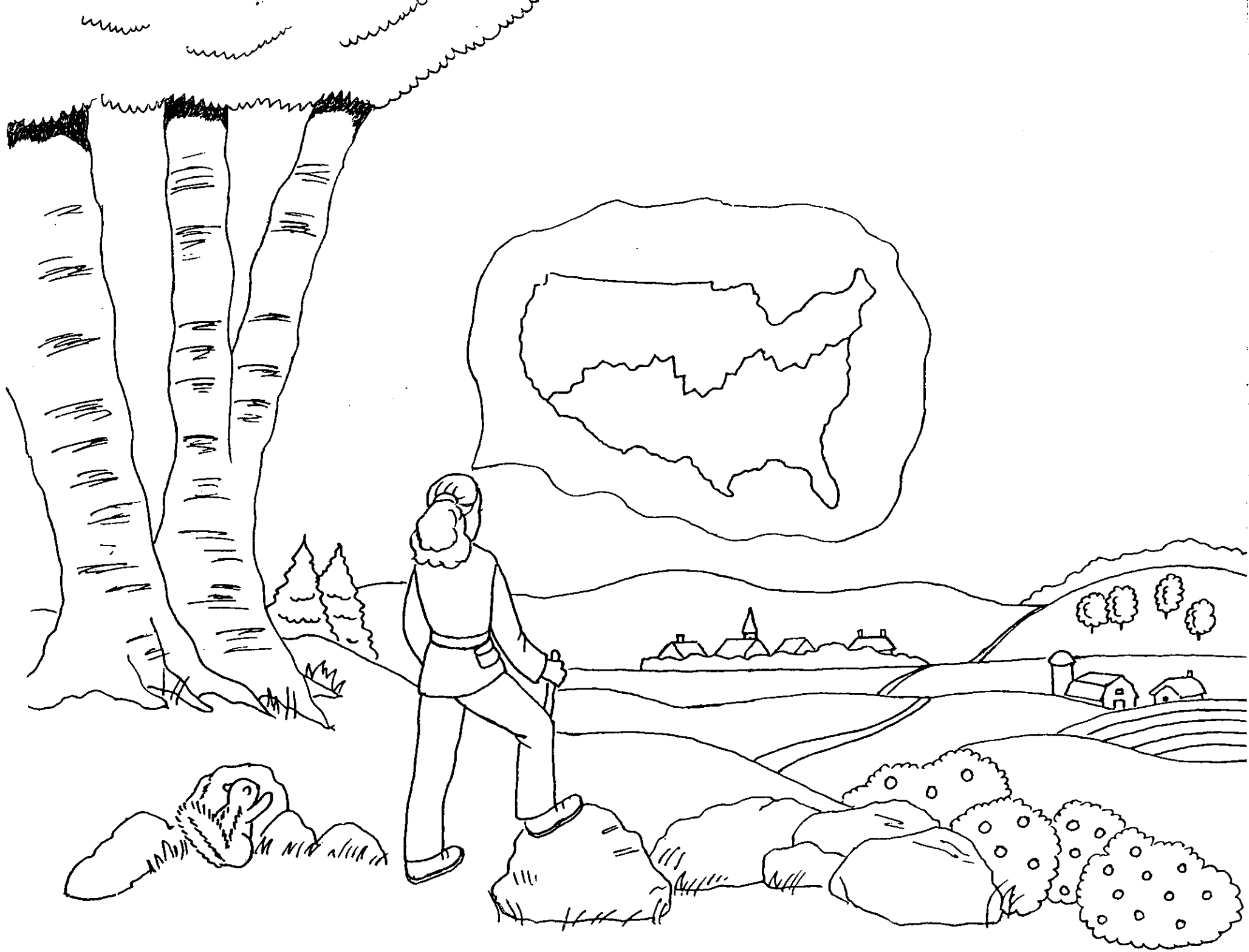
It was this same 'still small voice' within her that guided Peace Pilgrim's life. When she finished school she worked at several jobs, married, divorced, and was active in efforts for world peace.

She often told people that it took 15 years for her spiritual growth by removing fear, anger and hatred from her life.

After she had made this change she decided she wanted to help others replace negative and harmful feelings in their lives with love and peacefulness.



She was the first woman to walk the whole distance on the mountains of the Appalachian Trail from Georgia to Maine. This was in 1952. During her walk the idea of a pilgrimage for peace came to her. In her mind she saw a map with a marked line zigzagging from the West to East Coast of the United States. She knew she would be protected by God, the spiritual and creative Power of life.

