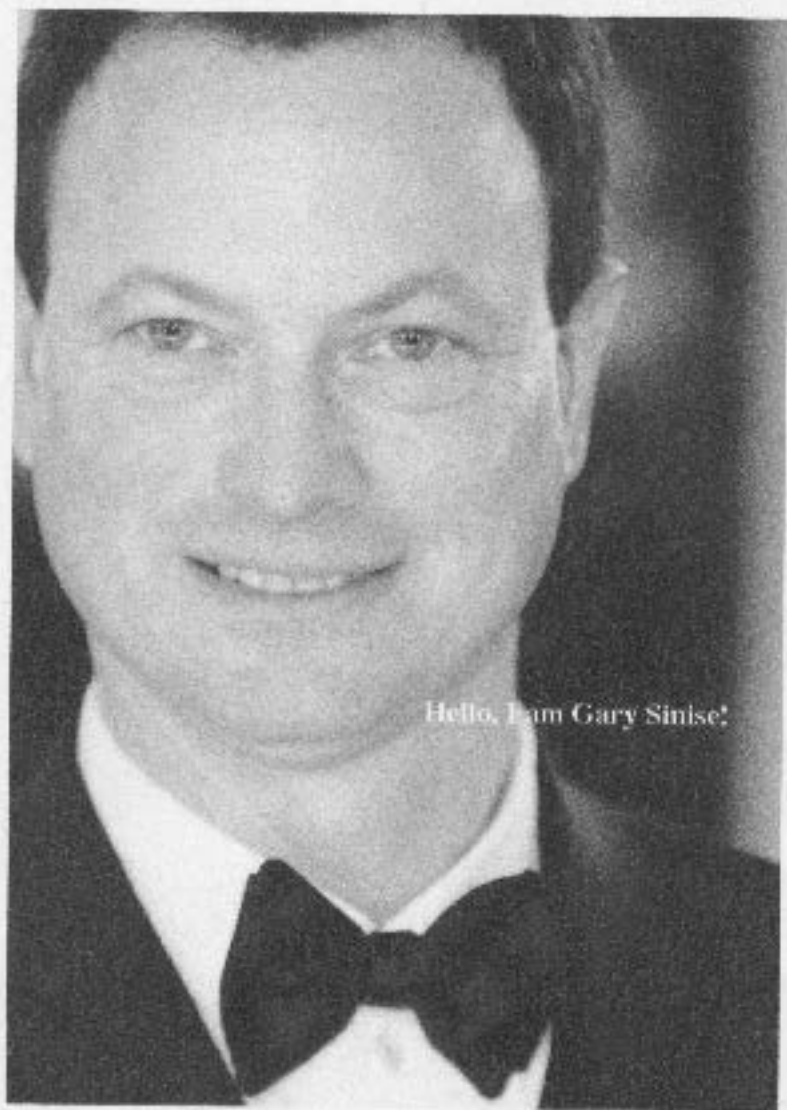


# THE GARY SINISE PATH TO PEACE



Hello, I am Gary Sinise!

Written by Gary Sinise

~~~~~

Hello! My name is the veteran actor Gary Sinise. I have been in a lot of movies and television shows and a few plays. You may have seen some of the work that a lot of people have seen, like when I played the role of Lieutenant Don in the movie "Forest Gump" or when I was a famous Toad in "The Grapes of Wrath." I have had a wonderful career, have met so many terrific people, and have traveled to more than 43 states and 3 countries. But, believe it or not, always in the back of my head, I have struggled. I was always wanting more out of life, and to really understand *just what's going on around here*. In the years I have had these thinkings, I have developed what I call my PATH TO PEACE, which is what I am also calling this special zine. I wanted to share with people how I have obtained peace and I felt that a zine was the best method of doing this, to share my wisdom with people I will probably never meet, given how busy I always am. My hope is that you will enjoy reading this and it provides guidance to you in your own life. If you do enjoy it, and do obtain lot of peace, please feel free to share this zine with your friends, family and coworkers. Everyone could use more peace in their lives and me, Gary Sinise, has lots of things to say about this stuff.

