

Budd Camp

June 21st - July 20th, 2010
Thailand



WORLD PEACE THROUGH INNER PEACE

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Peace Revolution

Budd Camp

June 21st - July 20th, 2010, Thailand



Our environment and world today is in a state of turmoil; valuable morals are being questioned and overturned. In our social structure we are becoming more and more estranged to each other. As the world is changing very quickly, people are searching for a universal code of conduct that can

bring peace to themselves and people around them. Buddhism is a heritage of peace, harmony and happiness that goes beyond limitation of space and time. By applying Buddhist principles, one can easily find peace within oneself that will eventually lead to peace without.



Young peace rebels, who were previously scattered around the globe, finally came together in one place, Thailand, to train themselves in meditation and study Buddhist ethics. In so doing, uphold these ageless moral values and virtues.





STILLNESS

Peace can occur promptly with the simplest method which is to still one's mind until attaining the first peace of mind. This is the simplest method that has belonged to the world since the beginning.

Luang Phor Dhammajayo





| Meditation is very easy. It gives
one a sense of calm, it feels like
home. Meditation is a tool to develop
yourself. When you develop yourself
the whole world changes around you.

Meditation allows you to see
your true self and make friends with
yourself.

Ivan Tsikota, Belarus



SIMPLICITY



CLARITY

A still and settled mind will give rise to clarity, just as the moon's reflection on a lake becomes clear and sharp once the water stills and settles.



There's a lot that we don't know about, as the universe is so big. So just by going within myself, stilling my mind, it gives me a lot of clarity and vision to understand the things around me.

Angely Keita Narayan, France





| With this Peace Revolution program I now know, I am important and I can let go of certain things and become happy. Frankly I am the happiest person in this planet presently.

Joseph Silas Bangura, Sierra Leone



JOURNEY *to* JOY

Exercise refreshes the body and adds to its life. Peace Rebels practised daily yoga and exercise to ensure a healthy body. Yoga proved not only to be a ‘work out’, but a way to work on oneself by practising mindfulness regardless of what position the body is in.





DISCOVERY

Peace Rebels learnt about universal Buddhist principles from teaching monks. Monks are people who have devoted their lives to becoming better people through meditation and self discovery. Their example mirrors the timeless teachings of the Buddha.





I started to realize that every word,
every movement I make has
consequences in life. So I start thinking
more carefully, in a more peaceful way
because now I am more conscious.

