

# GLOBAL PEACE

3-16 JUNE 2014

# ON THE MOVE







PEACE<sub>OUT</sub> IN  
[WWW.PEACEREVOLUTION.NET](http://WWW.PEACEREVOLUTION.NET)









# JUNE 2014

From the total amount of 1,238 applications, thirty-six young participants from 25 countries around the world were brought by the natural law of attraction to experience a turning-point in their lives.





# ICE

BREAKING



Not long after settling in, we got the opportunity to get to know each other in a fun and exciting way. We set aside the outside world to focus our attention on the people who are right here, right now. It was then easy to realize what we all have in common.....a deep desire for peace and the feeling of connection among us all.











# SABAI

"Sabai Sabai" A phrase heard much throughout our stay at Mooktawan Sanctuary. Meaning to be tranquil or well, this word was the mantra we lived by for the 11 days we spent on the island. It reminded us that the feeling can always be attained if we stay in the present.



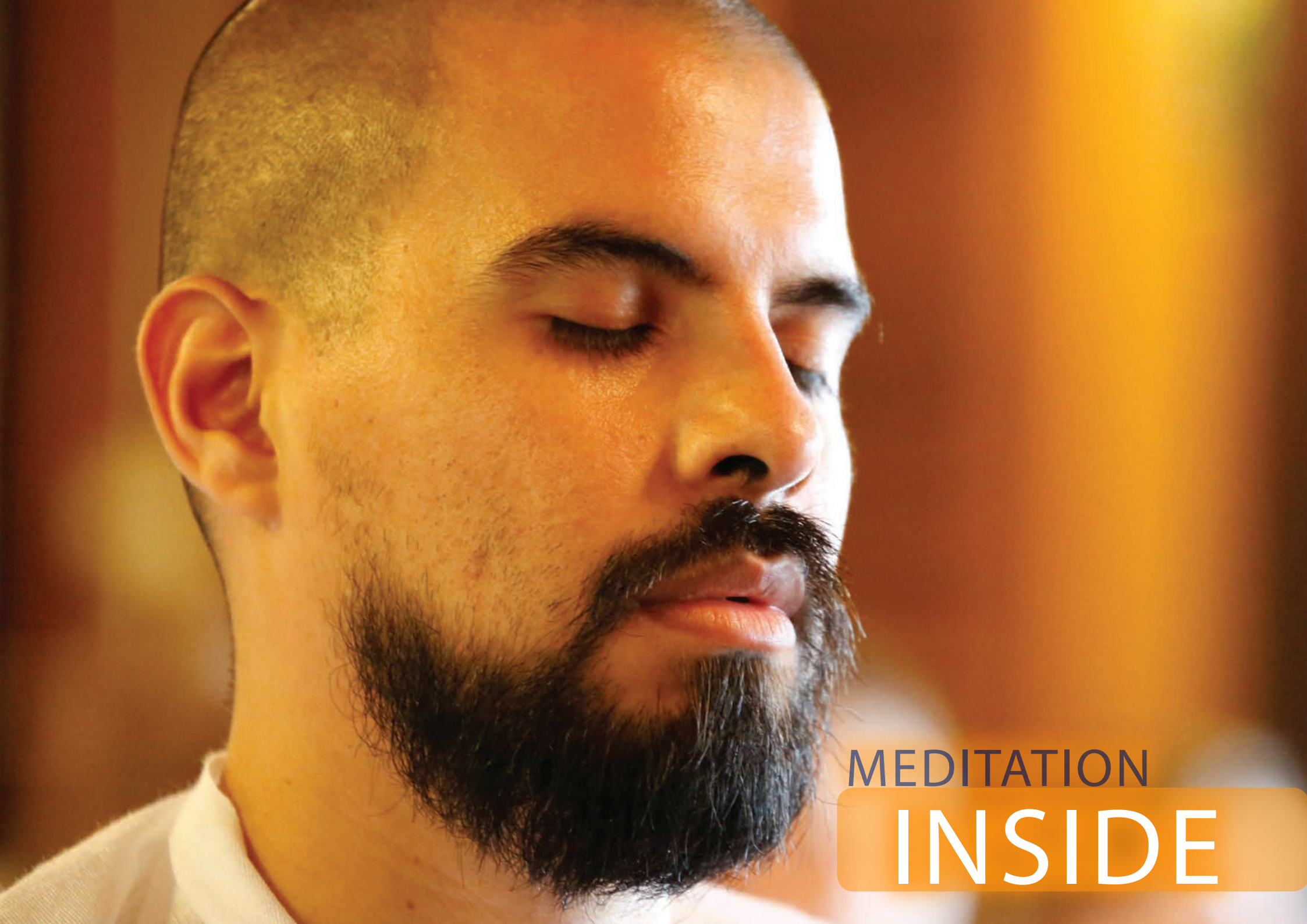
# BUBBLES

of joy



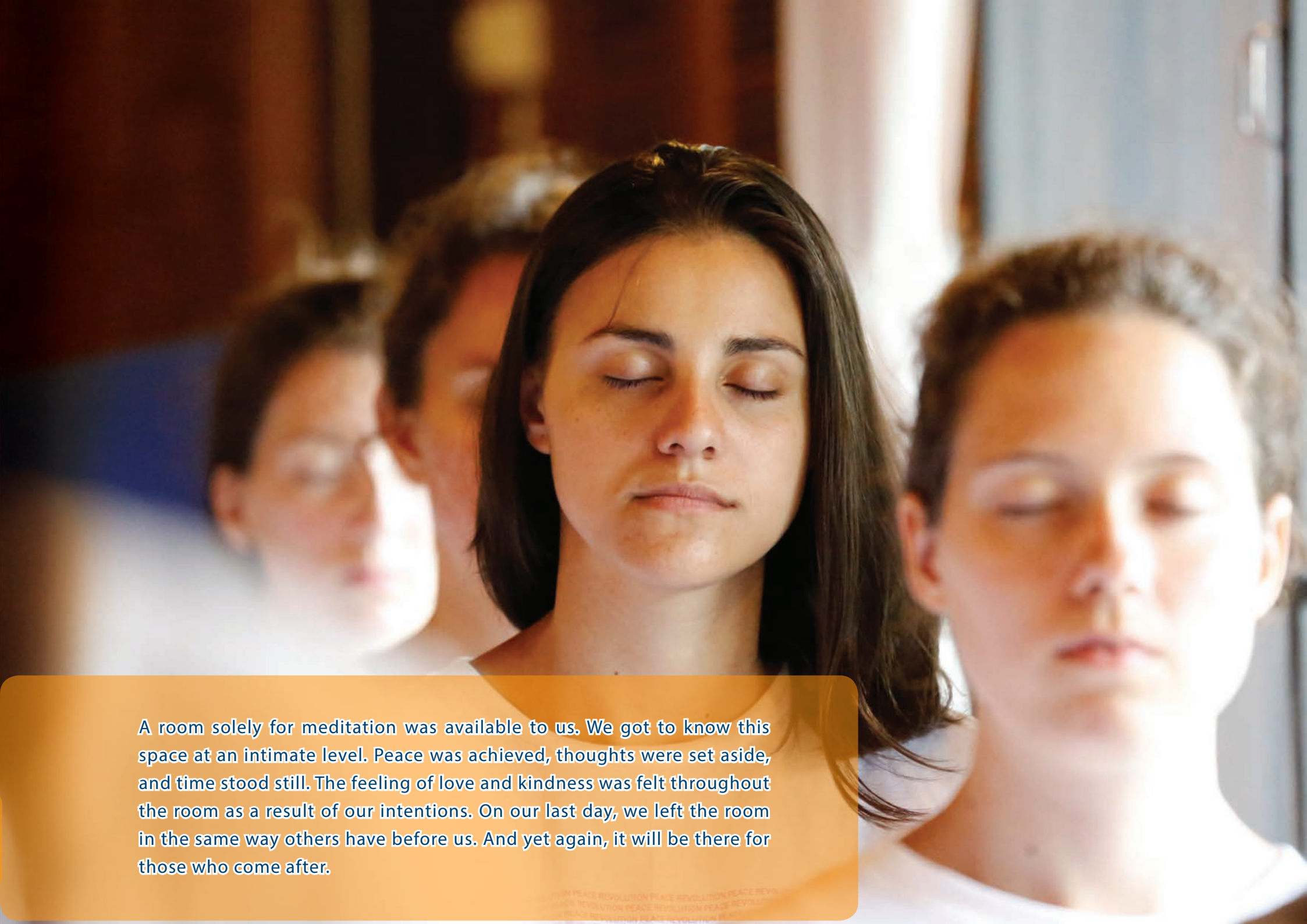






MEDITATION  
**INSIDE**





A room solely for meditation was available to us. We got to know this space at an intimate level. Peace was achieved, thoughts were set aside, and time stood still. The feeling of love and kindness was felt throughout the room as a result of our intentions. On our last day, we left the room in the same way others have before us. And yet again, it will be there for those who come after.

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# Google

## WITH MONKS





As always, our monks were available to speak with at virtually anytime about anything. Yet it was a privilege to have this time with them as a group as well. Our Q&A time with them gave us an opportunity to ask questions about how to live peacefully. The answers were truly enlightening for it was an absolute gift to receive practical advice on how to apply inner peace to our daily lives.









# MEDITATION OUTSIDE

As we centered our selves at the highest point of the island, the sounds of nature and the open air allowed for a heightened feeling of expansion. The sun shining through the clouds along with the gentle wind reminded us of how easy it can be to feel Sabai in the presence of nature.



A group of women are practicing yoga outdoors. They are all wearing white t-shirts and are in a similar pose, with their arms extended forward. The woman in the foreground is in sharp focus, while the others are blurred in the background. The background shows green foliage, suggesting a park or garden setting. The word 'YOGA' is written in large, white, sans-serif capital letters across the middle of the image.

# YOGA

The body is the most important vessel we have control over. So there is no better way than to start the morning off with some light Yoga. With a breathtaking view of the sun rise, we became one with our bodies as we cultivated body awareness, strength, and flexibility. Lessons for the body as well as the mind.



