
GLOBAL PEACE

ON THE MOVE



16-28 JUNE 2013



In June 2013 we travelled through air, land and sea to reach a secret island.
We were all looking for the same thing: True Inner Peace...





Muktawan “the pearl of the sun”

Muktawan 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. Anyone who has ever been to this island knows it is a special place, a place of dreams.

Welcome to our sanctuary!



Braking the Barriers

Exploring friendships and knowing each other, we came to learn more about ourselves. We discovered different ideas, cultures, and laughs. But the most enriching experience was to realize that we had a lot in common.







Discipline

is the bridge between goals and accomplishments. As a part of mastering Inner Peace, peace rebels train themselves through discipline. Cleanliness, orderliness and punctuality frame the mind and help one to be aware of every movement inside and outside the meditation room. Simple actions, with deep effects.





The meditation room turned to be the door to our inner peace. A vast and endless space where every day we were able to cultivate our love for meditation. Time seemed to disappear, worries were not allowed inside and the whole room felt as if we were in the very core of the universe, surrounded by love and kindness, surrounded by a special force that pushed us to be expanded more and more.





A group of people, mostly women, are sitting on the ground in a meditative pose. They are wearing white t-shirts and white pants or skirts. They are gathered under a large, leafy tree. In the background, there are more trees and a string of small, round, white lights hanging from a branch. The scene is outdoors and appears to be a forest or a large garden.

Avatar tree

There are no boundaries to the experience of our pure nature; there were no conditions to our meditations. After touching your center for the first time you get the most simple and deep confirmation, you ARE. You are not just your body, you are not just your personality, you are not just a boy or a girl, you are everything that is able to be seen, touched, smelled, heard, tasted and beyond. We experienced this unity under the tree of wisdom surrounded by nature...

Scenic viewpoint

And we confirmed this feeling and heard this truth again on the scenic viewpoint. Either with the sunset in our shoulders or with the moon in our heads, either with the sound of shy birds or with the wind whispering in our ears. Always with the mind at the center, always with a contemplative attitude wrapping us in the sabai feeling.





A group of people, mostly young adults, are seated at a long table in a bright room with large windows. They are looking towards the left side of the frame. The scene is viewed through a white, textured mesh screen that occupies the foreground. A pink object, possibly a pen or a small light, is visible in the lower right foreground. The people are dressed in casual attire, and the atmosphere appears to be one of a lecture or a workshop.

Google With Monks

They say that all the answers one is looking for are already there; waiting to be revealed, waiting for our inner knowledge to touch the ground of our deepest self to wake them up and make them blossom like flowers on spring. But sometimes the path to these answers is still too dark to see and one can get lost searching for the truth. Fortunately for us, the teaching monks were there to light up the road with his wisdom, to take our hands and encourage us to go further.



Yoga

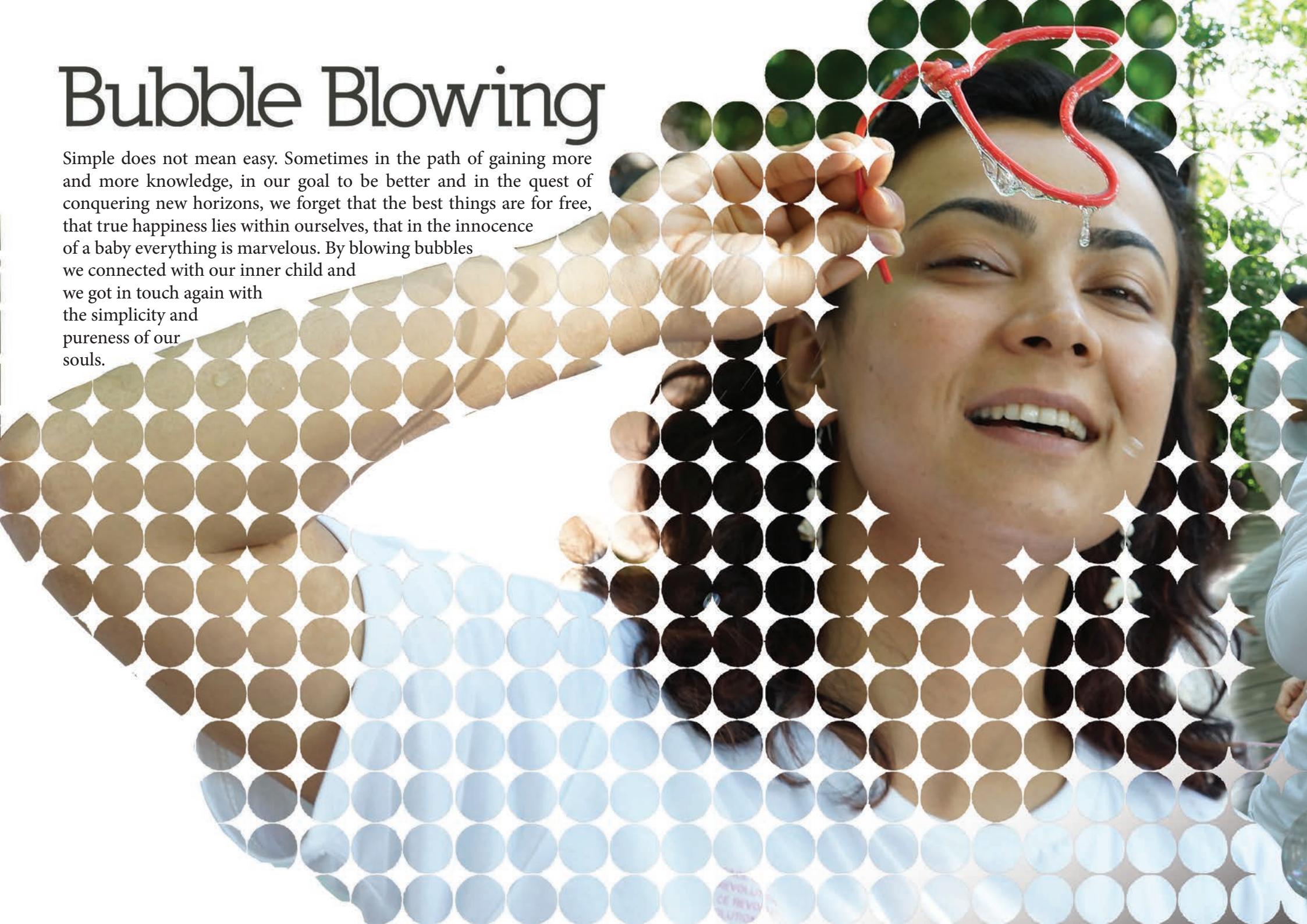
To access our mind we needed to pass through our bodies first. We needed to break down its barriers and became one with it in order to go further in our meditations in a peaceful and gentle way. Yoga was the key to success in this task since this ancient practice taught us how to tune our bodies in the same frequency that our mind.