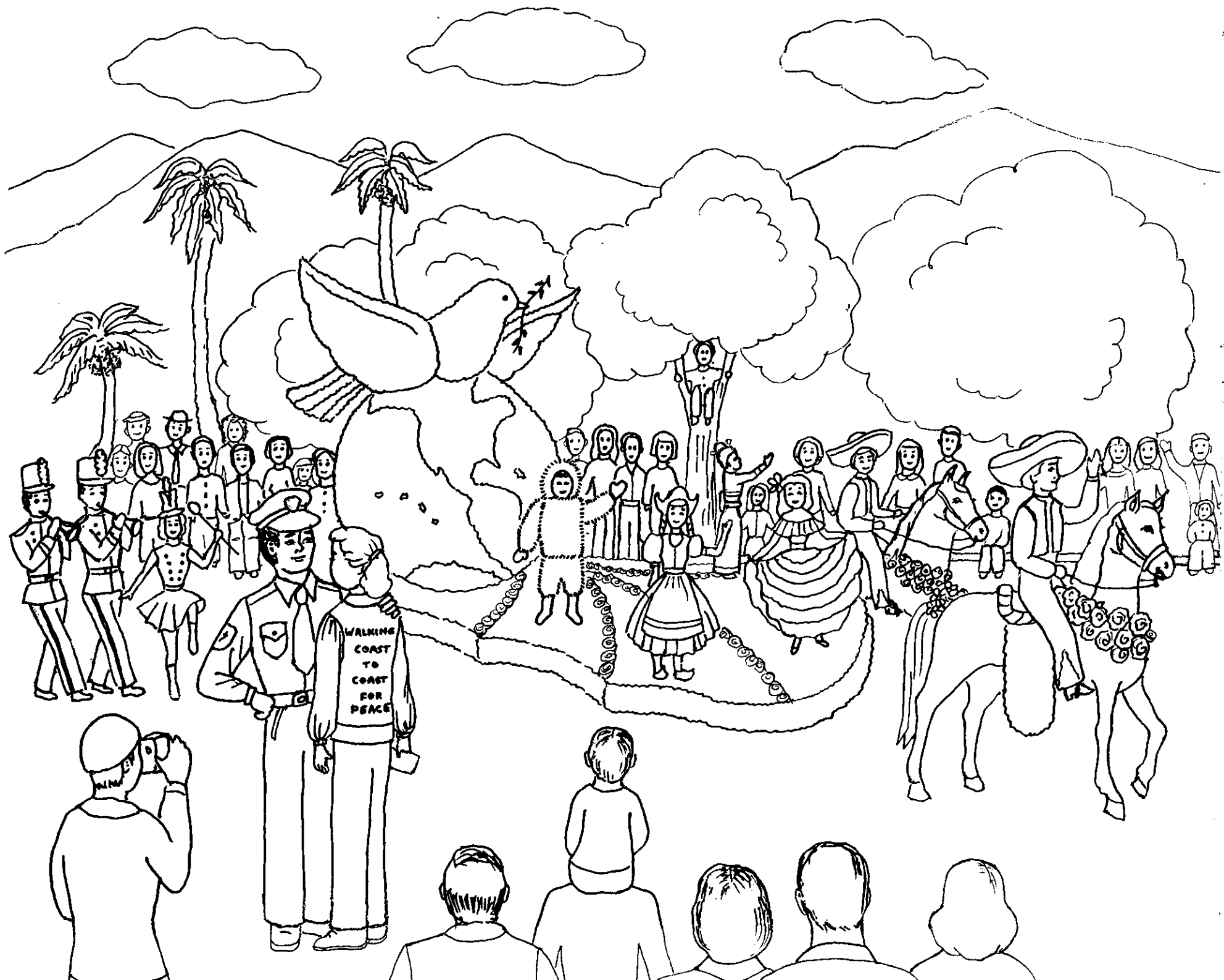




Peace began her 28 years of walking on January 1, New Year's Day of 1953, at the Rose Parade in Pasadena, California. She walked along the parade route before it began with a piece of paper about her work and message that said—

“This is the way of peace: overcome evil with good,  
falsehood with truth, and hatred with love”

A policeman came and tapped her on the shoulder. She thought he might tell her to get off the parade route; instead he said,  
“What we need is thousands like you.”



From the Rose Parade, Peace first walked to San Diego where she spoke on television and at several churches. Just like when she was growing up, diving into the small river near her home without fear, she now had no fears whatever in front of many people.

When she spoke, energy flowed through her like electricity flows through wire. She said, "When you are working for God you do not find yourself striving and straining. You find yourself calm and serene, filled with energy and joy."



Peace had the same energy when she walked across the country, sometimes as many as 25 miles a day. Some people tried to walk with her for a while, but would get tired and quit. When they asked her where she found all her energy, she replied that she was “walking on the endless energy that comes from inner peace.”

She said that she also walked south in the winter to avoid the cold, and north in the summer to avoid the heat, much the same way that birds fly with the seasons.



Many people heard about her through newspapers, radio and television. Slowly she became well-known. Some people came to ask her how to solve their problems so that they could have the same peace and joy in their lives that she had in her life.

One boy was sitting in a tree; he had many problems. Peace told him all problems in life have a purpose and that his problems could help him learn and grow spiritually. She then said,

“You are never given problems unless you have the capacity to overcome them. If you ask God, you will be given the strength and knowledge to solve them.”