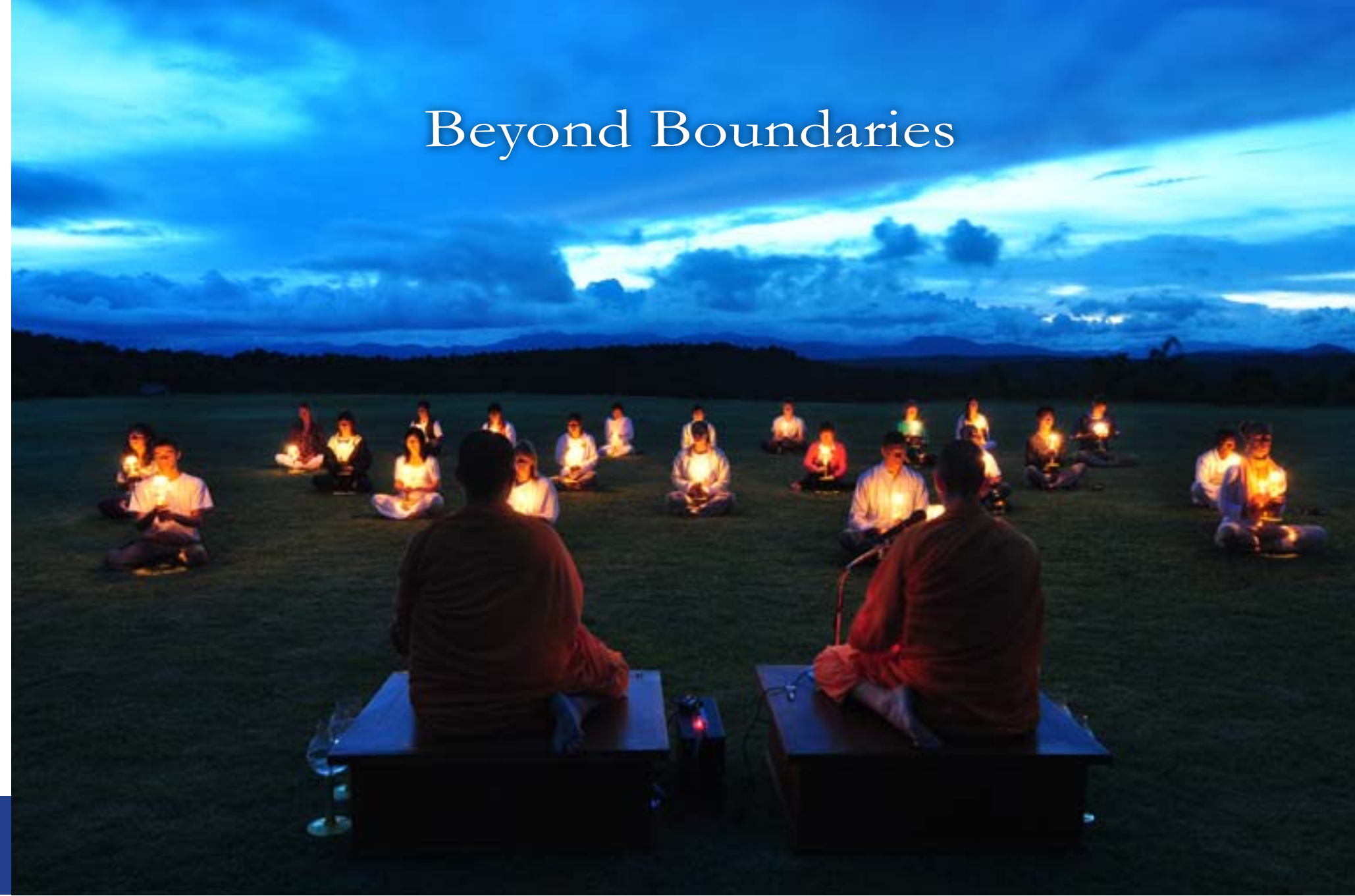
Gabriela Velarde, Peru





| Inner peace always exists within us,
and becomes brighter and brighter the more still our mind becomes. The brightness within is truly limitless. The light that shines within, with also shine externally. We can all brighten our mind, and be a light to the world.

Beyond Boundaries





BRIGHTNESS

Thousands of candles can be lit from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared.

Lord Buddha





| Generosity is the habit of giving freely without expecting anything in return. Here peace rebels had the chance to practice generosity by preparing a wholesome meal and offering it to the Abbot of the Lanna Monastery.





The traditional customs and rituals of the country of Thailand is a reminder of the values its people uphold.

In Thailand garlands are traditionally made with jasmine flowers to offer to those worthy of the highest respect, such as offering it to the Buddha by placing it in front of a Buddha statue, offering it to monks or one's parents.

This gesture not only shows the great value Thai people place on respect, but also the value of giving or generosity.



THAI TRADITION

Peace Rebels learnt how to make jasmine garlands and offered it to monks along a canal in Bangkok.



WISDOM

Buddhism is a possibility to improve and develop yourself. This is what the Lord Buddha did. Buddhism is a universal way to become a better human being and develop good habits.



NEW BEGINNING



Bereket Kewie, a Peace Rebel, had a dream to ordain as a Buddhist monk. In July 2010 this dream came true. Here Bereket greets the Budd Camp group after they offered him his robes and alms bowl.