~~~~~



(( Gary Sinise ))



# THE GARY SINISE PATH TO PEACE

BY GARY SINISE

## Introduction Part

Some of you reading this might have seen one of my movies or television shows or the few plays I've been in and thought that I might not be a real person, but I assure you, I am very real! Though we might never meet in person, because I am always very busy, if we did ever meet in person, you would see that I eat and breathe, just like you. To prove it, I will give you a bit of my background and then tell you how this zine will work.

I was born in Dutton, Illinois to two people named Denise and Reese, but who I have always called "Mom" and "Dad," respectively. They were nice people who worked on a farm with animals, which is where I learned about my love of acting. When I was old enough, I went to college, where I did more acting and then I got a job acting all of the time, after I finished at college.

The way this zine will work is that there are 8 STEPS in the PATH TO PEACE. You will need to read through all 9 of these steps and make them a part of your life in order to achieve PEACE. Not all of them will be easy, but some of them will be easy, so don't worry too much about what's to come. As long as you open up your heart and mind, I believe that you will achieve PEACE, just as I have.

If you get caught up in a section and aren't sure how to work it into your life, just skip to the next section and come back to the one that was giving you trouble. If you come back to it and still can't get through it, then I would recommend talking to a friend who can maybe help you out. Unfortunately, because of my very busy schedule, I am not able to answer any questions about any of this to you directly. I'm very sorry.



**"Peace is waiting  
for you!"** - Gary Sinise



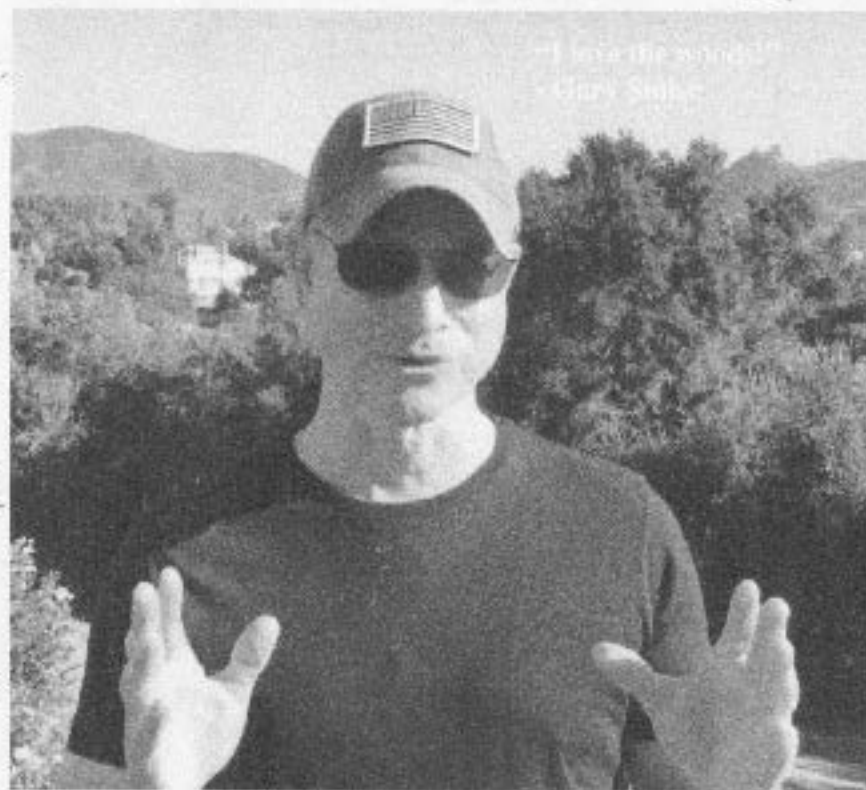
# STEP ONE: Find Some Woods

The first thing you must do on your **PATH TO PEACE** is find some woods. Some people call them "forests," but I like to call them "woods" or "the woods," because there is usually a lot of wood things there, like trees and branches and signs that point things out, like which way you should hike. It's all made of wood!

The woods are a terrific place to start your journey, but finding them isn't always easy. I have a wonderful device that I would recommend you buy called a GBS machine. It's a relatively small, even hand-held, machine that features maps and knows where you are at most times. I carry it around with me everywhere, so now when I want to go to the woods, I just get the GBS out, I type in "nearby forests" (unlike me, these machines prefer "forest") and there we have it, I receive directions immediately to any of the woods close by.