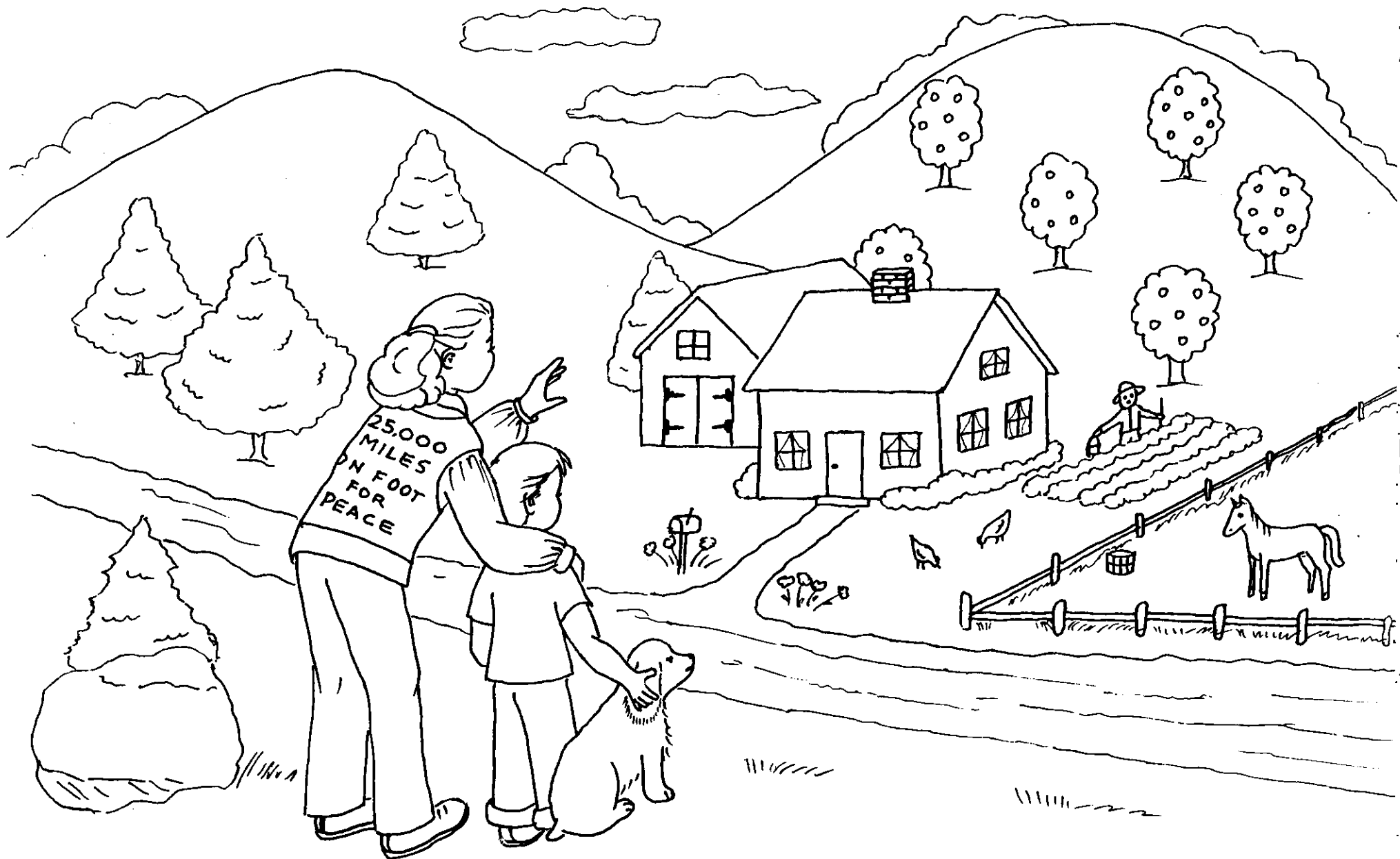
25,000  
MILES  
ON FOOT  
FOR  
PEACE



There was also a small boy who became angry easily. She told him to find good ways to use his anger, such as exercising, or doing a task that needed to be done.

In a few days he told her that he still got angry easily, so Peace said,

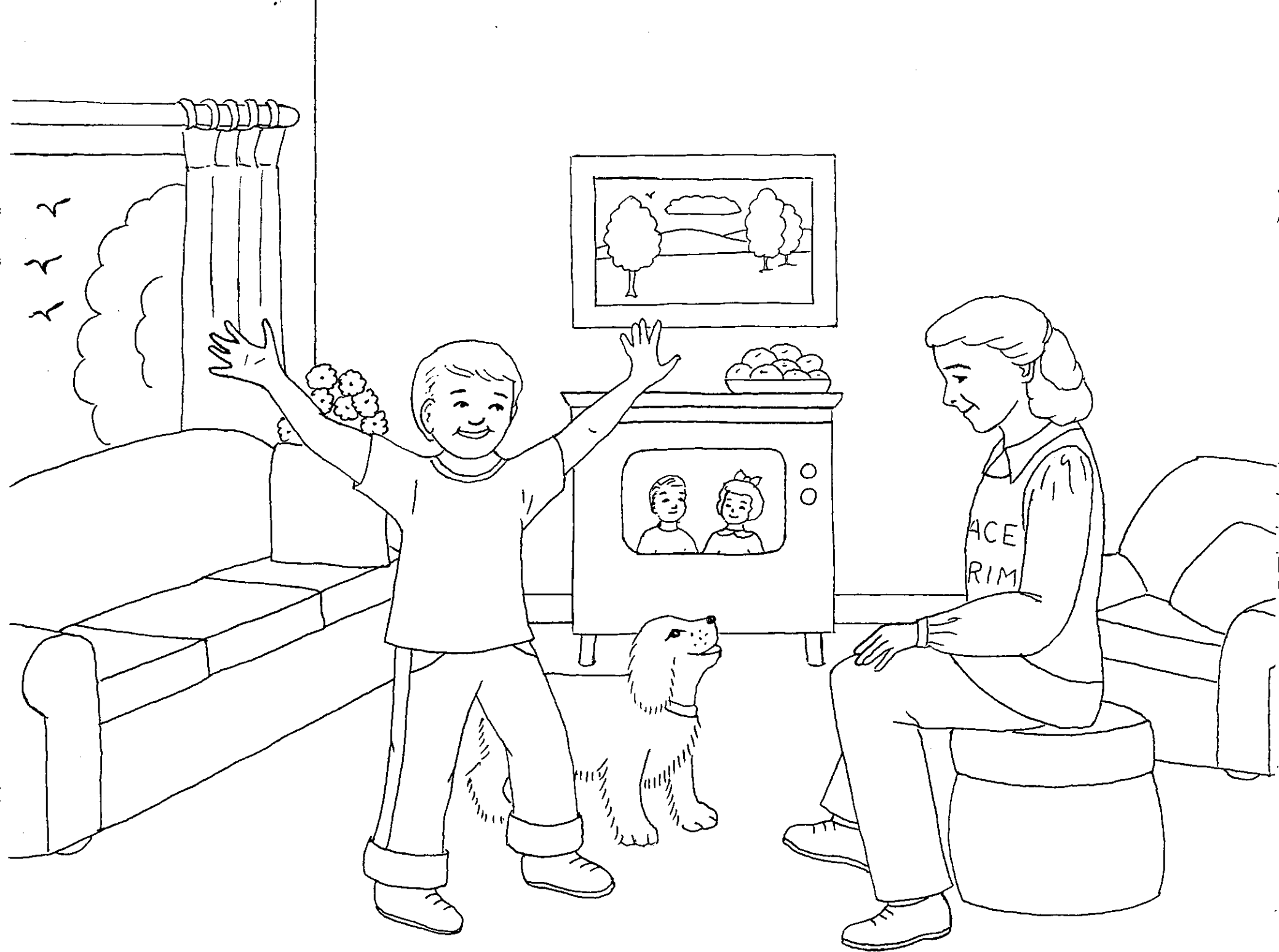
“Run up and down that hill over there whenever you get angry, and if someone gets angry at you, look at them with love in your heart; it will show in your eyes and then watch them change the way you are changing.”



One boy was sad on his first day of school because his parents couldn't afford to buy him designer clothes and shoes. Peace was visiting his home and told him:

“You are not the clothes you wear; you are much more than even your body, or any outward thing. Think about this, my friend.”

The boy thought about this several months and contacted God within him. The next time Peace visited his family he lifted his hands and said, “Peace, thank you, I feel free!”