# YOGA



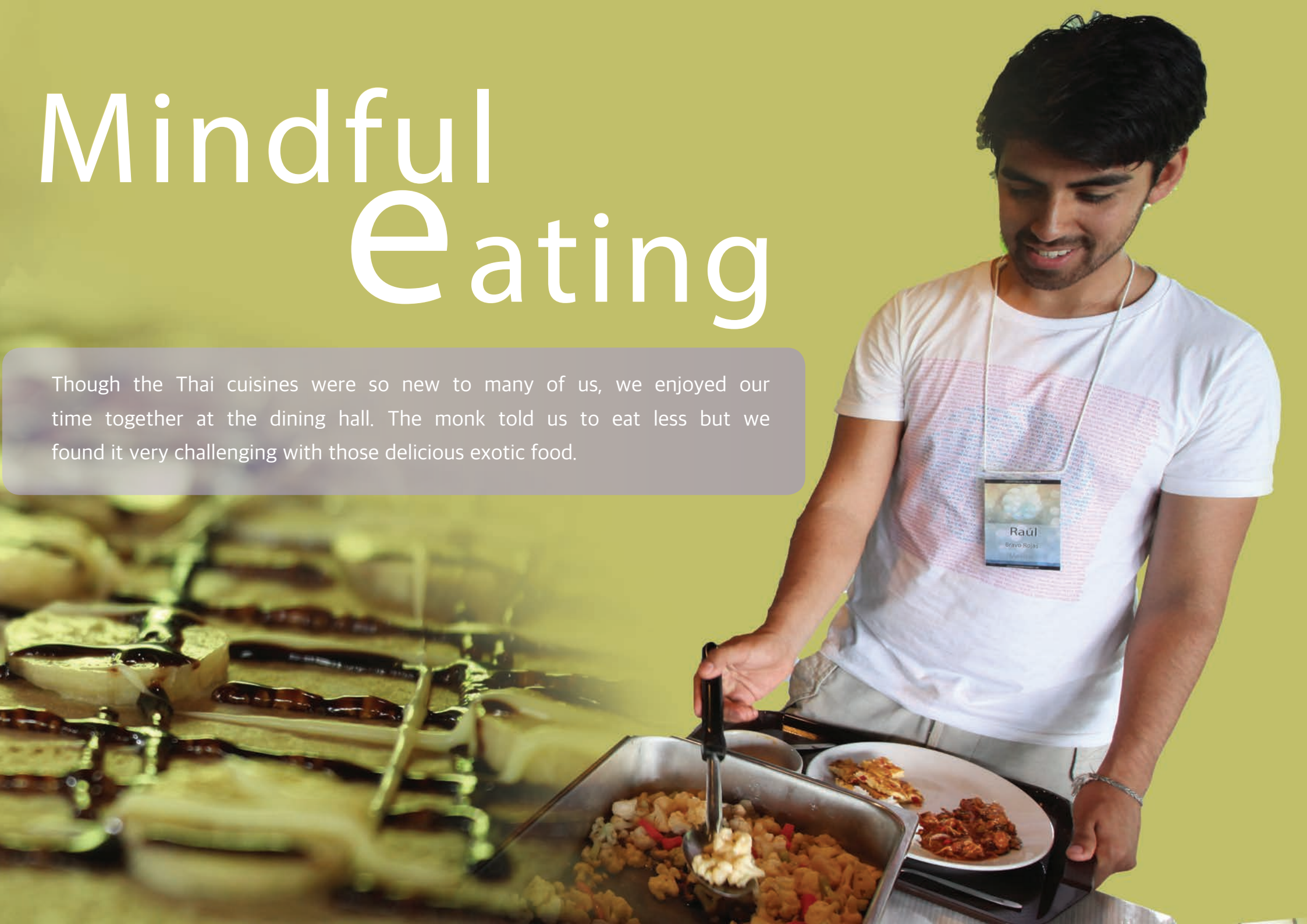






# Mindful Eating

Though the Thai cuisines were so new to many of us, we enjoyed our time together at the dining hall. The monk told us to eat less but we found it very challenging with those delicious exotic food.





CLEAN

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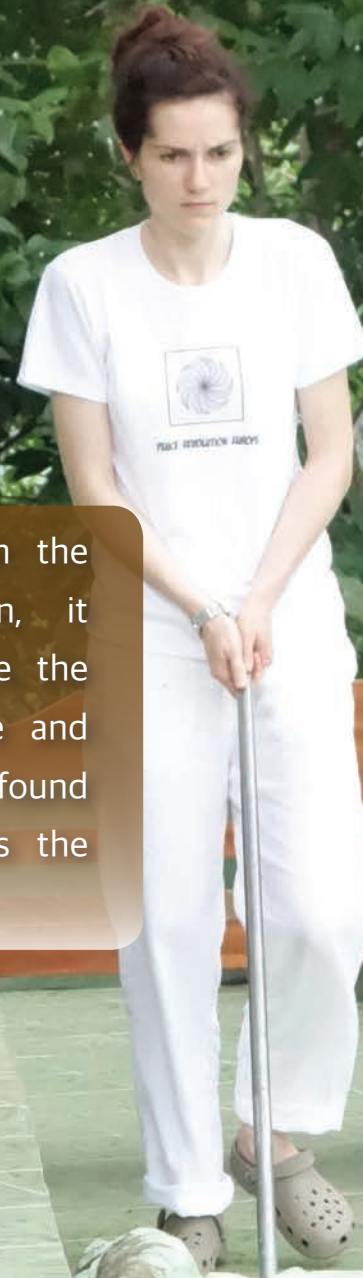
NO  
JEAN

OUT





We often find our inner worlds are much different than the environment around us. However, through meditation, it becomes clear that both worlds are interconnected. Since the space around us requires a certain level of maintenance and order, the same lesson can be applied to our minds. We found that whenever the environment was altered, so too was the mind.









# Meditation Clinic

They say “God” is in the details. This rang true when it came to considering our own curiosities. This private time with the monks allowed us to dive deeper into subjects that matter to each of us individually.





# PEACE POSITION





The monks along with the Peace Architects explained to us the enormous benefits of maintaining the peace position. We've learned that it is important to maintain the right posture for the most optimal energy flow at all times. Not only do we physically feel better, but the heightened sense of confidence that comes with good posture does not go unnoticed.









