

# What is Peace Revolution?

Peace Revolution is a global program that strives to bring peace to the world through supporting individuals to find peace within: *World Peace through Inner Peace*.

We believe that a sustainable world peace can happen when individuals first experience inner peace. We also believe that today's young adults have the energy and ability to create a transformation in the world that will lead to world peace. Peace Revolution has, therefore, created an interactive, internet-based self-development program that will help people understand themselves more fully. In working together harmoniously with people from around the world, and helping them find their own inner peace, the Peace Revolution team believes we can achieve success in initiating a sustainable world peace.

The program supports participants ("peace rebels") to start cultivating peace within themselves through the practice of meditation ("inner peace time" or "IPT"). By acting as a common denominator for people throughout the world, of any cultural or religious background, the practice of inner peace time can lead to true and permanent inner peace. The program includes:

## 1 **An online interactive platform** including:

- educate peace rebels about inner peace;
- provide an environment for sharing their inner peace practice;
- engage peace rebels in self-development and reflection;
- allow peace rebels to continue to network and engage with each other in relation to their future peace work.

## 2 **An offline component** in which peace rebels develop peace projects to undertake in their own location.

## 3 **A face-to-face component** including:

- a meditation retreat to educate peace rebels in advanced inner peace techniques;
- an opportunity to experience Thai culture and observe some Thai Buddhist events;
- a conference with a range of guest speakers and an opportunity to engage in collaborative peace building activities.



# Peace In



# Peace Out

# Objective

The overall objective of Peace Revolution is to facilitate positive transformation in young people's personal and moral development as well as to implement the universality of inner peace in a culturally diverse world. In combining the inner peace experienced in meditation, with outer peace activities, sustainable peace can spread from the individual to communities, countries and the world. In short the core objective of Peace Revolution is:

**Inner Peace + Outer Peace = Sustainable World Peace**

Peace Revolution

More specifically, the Peace Revolution project aims to:

- teach people from a culturally diverse community basic 'inner peace time' meditation techniques;
- facilitate positive transformation in rebels' personal and moral development;
- provide an opportunity for international peace rebels to interact online with others;
- encourage rebels to be future, active, agents of change;
- establish an international network of active agents for change.

# Inner Peace

- Inner peace is the foundation for harmonious relations between people regardless of age, race, religion, gender, or nationality.
- The quest to attain peace at both the individual and community levels starts with the transformation of one's self.



## Fellowship among young adults

- Young adults will work with their families, teachers, colleagues, mentors, and a global network of friends to achieve their goals.
- Young adults have the energy, ability, and opportunity to transform themselves and improve the world.
- Young adults will lead the effort to shape their own futures, starting with their development as individuals at peace with themselves and within their communities.



# Our Philosophy

The Peace Revolution program's philosophy is centered on these three key terms:



## Self-Development

- Any person can initiate and sustain a transformation in him/herself.
- Self-development leads to broader long-lasting social benefits.





## Jacqueline Hurard, Paraguay

*"The IPT has impacted on my life in a great and amazing way. I'm now more aware of my acts, my communication and the energy that I generate. My habits are different; my body, mind and soul feel different. The people around me notice the difference and they feel more alive for the energy that I send them, the words that I give them and the motivation that I encourage in them. My self-esteem has grown a lot. I feel so good, capable of doing whatever I commit to do. That was the best thing for me because I feel that they encouraged me in all ways to be a better person, to have good meditation and just to be a positive leader in my community."*

## Anita Nuss, South Africa

*"One of the most wonderful things I've discovered by having "inner peace time" on a daily basis is that happiness — real, genuine, true happiness — does not depend on outside circumstances.*

*In my experience, peace originates from my mind, most effectively from a still mind. When I practice meditation, I feel an incredible feeling of peace come over me. I don't need to go anywhere, organize anything, spend any money. To experience peace, all I need to do is sit, close my eyes and let go. But what's more is that the more I practice the more that peace extends to everything in my life. Now no matter what happens around me whether it be good or bad, it doesn't affect this wonderful peace. That is why I know that peace does not depend on any being comfortable, successful, rich, or popular."*





# Unique Approach

The unique approach of Peace Revolution is incorporating both online and offline involvement from the peace rebels. The main project activities are:

## 1 Inner Peace Time (IPT)



IPT Tracking Scale

When participants register for the online program they are provided with a range of resources to assist them to learn how to practice IPT, such as free guided meditation MP3s in different languages and styles to appeal to the different preferences of the rebels, and other related media such as regular live IPT broadcasts on the Peace Revolution Channel.