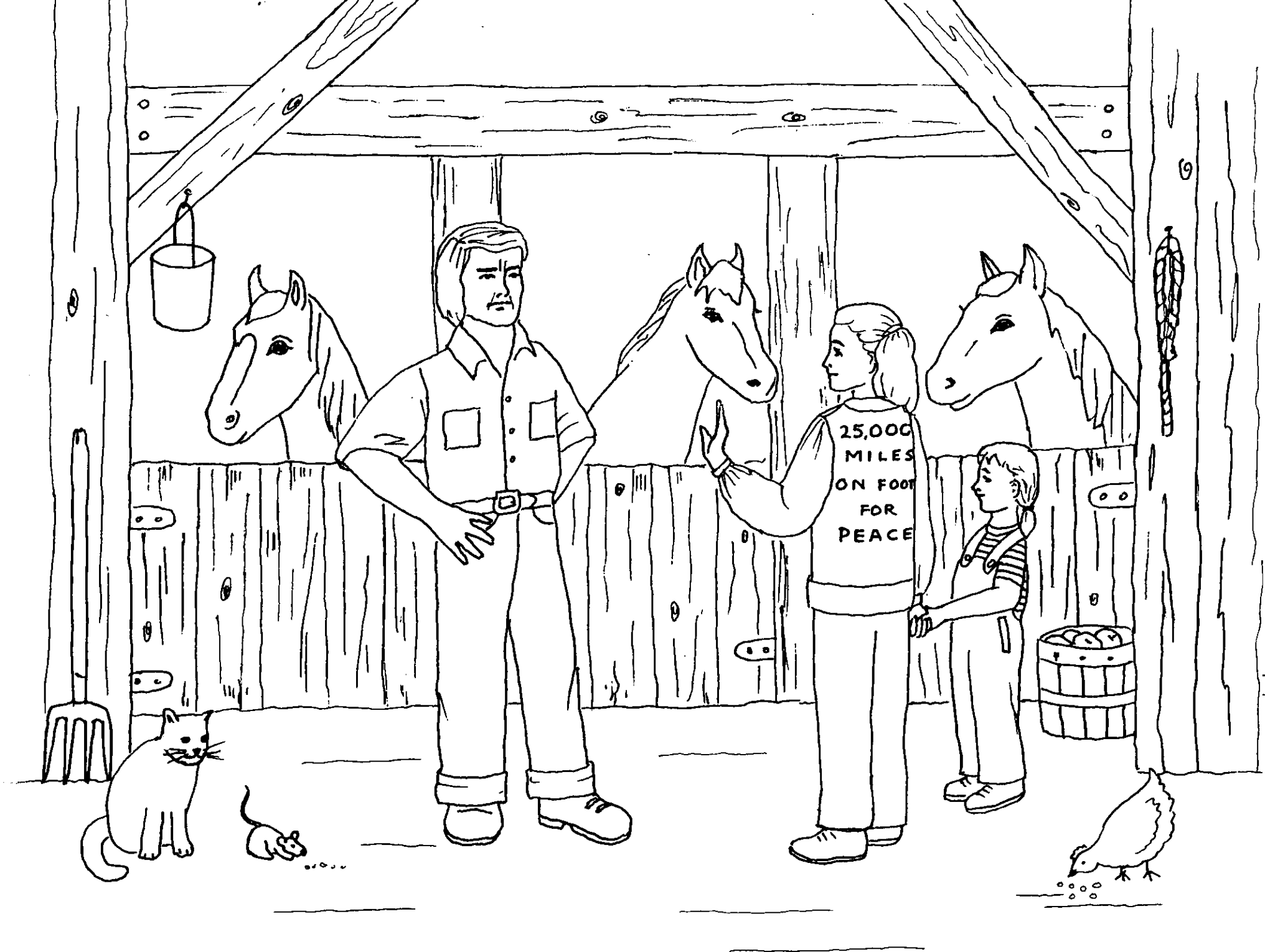
Another older boy she met got angry when he became afraid and would hit people. Everyone was afraid to be alone with him, except Peace Pilgrim. Together they walked up to the top of a hill.

Suddenly a thunderstorm came, and he became so frightened that he began hitting her. She could have run away; he had a heavy pack on his back. Instead, she stood still, quietly looking at him with love in her eyes. He stopped hitting her and said, "You didn't hit back." He felt her love for him and became sorry for hitting her. He was never violent again.



At another time Peace was taking care of a small girl. A big, angry man came and wanted to hit the girl. The small girl was so afraid that she ran into a barn. The man followed her.

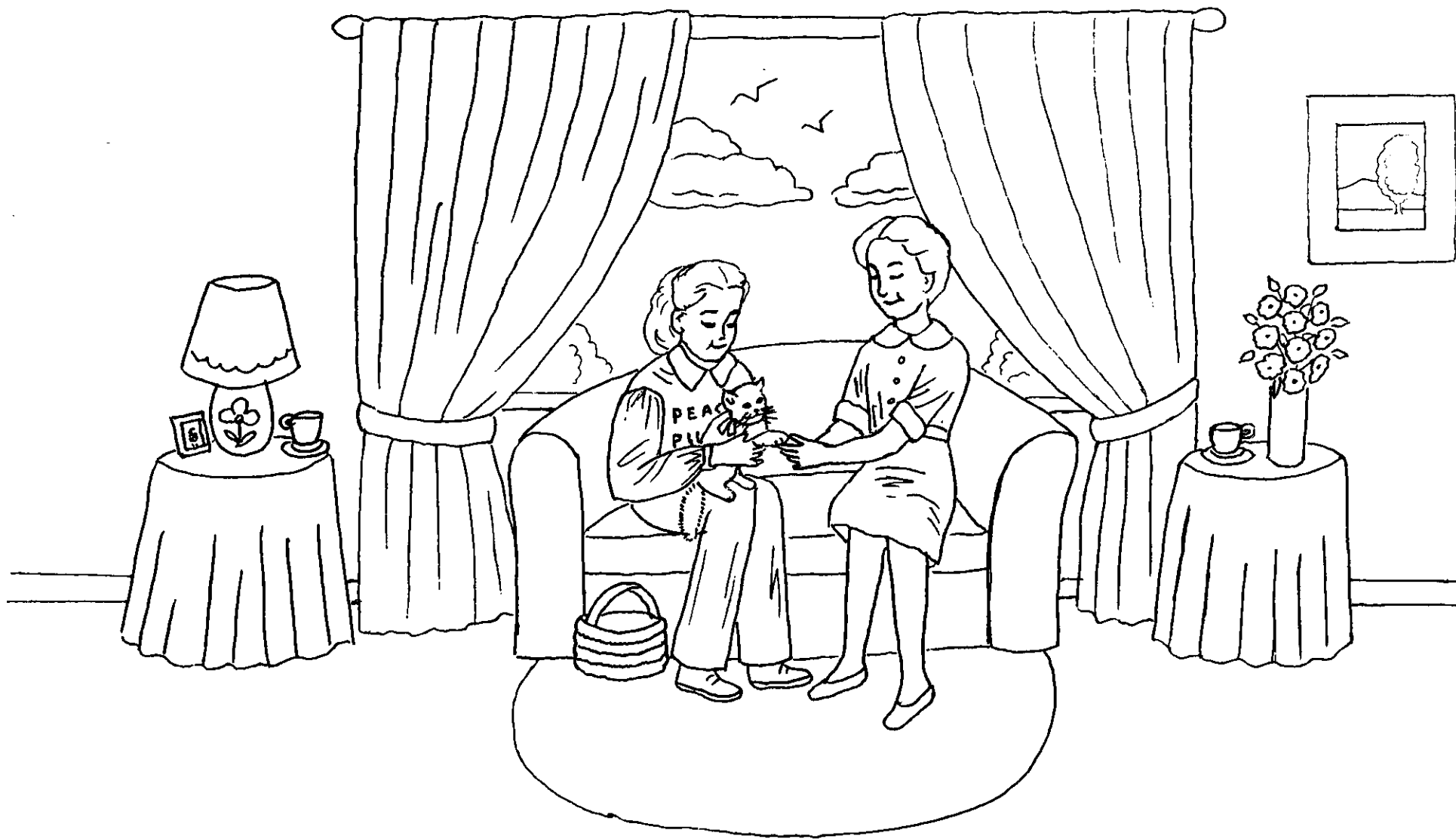
Peace came and stood between the man and the girl. She looked into the man's eyes with deep love that told him there was much good in him, just as she had told the boy during the storm. This man also knew she was telling him the truth, so he bowed his head, and then turned and left the barn.





