



on the move
GLOBAL PEACE

VII

“The True Dream”

There is nothing like a dream to create the future. When we have dreams, we create an ideal in our minds to be turned to reality. Everything in our world has its origin in our minds. When we are young, we have great dreams. Imagination allows us to believe that we could do anything, and be anyone. As we grow older, however, the logic of rational thinking takes over our dreams, and often, those dreams are lost. The Peace Revolution Global Peace on the Move Fellowship VII was held from 14 – 27 February 2012 at the idyllic Mooktawan Sanctuary on Koh Yao Noi Island in the south of Thailand. The program re-ignited our childhood dreams and led to a discovery of the meaning of “the True Dream”

MOOKTAWAN

“the pearl of the sun”





Mooktawan is an island hidden from the world, far away from anywhere and any worry... It is a place where the sky and the ocean touch and become one blue expanse... It is so breathtakingly beautiful that one can almost touch heaven from its shores... Anyone who has ever been to this island knows it is a special place...a place of dreams. Welcome to our sanctuary.





BUBBLES of JOY



KNOWING YOU

The first day was a day to get to know each other, and the ice –breaking kicked off with musical chairs, treasure hunts, and a 4-station walk rally. The games centered around the theme, “Find Your Dream”. The participants dressed up as make-believe superheroes tasked with the mission to ‘save the world’.



WELCOME to
Peace Revolution

“getting to know each other...”



Knowing Me..



Exploring friendships and knowing each other, we come to learn more about ourselves. We discover different ideas, cultures, and laughters. We share One Dream, and once we truly know ourselves, we may obtain our True Dream.