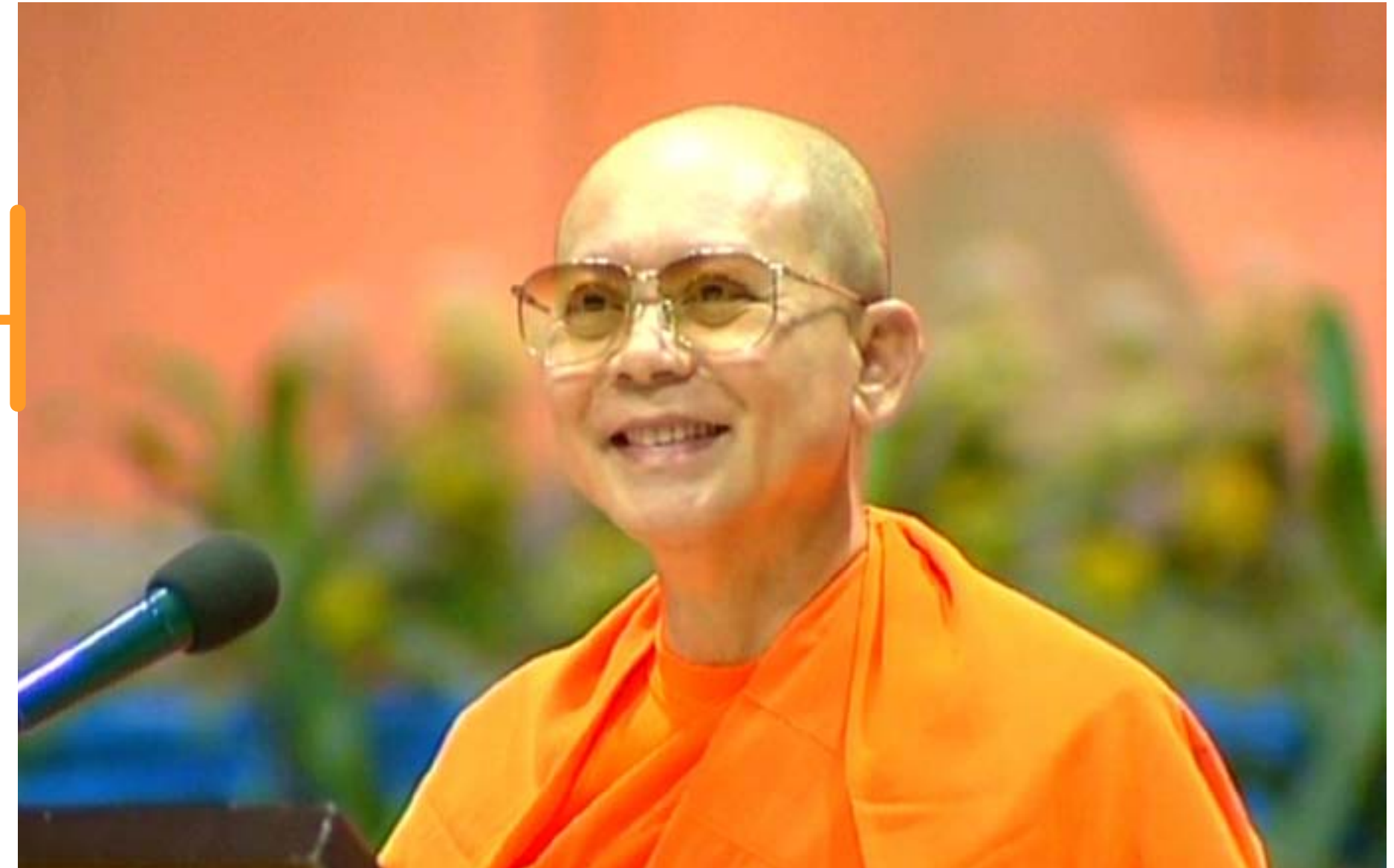
A Buddhist monk, or bhikkhu, is someone who lives a simple meditative life, and undertakes a code of conduct, the vinaya, in order to purify their body speech and mind. It is a monk's aim in life to achieve liberation from suffering and attain Nirvana.



If everyone in the world brings their mind to a standstill at the center of the body and attains true peace, world peace can then become a reality. This situation is neither too lofty a goal to reach, nor is it a dream. It is something that can happen if everyone realizes that they have the very best quality within themselves and begins practicing meditation by focusing their mind at the center of the body.

The Most Venerable Luang Phor Dhammajayo

If we are all united in doing this, the world will change from darkness to brightness, from impurity to purity, from selfishness to sharing, and be filled with love.





Mohammed
Aarifeen, India



Aisha Weaver
USA



Angely Narayan
France



Anu Lawrence
Canada



Bereket Kewie
Ethiopia



Chen Wang
China



Emma Lau
Hong Kong



Gabriela Velarde
Peru



Giana Cirolia
USA



Hai Tran
Vietnam



Ivan Tsikota
Belarus



Joseph Bangura
Sierra Leone



Kishor Dass
India



Natasha Donevska
Macedonia



Osama Moftah
Egypt



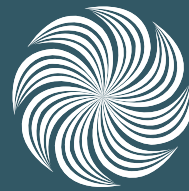
Sonia Preisser
Mexico



Zenta Yarrow
South Africa



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Peace Revolution