Bubble Blowing

Simple does not mean easy. Sometimes in the path of gaining more and more knowledge, in our goal to be better and in the quest of conquering new horizons, we forget that the best things are for free, that true happiness lies within ourselves, that in the innocence of a baby everything is marvelous. By blowing bubbles we connected with our inner child and we got in touch again with the simplicity and pureness of our souls.







BON APPETIT !

We nourished our bodies with the most exquisite Thai food prepared with love and kindness. The best diet to maintain the balance between an expansive mind and a healthy body.



CLEAN IN



It does not matter how it seems to be, there is no separation between the outside and the inside. Cleaning the environment in a mindful way helped us to see the cohesiveness of the two worlds. Every leaf taken from the path also cleared the path to our center inside, by organizing the space around us we were able to organize our thoughts and when everything was shining at the end our mind was resting clear and bright at the center of our body.

CLEAN







Friendship

In this great journey we learnt that the greatest happiness lies within ourselves but that once we have found it, it will mean nothing except it is shared with others. Fortunately there were amazing people walking side by side in this process with us ready to open their hearts and mind to welcome a new friend, to support us and encourage us to go further.





Meditation Clinic

Because each of us were walking the same path but at our own rhythms, we also had the opportunity to go deeper within our inner experience by receiving private time dedicated completely to our process, being heard, being understood and being advised directly from the monks for the very best benefit of our self-development.



Alms Giving

From the unconditional gratitude that we were able to feel while sharing and growing in the perfect environment with the kindest people we could open our hearts to generosity, love and kindness and share it with the whole world.







Group Discussion

After having understood the true concept of inner peace we were all ready to start thinking about different strategies to develop it in something even more beautiful, outer peace.



PIPO Night

They say everything has an end but actually just on our last night in Muktawan we were all ready to realize about the big impact of the whole experience and under the warmth of million stars in the sky we lighted up the candles of a new life devoted to bring peace with us wherever, whenever and whatever.





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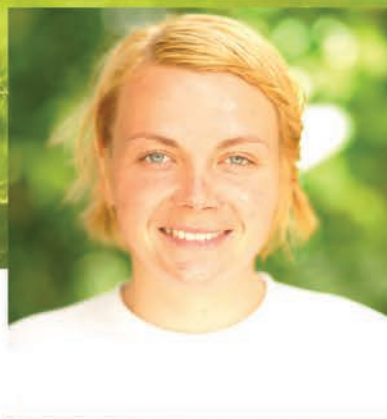
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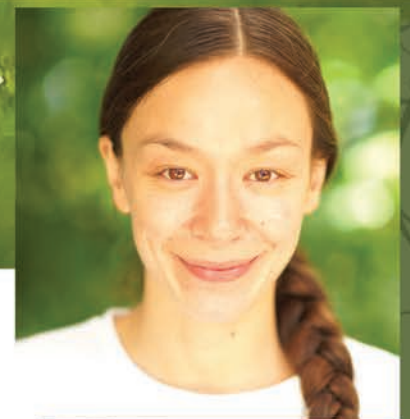
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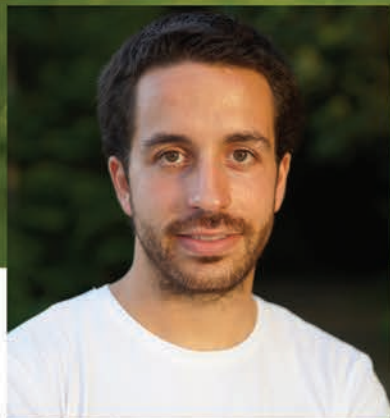
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PEACE IN PEACE OUT

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