# Group Discussion

A wonderful way to exchange ideas is to have an open forum where everyone has a voice. During our time at Mooktawan, we had plenty of opportunities to have open discussion about how peace can be achieved. These conversations were, in fact, a continuation of the kind of dialogue we had online with PeaceRevolution.net. Thanks to the fellowship, we were able to continue these conversations. It is of the utmost importance that we continue to work together if we want to see a world where everyone can achieve peace.







# PIPO

## Night





Our last night of the fellowship. A night to remember. As a symbol of the brightness within, we lit our candles and reflected on all of our experiences during our stay. The lights lit up the room and a new mission arose within us. To bring peace with us wherever we go.





Abel  
Spain



Alejandra  
UK



Alejandro  
Colombia



Anna Kravec  
Belarus



Aregnaz  
Armenia



Bakary  
Gambia



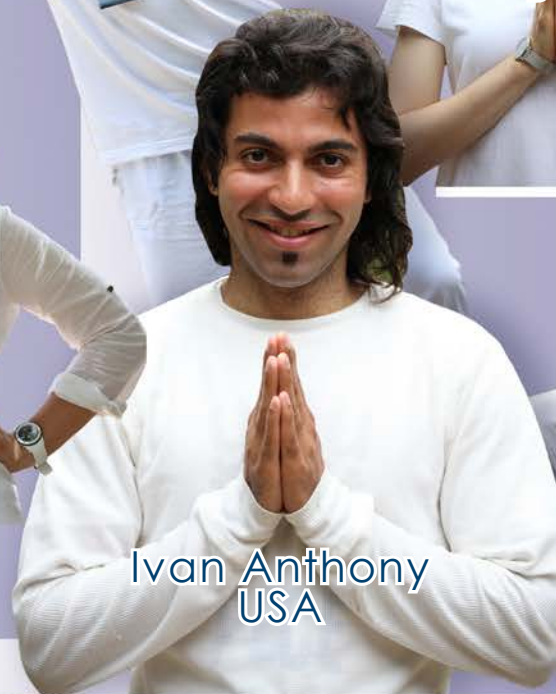
Haifa  
Yemen



Gabriela Velarde  
Peru



Eva  
Slovakia



Ivan Anthony  
USA



Georgia  
UK



Eva Ruís  
Spain



Raúl  
Mexico



Silvia Brdar  
Croatia



Samia  
Bangladesh



Reham  
Yemen

Christina  
Romania



Montserrat  
Mexico

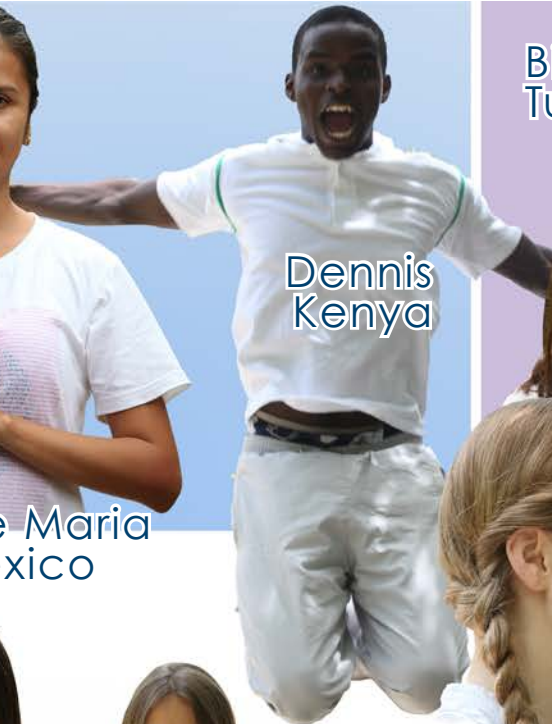




Amparo  
Spain



Dulce Maria  
Mexico



Dennis  
Kenya

Birgul Ozturk  
Turkey



Elisabet  
Spain



Enrique  
Mexico



Ieva Ugne  
Lithuania



Sonja Velic  
Netherlands



Yaroslava  
Peru



Morea Dawn  
Brazil



Irina  
Kenya



Katreen  
Jordan



Margarita  
Venezuela



Marjori Lotufo  
Brazil



Yuliya Hudoshnyk  
Ukraine



Kenya Aline  
Brazil



Zlatina  
Bulgaria



Mirjam  
Croatia























# PEACE IN PEACE OUT