Early in our marriage, my wife used to complain that I would never stop and ask directions when we were out looking for some woods and had gotten lost. After I bought my GBS machine, I kept it hidden from her and suddenly we weren't getting lost anymore. She was very surprised and happy that she didn't have to complain. Now we drive to all of the woods in complete silence, per my request.

Anyway, so you've found some woods and you're there now. I would recommend that you just wander around for a bit. Maybe twenty minutes at the least, a couple of hours at most. You're sure to find that the longer you are out in the woods, the more **PEACE** you'll get.



When you're in the woods, a fun thing to do is to carve your name into trees. I have done it to thousands of trees, from small trees to huge redwoods in California (so keep an eye out and maybe you'll see my name!). Sometimes people will yell at you, like Park Rangers and other people out in the woods, but a lot of times they'll see that I'm Gary Sinise and they'll let me continue after I sign my name on some papers. I don't know if you'll have the same good fortune, since I am the only Gary Sinise, but you can still probably get away with it.

I don't think carving on trees will help get you any more **PEACE**, but you'll at least have some real fun!

## STEP TWO: Hold Hands with a Deborah

The second thing you need to do your journey is to hold hands with a Deborah. Any Deborah will do, just so long as their name is really, genuinely Deborah and they have at least one functional hand.

When you have your Deborah, hold hands with her. You don't have to speak to or look at one another. Just sit or stand and hold hands. Can you feel all of the PEACE you're getting? You should almost immediately! This should also be making the Deborah feel very good too!

For my work in acting, I have to travel quite a bit and I used to have to find a new Deborah in each town I was visiting. As you can imagine, this was incredibly time consuming. First I would have to drive around, stopping to ask locals if they knew any Deborahs around. Once I'd found one, I'd have to talk to her at length and tell her all about my PATH to PEACE and how holding her hand was going to help me achieve this. Sometimes the Deborah would say yes, but just as often, the Deborah would say no and it was back to the hunt for me.

Fortunately, my best friend Thomas Hanks came up with a solution: hire a woman to travel with me and have her legally change her name to Deborah. I get the same level of PEACE-having, but now I don't have to search around all over the place when I'm in different places. I have a permanent Deborah!



## Q&A: What is it about Deborahs?

Why is a Deborah so special? And why can't you just hold hands with a Jenny or a Gregg? I'm not entirely sure. Early in my own PATH, I tried holding hands with lots of people who had lots of different names. While they were nice experiences, I never received the same jolt of PEACE ENERGY as I did when I first held hands with a Deborah.

Maybe it is because the name "Deborah" means "peace giver" in its original Latin. Or maybe all of the Deborahs just inherently possess more PEACE in them than the rest of us. These are things only the universe knows.





**“Keep Going!”**

• Gary Sinise

How are you feeling so far, now that you're two steps in? Feeling like there's some PEACE coming into you? Hopefully.

Usually after I complete STEP TWO, I feel ready to keep going and do some more steps (because I really want that PEACE), but if you're feeling exhausted or you have a mild toothache, feel free to take an hour or two to relax.

Here are some things I like to do to relax between steps:

- Watch the TV movie, “The Stand,” where I played the character Stu Redman
- Watch the TV show “Frasier,” where I played the character Sid in the episode called “The Club” (just my voice)
- Watch the TV movie “Truman,” where I played a character called Harry S. Truman
- Watch the TV movie, “George Wallace,” where I played a person named George C. Wallace
- Watch the TV movie, “Fallen Angel,” where I played a guy named Terry McQuinn
- Play the video game, “CSI: NY,” where I played a police person named Mac Taylor
- Go fishing for swordfish

# STEP THREE: Look Up "Peace" in the Dictionary

This one seems easy, right? You're just going to look up this word that's so important to your path and find out what it means. But not so fast!