Some of the people she met had fears of certain things. One woman was afraid of cats.

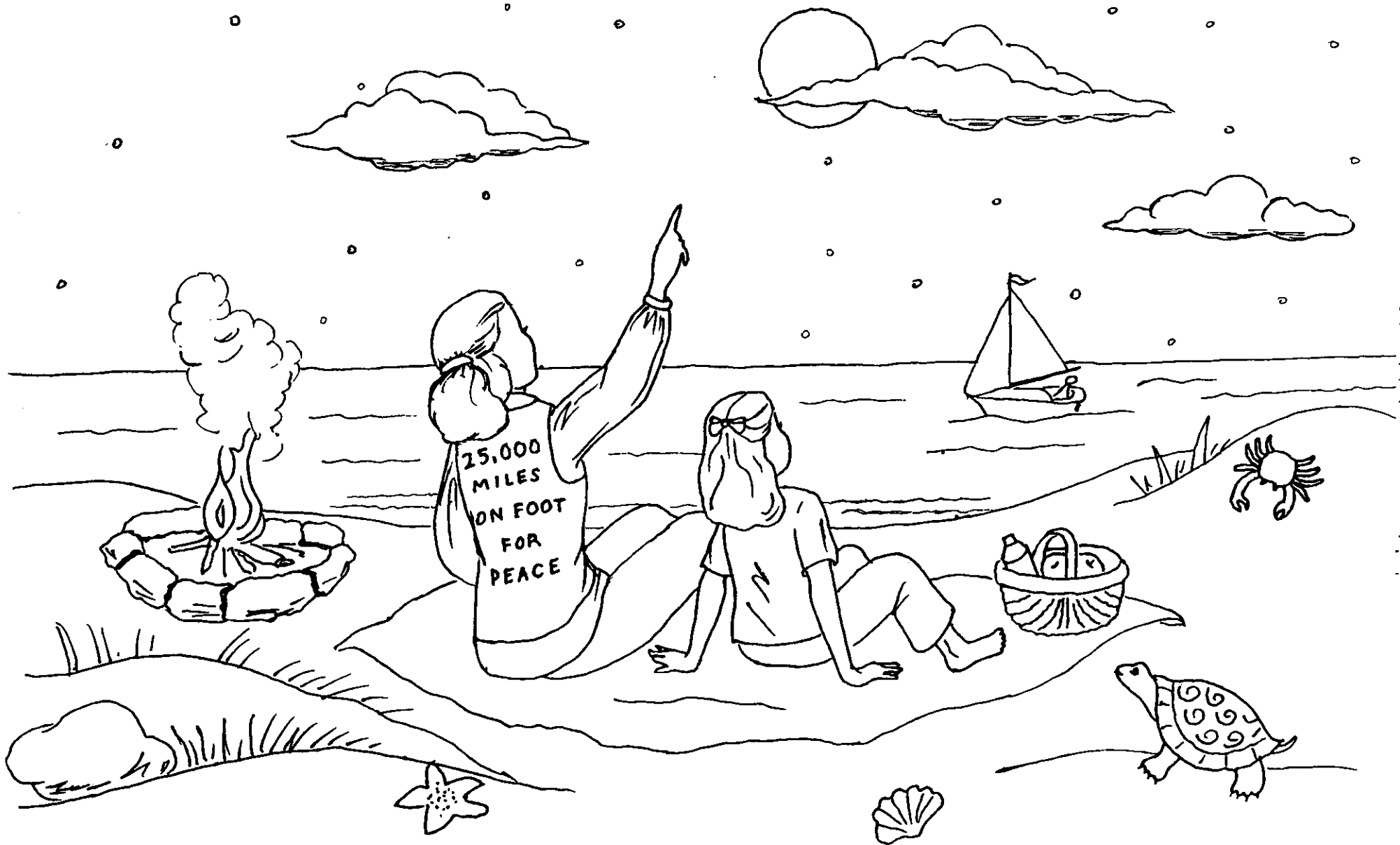
Peace gave this woman a kitten and asked her, "Are you afraid of this?" The woman answered, "No. It is so small!" Peace then told her to feed it and to play with it. Slowly the kitten grew into a big cat, and the woman was no longer afraid of cats.



Peace once met a young girl who was afraid of the dark.