Peace rebels are asked to meditate every day and complete an online meditation journal. While it can be relatively difficult for peace rebels to indicate their meditation progress (especially those who have never meditated before) the system provides a simple IPT Tracking Scale to assist peace rebels to mark their progress.

As the peace rebels move the button along the scale the image changes to represent visually the rebel's state of mind. The objective of using this IPT Tracking Scale is not for peace rebels to compare their meditation results with others; rather, it is intended to focus peace rebels on evaluating their own results and therefore to develop better concentration in their everyday life.

## Moonfest

Peace Revolution also hosts regular 'live' online group meditations, guided by teaching monks through an online video broadcast. Peace rebels can interact with the monk after the meditation, asking questions or sharing their meditation experiences.



PIPO Jamaree,

Now, I'm trying to reduce the amount of garbage I produce. I've started to reduce the frequency I buy frozen food or order food by phone and started trying to eat more at home or at the university. The garbage bags have been shrunk a bit, but I can do much more!

PIPO Bernado,

I agree, surroundings are very important for our IPT. A good and clean environment can help us relax our body and mind quite easily. As you know, meditation is a balance of mindfulness and relaxation!



Bernado Neves  
Peace Rebel, Brazil



Jamaree Nonthatum  
Peace Coach, Thailand



Each day peace rebels are asked to describe their meditation experience. There are also questions to encourage them to think more deeply about the meditation process and their experiences.

Each peace rebel is allocated a peace coach (an experienced meditator), who follows the rebel's progress throughout the program and provides regular encouragement and support. Peace rebels can ask their peace coaches any questions they have through the online platform.




A strong  
feeling  
of unity  
and openness!  
Being one  
with the  
surroundings!

Stefi Bozhilova's own drawing  
of her meditation experience





## 2 Self-Development



The self-development program is based on the Buddhist principle of the “Noble Eightfold Path”: that one must have Right Understanding, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration. However, as some cultures may be resistant to attempts to improve and change the patterns of thought and behavior based on these principles, particularly if Buddhism is not prominent in that culture, the language of the self-development program exercises is general enough to appeal to peace rebels from a variety of different cultures and religions.

In addition to the daily IPT, the self-development program includes two more sections: self-discipline and daily entry.

### **Acts of Self-Discipline**

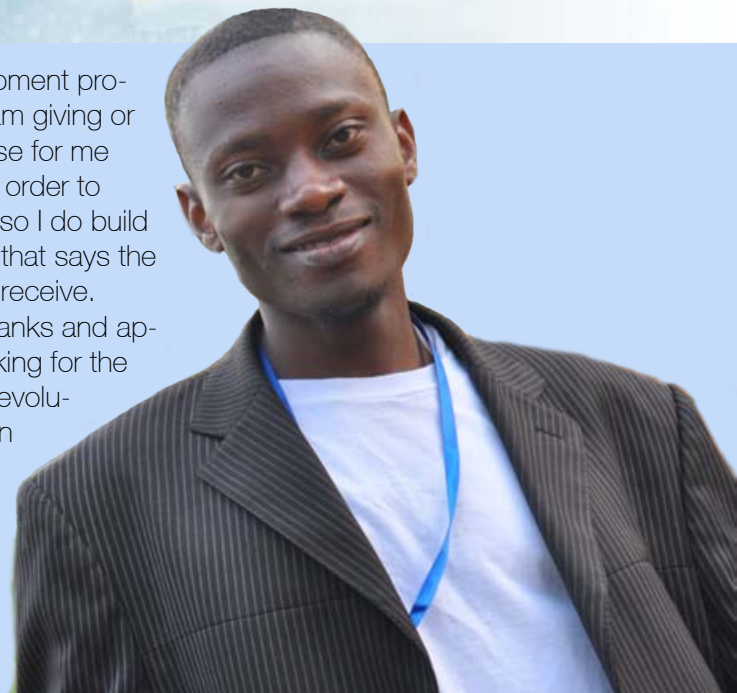
Rebels are asked to maintain the five acts of self-discipline during the 42-day program. These acts of self-discipline correlate to the five precepts in Buddhism: (1) not killing; (2) not stealing; (3) not engaging in sexual misconduct; (4) not lying; and (5) not taking intoxicants. In the Self-discipline section, Peace Rebels complete a daily checklist to record whether or not they have maintained each of the five acts of self-discipline for that day. They also have the opportunity to comment on any issues that they had in relation to maintaining the acts of self-discipline. Peace Rebels receive feedback and advice from their Peace Coaches in order to encourage deeper self-reflection and continuous improvement.