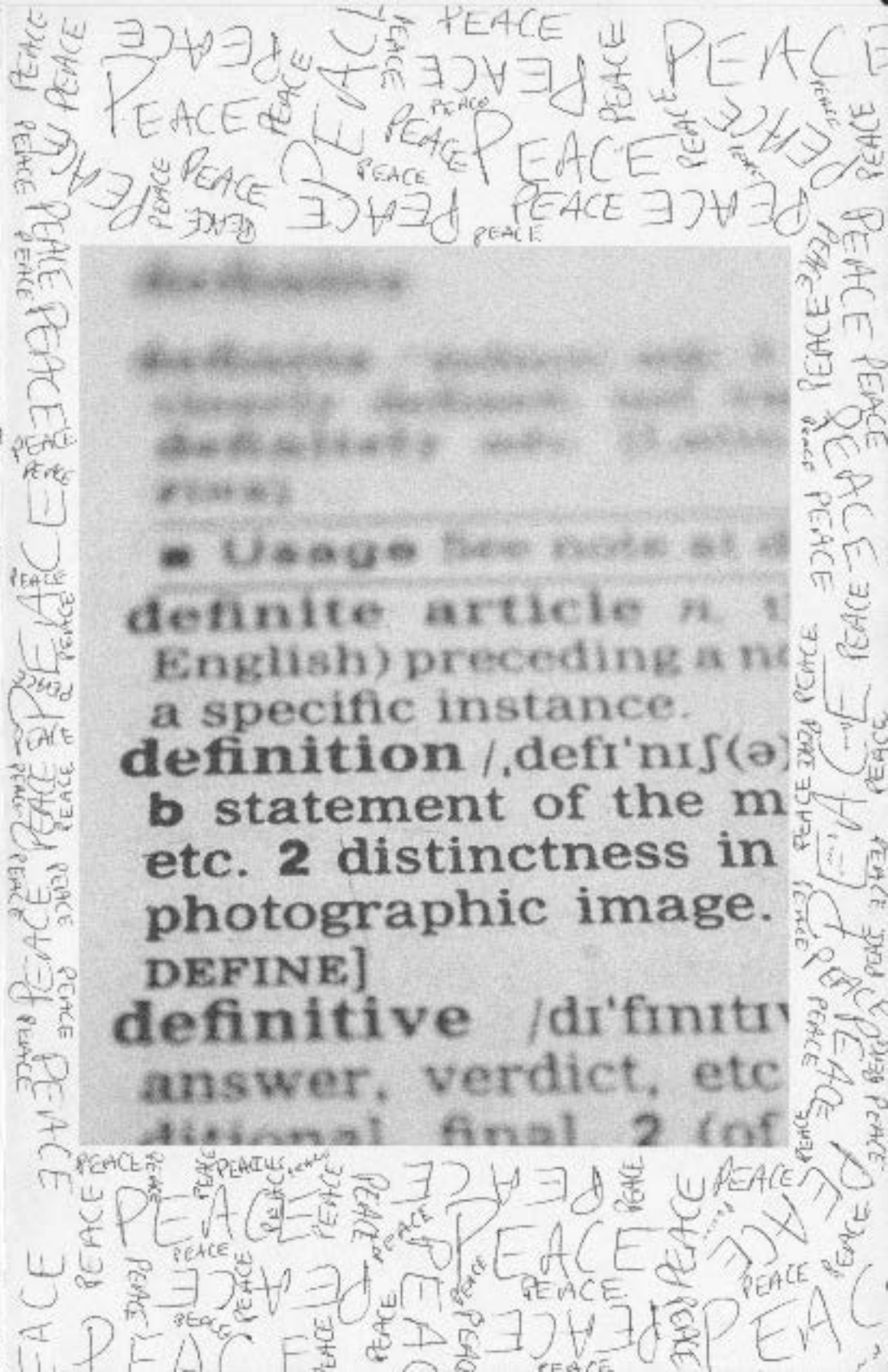
What if you've lost your dictionary like I have? Not so easy now, is it?

I've looked everywhere for my copy, but I still haven't been able to find it. I looked under my favorite couch, under our car, and inside our closet. I asked my wife if she had seen it, but she didn't know where it was either.

One of my assistants, Danny, said he could run out to the bookstore to get a new one, but I didn't think that would work, because what if the newer dictionaries had newer or difference definitions in them?

If you have access to a dictionary, you'll be one step ahead of me in this PATH to PEACE, which is kind of unfortunate because here I am trying to teach you about all of this stuff.