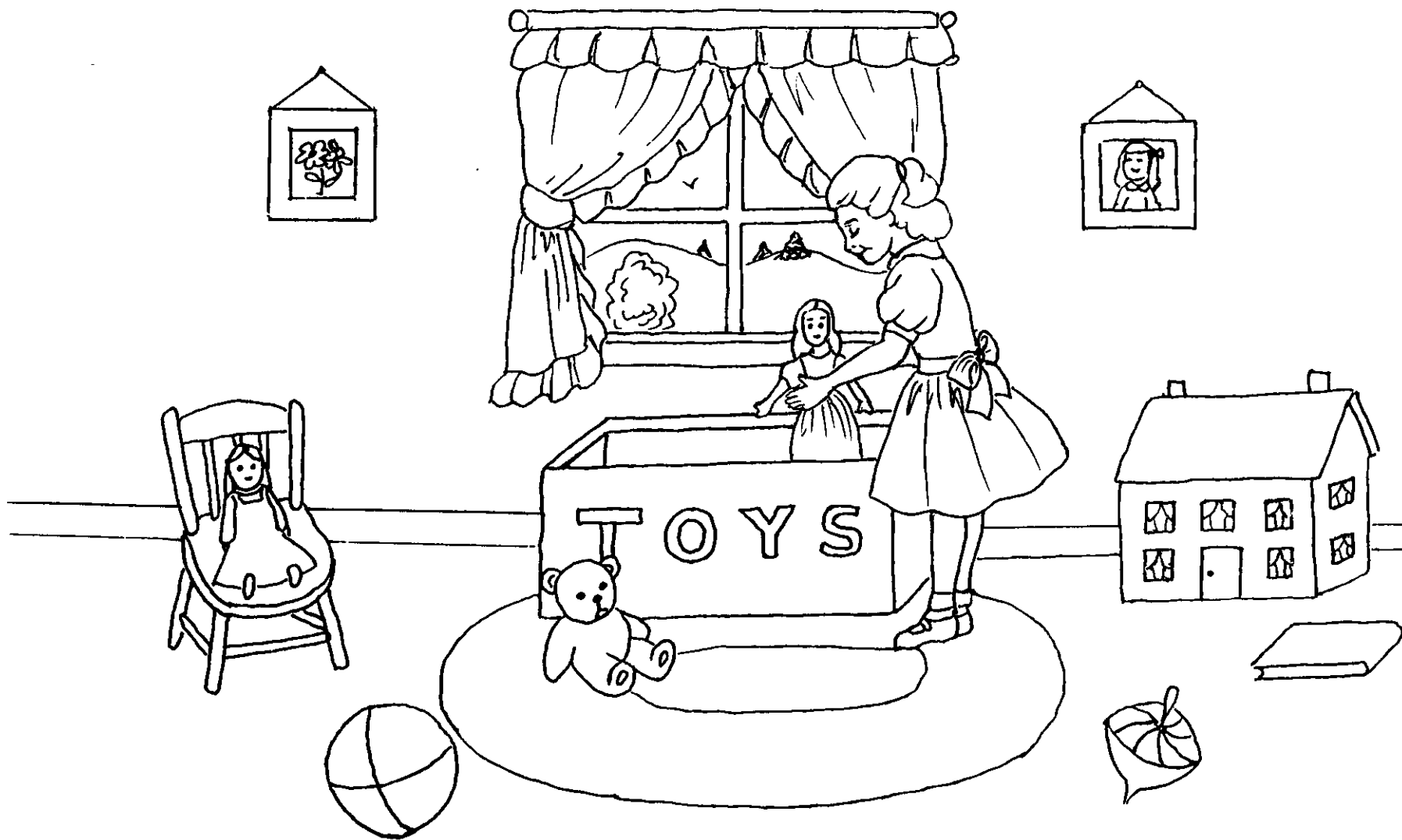
Peace told her that she could get rid of that fear by slowly getting to know things about the dark. For example when she was afraid to go to sleep in the dark, she could begin thinking of the dark as a friendly place, as a loving and tender place that is restful.

“You can begin by looking at the stars at night; at the same time think of the spiritual and creative Power that created you, and who also created the stars and the dark.”



A young mother brought her 4 year old daughter to Peace Pilgrim and asked Peace to tell her daughter what was good and what was bad. Peace told the girl never to hurt another person but to find ways to love and help others.

“Bad is anything that hurts you or others. If you eat junk food it can hurt you, so that is bad. Good is anything that helps you or others. If you pick up your toys, that helps your mother, so that is good.”



At Christmas one year, some boys and girls asked Peace if she felt lonely during the holidays. She said, "No. I love being with people; but when I am alone, I never feel lonely. Nobody can feel lonely when they know that God is inside them and watches over them, because they know that this spiritual Power is their best Friend."

Peace then said,

"One Christmas Eve, I slept out under the stars and saw a planet so bright that I thought about the star of Bethlehem the night Jesus was born. The next morning, on Christmas day, I walked into a city and found poinsettia flowers blooming everywhere."