INNER

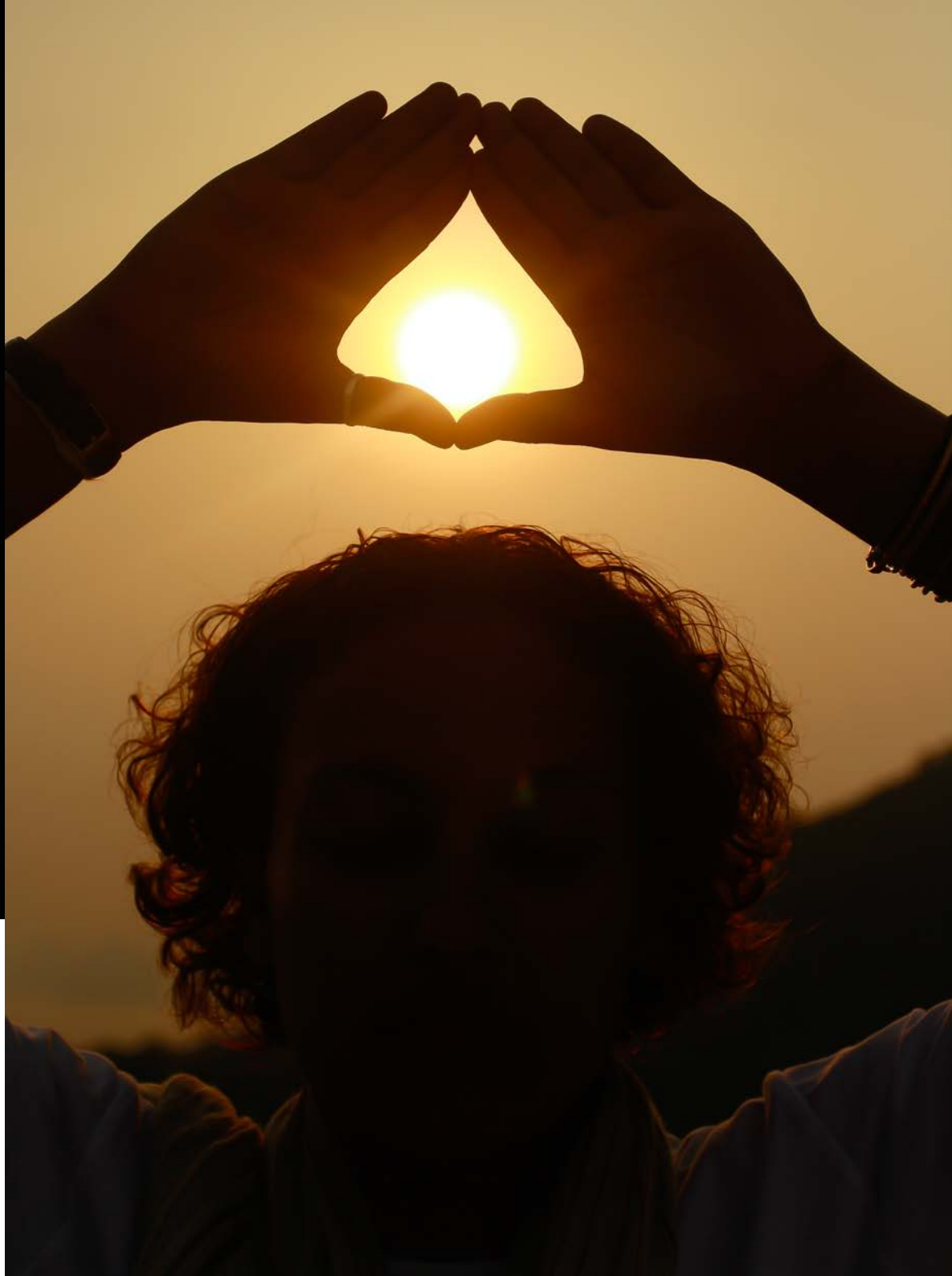
peace time

Every day we practiced our mind: stillness within stillness, stopping within stopping, until we can uncover an island of peace. The true Island of Peace exists within us, at the center of our body. It is a refuge in the stormy ocean of life, and it is more precious than any treasure chest on any island of the world. Our Island of Peace is surrounded by light and can shelter us from the “unknowing” of darkness.





*Stopping within...
Stopping*



YOGA

STILLNESS WITHIN THE MOVEMENT



“to balance body and mind”




Based on the principles of relaxation and concentration, the practice of yoga helps to balance our body and mind through a series of postures and exercises. The graceful yoga teacher led the peace rebels through a series of morning ‘asanas’ while watching the sunrise over the Andaman sea.



OUTDOOR meditation






When our mind is centered in the middle of ourselves, we will experience inner peace and joy. Inside us will emerge wisdom, happiness and peaceful energy. These attributes all exist within us, regardless of whether we sit inside a room, under a tree, on a boat, or next to a waterfall. The whole world becomes our meditation room as we unify with the center of our bodies.



CLEAN IN CLEAN OUT

We ventured outside to clean the surrounding environment. To do this, we need to move our body and exert some energy. To clean from within, we still our mind. We do not use force, and we can clean the outside and the inside simultaneously. This process is called the “stillness within the movement”, and it is the true stillness.





“Clean outside and inside at the same time!”

THE POWER *of the sun*





We are like the rising sun, generating our own light and dispelling the cloud of darkness. When the mind is purified, it becomes a tremendous source of power, just like the sun. The sun inside is a source of light, willpower, and courage to overcome any obstacle. It creates pure love that can be shared with everyone equally.

The Light of peace





The Light of Peace exists within every human being. We were born to discover the Light that is within us. Because the Light is in everyone, as we let our own Light shine, we are also letting other people do the same. Very soon the whole world will be immersed in the Light of Peace, challenging the very existence of darkness.



INNER

experiences

Marianna Mattos

“I centered my mind by imagining the moon inside me. I felt that my body was empty and open, and it was filled with the stars of the sky around me. Then I felt like I was sitting on the moon, but without my body. I just had the feeling of my center and the sky inside me. Then I felt the Earth inside my center while I continued to feel like I was sitting on the moon with the sky inside. This feeling made me think that everything in the universe is a part of me and that I should embrace it without judgment of right and wrong in the universe.”

Marko Barisic

“During the meditation I could feel the center properly. I could see it as a small star in me. It radiated very strong energy a few times. I didn’t feel any light sensation as the monk suggested, but I also didn’t have so much wandering thoughts. Time passed so quickly that I couldn’t believe.”

Johan Van Houten

“First, I let go of everything, and then I felt at ease...I let go and I had a good feeling of sabai. Then I swirled down in a swirl, turning left and turning right. I felt like a roller coaster with a movie screen. I saw a lot of images flashing by really quickly.”





SABAI SABAI



Congratulations!





We traversed the path within, stilling our minds, in the hope of making our dreams come true. The journey took us to a place where we met the true sun, the true light, and finally we realize the True Dream...



GLOBAL PEACE ON THE MOVE

VII





Kubwimana Venuste

Rwanda



Thomas Prince Mitchell

Liberia



Marko Barišić

Bosnia and Herzegovina



Johan Christian Van Houten

Netherlands



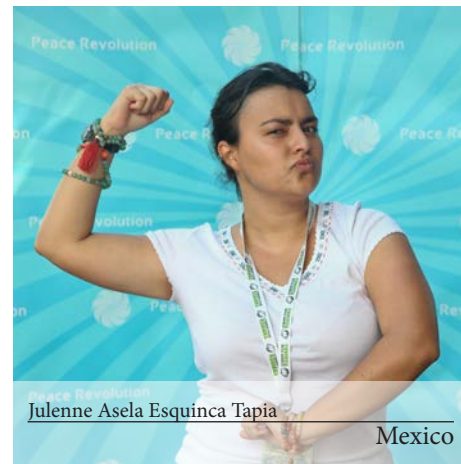
Gohar Ghandilyan

Armenia



Barbara Lilian Contreras Preisler

Chile



Julenne Asela Esquinca Tapia

Mexico



Carmen Del Rosario Avila Jaquez

Mexico



Mahvish Naeem

Pakistan



Weronika Monika Skibicka

Poland



Elina Bauze-Krastina

Latvia



Rachel Giaccherio

Ethiopia

PEACE IN....

Peace  ut!