If you happen to find my dictionary, could you please contact my emergency number? You can get it from either my wife or Danny.

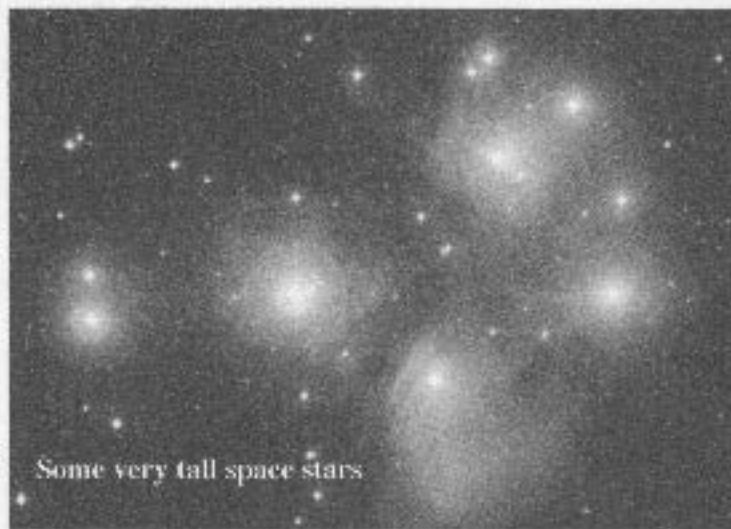




# STEP FOUR: Think About How Tall the Universe Is!

When I was about 15 years old, I looked up at the sky for the first time and I noticed that there were shiny dots up there. I later learned that those were stars and it was nighttime, when things are more dark. It got me thinking about how far away those tiny lights must be, that they must be really high up! And that, of course, set me on my PATH to PEACE and it's something I think about all of the time.

I find that if you think about how tall the universe is, it is very humbling. You might be very tall yourself (me, I'm 5 foot 7 inches), but compared to the universe, no one is really very tall, not even people who are 5 foot 7 inches. The universe is taller than all of us and that should make us feel like we're all connected and push us toward PEACE.



Some very tall space stars



The tallest building in the world?

One time, when I was on a break from making a movie, I went up into a building that was 8-floors tall, which could be the tallest building in the world (I haven't had time to look it up because of my busy schedule). I went up there to try to see how close I could get to the stars. It turns out, I wasn't able to get even close enough. They still looked very tiny and very far up in the sky. If that doesn't prove to you how tall the universe is, I don't think you'll ever understand.



# STEPS FIVE & SIX: Get Information on an Aquatics Camp and Then Go There for a Visit

Being in the water is one of the most important things you can do as you search for PEACE. There is something really calming about laying in a large body of liquid, getting very peaceful, and thinking about PEACE.

But the problems are always the same: where do I find water and who can help to make sure I don't drown if I fall asleep in that water? The solution I have found takes up the next two steps.

First, you'll want to find an aquatics camp wherever it is that you live or are visiting. I've found that most aquatics camps have access to water (if they don't, you can be pretty sure that they aren't a very good or reputable organization).

A lot of aquatics camps are made only for children. I don't know why this is, because I think that everyone should have access to water, not just smaller, younger people.

So once you have found an aquatics camp, you'll either want to go there in person or call them on the telephone or use your email to get in touch with them. Explain to the person who you talk to that you are an adult and you need to come in as soon as possible to be in their water. Most aquatics camps should accommodate you, particularly if you're willing to give them some money.

Once you have made arrangements at the aquatics camp, you'll want to go there. Make sure to bring some things, like:

- A swimming suit
- Floaties for your arms
- Something to snack on, like dried peas or a banana
- Emergency phone numbers
- Some towels
- Any sort of water toys that you like

I like to put all of that stuff in a small canvas bag. It makes it all easier to carry. The bag I have has a drawing of a lobster on it. I don't know why it does, and you don't have to have that specific kind of bag, but mine has a lobster on it.