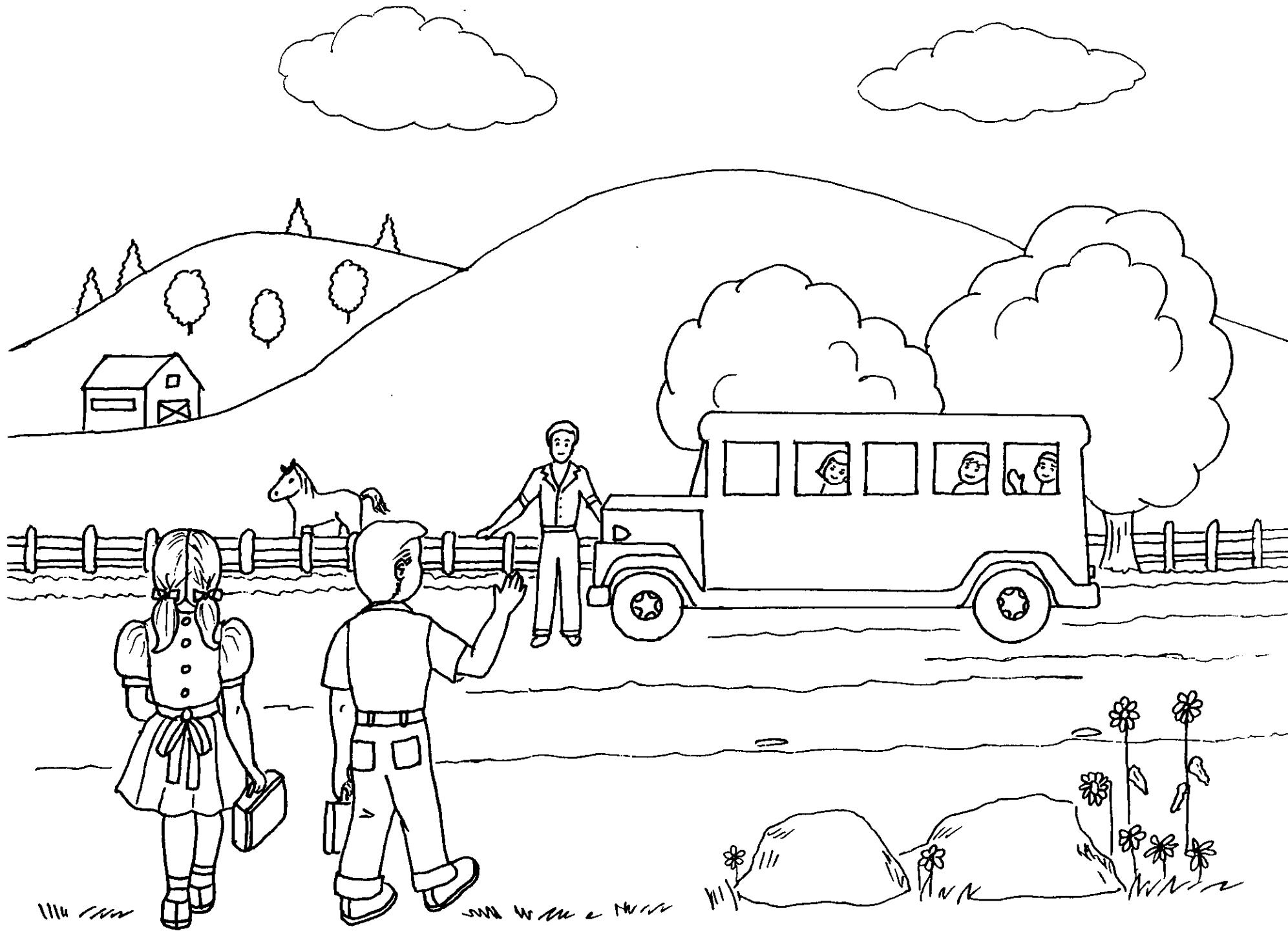




“To have inner peace is a process like a child learns to walk, slowly by taking steps,” Peace Pilgrim taught. “The first step is to get ready for peace by thinking only good thoughts and asking God for guidance in all things.”

“Every day we prepare for different things,” she said, “like getting ready for school, so why not prepare ourselves to have peace, joy and energy that day...”

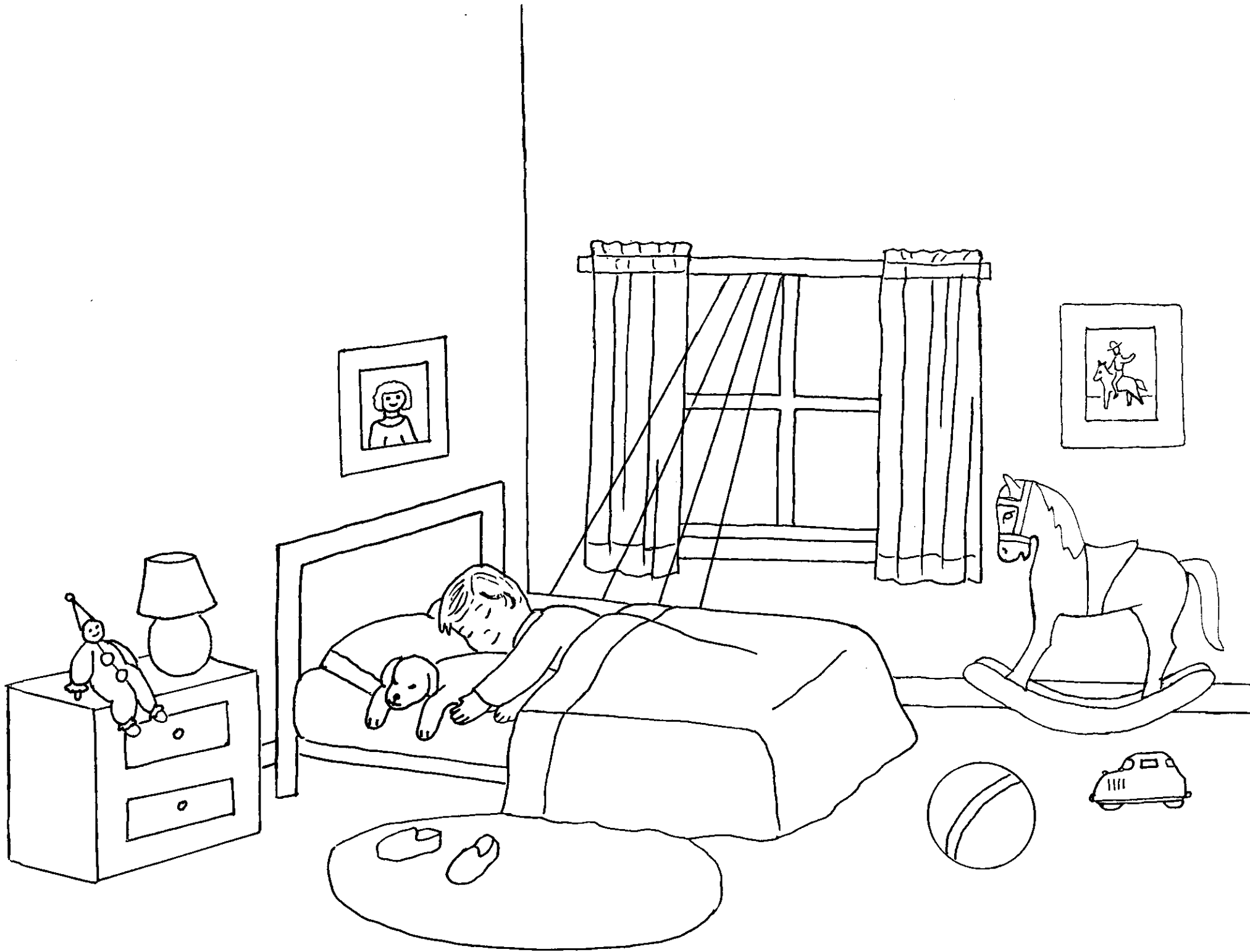
“By thinking of our nearness with God, we will prepare ourselves to have peace that day, and every day after that...”



