



PEACE REVOLUTION IN EUROPE



As of 2013, Europe, the world's second-smallest continent by surface area, consists of 50 countries having a population of 733 million or about 11% of the world's population.



BELGIUM CENTER OF EUROPE



WAT PHRA DHAMMAKAYA
BENELUX

A group of young people are gathered in a circle on a grassy field, with their hands joined together in the center. They are all smiling and looking towards the center. In the background, three more people in white shirts and skirts are standing. The scene is bright and sunny.

Ice-breaking



Peter Matjašič
European Youth Forum

We “PeaceRebels” came with different backgrounds, experiences, with and without expectations. Some with open and some with sceptical minds, but regardless of these differences, there was something that united us all together. It was our endless desire to explore, our curiosity and willingness to make the world around us a peaceful place.



INNER PEACE DAILY

Although there were only three days, the program was very intense. Usually, the day started at 5:30 in the morning, with everyone having our first meditation on 'spreading loving kindness' as we could witness the darkness of the night turn into the brightness of the early morning.





Apart from meditation and yoga, we also took part in other special group activities for participants to get to know each other. The air was filled with happy smiles and joyful laughter.

RELAXATION





INDOOR MEDITATION



The meditation sessions took place in a comfortable meditation room amongst the nature where we could relax and enjoy the special atmosphere of the beautiful nature and greenery that surrounds the venue.



OUTDOOR MEDITATION

The peaceful environment makes it easy to keep the mind still. We enjoyed meditating in the serene atmosphere, observing our thoughts and hearing the sounds of nature around us.





MEDITATION CLINIC

On the retreat, we had a unique chance to have conversations with teaching monks about any topic we were interested in. The monks were friendly and open to discussions. Activities such as “Google with the teaching monks” and “Meditation Clinic” were aimed to allow us to ask questions about many topics including our daily life, Buddhism, meditation, personal experiences and philosophical issues.





BLOWING BUBBLES OF JOY





It has been such a long time that we could really find peace from the balance of body and mind. It is important to fuel the body healthily, yet challenging to remain mindful by not keeping our stomach too full before the meditation sessions begin.



HEALTHY BODY



CLEAN IN CLEAN OUT



The cleaning activity let us do a little experiment with the mind. When the mind is clean, we also want everything around us to be clean and vice versa. It's surprising that whenever we start cleaning, we can also let go of our mental garbage easier.





FINDING INNER PEACE





GROUP DISCUSSION

Time flies fast and these three days came to the end. On the last day, the space was offered for us to discuss and plan potential ways in which we could bring their new skills and knowledge which we learned on the retreat into our local communities and within our own youth work. People's ideas were interesting, creative, fresh and full of energy that we hope they are able to implement such incredible and innovative ideas into the world.





Although the fellowship has come to the end, we are leaving the retreat with our heart full of joy believing that one day everyone in Europe will have a chance to experience this deep true peace within.



PEACE IN PEACE OUT
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