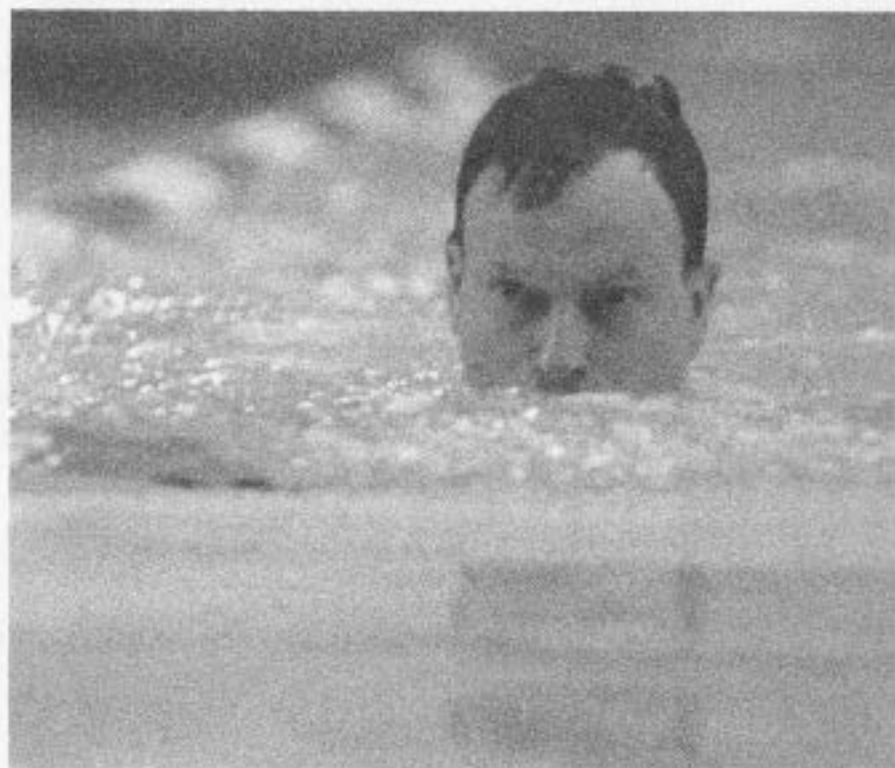
Once you're there at the aquatics camp, get all of your swimming/ water gear on and ask someone at the facility to swim with you. If you're anything like me, Gary Sinise, almost as soon as you're in the water you'll fall asleep, which can be very dangerous.

In the water, assuming you're awake (or also if you're dreaming, which is fine too, provided you have someone there with you), think about floating and PEACE and let your mind drift. After about five hours, you will be totally at PEACE and really have an understanding of it.

When you get out of the water, make sure to thank the person who helped watch you as you swam. I like to give that person, whoever it is, a small gift, like however many dried peas I have left over in my bag.

Don't worry if your fingers look like raisins. That's normal.





**“I am a good swimmer,  
like a submarine  
commander.”  
- Gary Sinise**



**“Thumbs up!” - Gary Sinise**



**“Hands up!”  
- Gary Sinise**



## STEP SEVEN: Talk to Ray Liotta

Sometimes when I'm thinking about PEACE and PATHS to IT, which I promise you, I do a lot, I hit a roadblock and I feel like I'm stumbling backwards. When that happens, I do the only thing that I feel you can do: I call Ray Liotta.

Ray is one of my best friends and he knows more about PEACE than anyone (even me, Gary Sinise!). I can call him day or night, even when he's working on one of his own movies, and he'll make time for me, answer my questions, and sometimes ask some of his own, which almost always leads me to getting more PEACE myself.

I honestly don't know where Ray learned so much about PEACE or how he got so good at it, but he's just amazing and I'm so fortunate to have him in my life. I'm so much more confident and balanced ever since I met him all those years ago on the sidewalk outside of my house.

The trouble you're probably going to have with this step is that Ray and I are both really famous movie and television performers. If you're also a very famous person, than hey, no problem at all! Just have someone get in touch with his agent or manager (those are people who work in Hollywood) and set up a time to get together with Ray to talk PEACE. If you aren't famous, then I'm just not sure what to tell you. Try getting famous for a little while and then I'm sure Ray would be happy to talk.

I've told Ray that he should hold classes or seminars or something, so he could teach more people about PEACE, but he always just hangs up on me when I bring this up.