The next step after preparing for peace, she taught, was “to learn to control our anger and any bad feelings we might have toward others. We must let go of all unkind or selfish feelings and actions. When we want peace and kindness strong enough, we become peaceful and kind.”

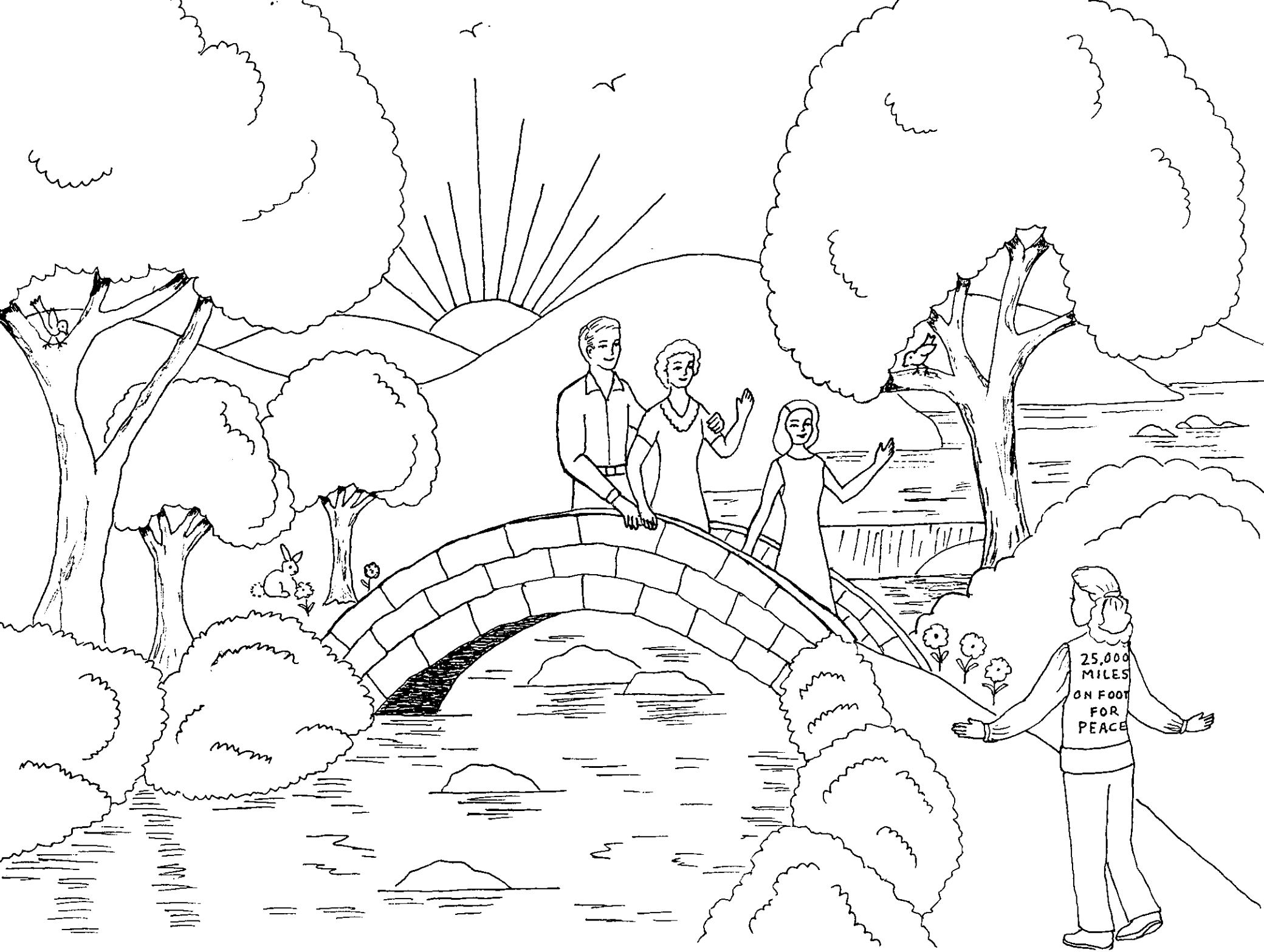
Peace said that when we go to bed at night, before falling asleep, if we could think of ourselves as connected with God, this will help us.

“That Power which created us will always be within us.”



Peace said that she almost died once while walking in a cold snow storm. She saw into the place where people go when they die and leave this earth. There was no fear over there, only “the constant awareness of the presence of God, the spiritual and creative Power of life.” She said it was the most beautiful experience she had ever had. After that she called death a great adventure.

Her own death came in 1981. She was in a car-crash on the way to give a talk in Indiana. She died soon after the car accident without any pain.



Peace Pilgrim left behind a great message – that God is within us. That part of God that is within us, Peace called our Inner Goodness. She said it was in all children and people around the earth.

Today the interest in peace and inner growth continues around the world, just as she prayed it would. Those who follow her steps learn to fill their lives with freedom and joy. Peace said that anybody could do it. She told those who thought it was difficult that...

***“If I can do it, you can do it too.”***







## Acknowledgement

Without the life and teachings of Peace Pilgrim this children's book would not be possible. She saw the Inner Goodness within people and became a role model for obtaining inner peace.

Acknowledgement is given to John and Ann Rush who helped compile the book "Peace Pilgrim - her life and work in her own words" and have dedicated their lives to her message. Also to all the volunteers, translators and friends of Peace Pilgrim who help spread her life and message throughout the world.

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**The final acknowledgement is to the children who use and benefit from this book. May they find the Inner Goodness within themselves and others! It is to them that this book is dedicated.**

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