

“There is a pervasive form of contemporary violence to which the idealist fighting for peace by nonviolent methods most easily succumbs: activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of the activist neutralizes his [her] work for peace. It destroys the fruitfulness of his [her] own work, because it kills the root of inner wisdom which makes work fruitful.”

Thomas Merton