## About Ray Liotta

Ray is an all-around great guy who knows lots and lots about PEACE. But he's also a very famous actor who has appeared in more than 10 movies and some TV shows too. I really loved him in the movie "Good Guys," where he played a bad guy who had to fight with other bad guys (I don't know why the movie is called "Good Guys," since they're all bad, but I didn't watch the whole thing, so maybe they turn good toward the end of the movie). He's also in a movie called "Operation Dumbo Drop," which is about people who throw elephants out of airplanes. It's a very sad movie, just based on the name of it (I haven't seen it), but I believe it's based on a true story and it's important to learn about horrible things so we don't repeat bad things from the past. That's no way to obtain PEACE!



# HOW TO UPSET A BLOWFISH

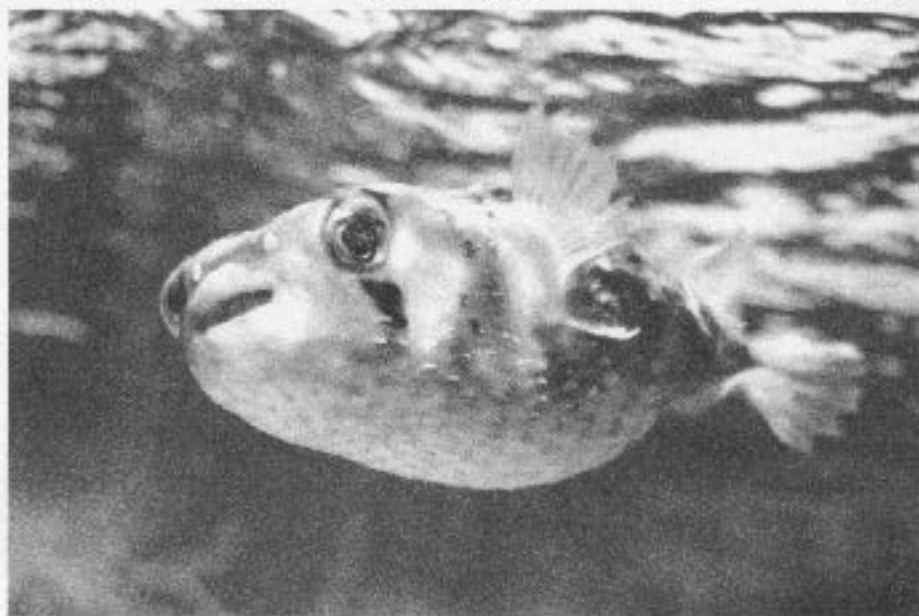
This has zero to do with PEACE, and getting more of IT, but this is something I'm deeply passionate about and if I don't talk about it, it drives me crazy.

## ➔ I REALLY DO NOT LIKE BLOWFISH! ➔

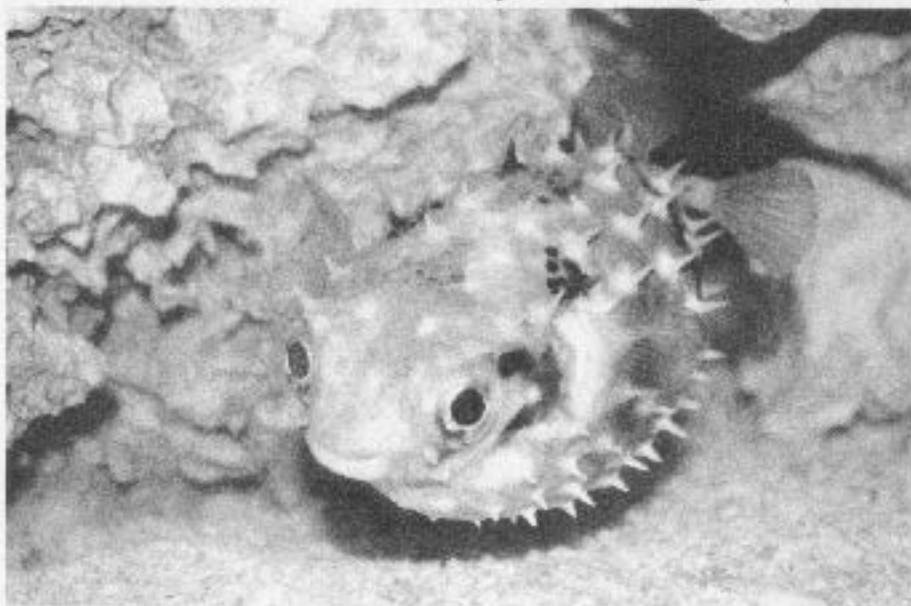
I like when things are what they are and don't try to trick you by becoming something else. In the case of the blowfish, it looks like a normal fish, but then it blows up and looks like this big spiky fish that, frankly, is pretty scary to look at.

Whenever I see a blowfish, which are also called porcupine-fish, balloon-fish and globe-fish, I lose my cool. I yell and scream and my long-time assistant, Ted Franklin, says it's almost like I'm a child having a tantrum. Fortunately, I've found a couple of things I like to do to fight back, whenever I'm in the same place as a blowfish, or whatever it's calling itself.

1. Get a stick and tie some feathers to the end of it. Then put the stick into the water with the terrible fish and poke around at where it's at. They seem to really not like that and usually it will scare them back into their terrible little fish holes where they hide.
2. Get a stick and tie some waterproof pictures of sharks to the end of it. Same basic idea here, where you're poking the stick around where the blowfish is, but with this one, you're frightening them into thinking there's a shark around.
3. Just try to ignore them as much as possible. Blowfish, I've read, are very social fish, and if you turn your back to them or you have your assistant tie a blindfold over your eyes and walk you out of the room quickly, it will make these horrible fish very sad. Good!



AWFUL!



# STEP TEN: Pretend You Have a Mustache

We've finally reached the end of all NINE of the steps on the PATH to PEACE! Congratulations, you're almost done! Do you feel the PEACE coursing through your veins? I hope so! (If not, that means you've done something wrong and messed this whole thing up for yourself)

The final step is pretty important. Even if you feel like you've already gotten lots of PEACE in your head and all around your body, this extra little piece will seal the deal and complete your total PATH. So keep going and you'll be happy and fulfilled, very soon.

It's also maybe the easiest step. All you have to do is pretend that you have a mustache. It doesn't matter what kind of mustache, bushy or thin, just that you have one.

Think about what it would feel like when you touch it with your hands. Think about how people would see your mustache and what they would think about themselves. Would your family like it? Would your coworkers make a comment about how thin or how bushy it is? Really consider how having a mustache would impact your life.

Sometimes when I tell people about this step, they ask me a couple of questions, so here are some answers:

Q: What if I'm a woman?

A: Doesn't matter.



Q: What if I already have a mustache?

A: Doesn't matter.

I hope those answers clear everything up.

Now that you have your pretend mustache in your mind's eye, imagining being told you have to shave it off. How would that make you feel? Would you be sad?

Don't worry though, that part's just a thought exercise. No one is going to make you shave off your pretend mustache. It's yours and you are entitled to it. Keep it with you always and it will be a reminder of the PEACE you have reached and now have all over the place.



## Pretend or Real?

# CONGRATULATIONS!

If you've finished all EIGHT steps on your PATH to PEACE, then you've done it and congratulations are in order! I'm very proud of you and you should be very proud of yourself too!

I thank you, sincerely, for taking this journey with me. It's one I had to take myself when I decided that I needed more PEACE in my life. I didn't have the same road map that you've had here; I just had to learn what worked and what didn't along the way. It was difficult, as I'm sure your voyage to PEACE has been as well, but I have found it so very worthwhile every day of my life.

PEACE has made me a better actor, a better husband and father, a better person to stand in lines with, a better popcorn maker, and above all, a better actor.

Before we go, there are a few people I would like to thank for helping make this zine possible:

- My best friend, Ray Liotta, who has stood by me every step of this journey toward PEACE. I love you, Ray, and I hope you continue making great movies and television shows and that, eventually, we'll get to work on something together, like a science-fiction movie or something where we get to work with horses on a ranch somewhere.

- Bryan Bedell, who helped me figure out how to print out all of the pages in this zine and had the faith in me to believe that I really could print out something meaningful.

- Steve Delahoyde, who helped me figure out a lot of the thoughts in this zine and put them down in written English, which is not my first language and therefore, very difficult.



**"Chew a baby's ear!" - Gary Sinise**



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