After days of the self-development program, I feel different when I am giving or receiving. Now, I give because for me I feel it necessary to share in order to keep the human solidarity. Also I do build my ideology on the principle that says the more you give the more you receive. I would like to express my thanks and appreciation to all who are working for the accomplishment of Peace Revolution. This program has shown that the world can be a better place for everybody regardless of race, color and ethnicity.

**Adolphus Gaymoore,**  
**Liberia**







**SELF**



**FAMILY**



**FRIENDS**



**SOCIETY**

### The Daily Entry

The Daily Entry section consists of a set of questions to encourage peace rebels to look more closely at themselves, their behavior and their relationships with others. The length of the self-development program is based on the conventional wisdom that a new habit can be developed when a certain behavior is trained for 21 days. The Peace Revolution self-development program focuses Peace Rebels' attention on positive habits for at least 21 days in relation to self, family, friends and society.

The **self** questions focus on creating good habits and removing bad habits related to time management, personal healthcare and self-esteem. The **family** questions are intended to assist Peace Rebels to improve their relationships with their families. The **friends** questions are intended to further help strengthen the rebels' relationships with friends and colleagues and reduce conflicts that possibly happen in human interaction. The **society** questions encourage the Peace Rebels to consider their role in society and how they might encourage peace in their communities.

## Ursula Leyva Carbone, Peru

After Ursula completed the self-development program, she started a new habit. She meditates when ever she visits a new place. Below she is meditating in Machu Picchu.



## Jeneice Olsen Australia

*"Completing this program has encouraged me to take a deeper look at myself and my relationship with family, friends, colleagues and society. My career and education is focused on social work, so I tend to think that I am always aware of relationships and interconnectedness. The truth is that I do think about these things all the time, but I rarely stop to pay attention to myself. It's as though I somehow forget that I have an impact as well. I appreciated having the opportunity to have sort of like a mirror held up to me and being able to reflect on each of those areas of my life. It was a good reflection for me."*



Here is what Peace Rebels say about the Self-Development Program ...

**William Jiyana**  
**South Africa**

*"I had fun and learned many things in each and everyday of the self-development program. **The first week helped me a lot to know more about some of the things I did not know about myself,** and the week about my society was the best and helped not only me but many people."*



**Sarah Matchett,**  
**Canada**

*"I liked the community aspect the best. It really made me think: why do I not have a better connection with those around me? **Since I've started my IPT through the program and reap the benefits of daily meditation, I find myself eager to share my understanding with others and learn through their experiences.** I'm inspired to make a better connection with my community – locally and globally."*



**Joao Marcelo Emediato**  
**Brazil**

*"I really had a great experience with the self-development program. I did meditate every day for more than 30 minutes. It isn't hard to meditate. **Inner Peace Time has been a very effective peace activity for me and the peace coach really helped me to achieve the peace of mind.**"*







**TOP:** The Special Ops of **Fraide Emmanuel** is related to giving both humanitarian relief and mental support to the refugees in the Nakivale and Kisura refugee camps in Uganda. Fraide uses meditation as a “free medicine” to give the refugees the peace of mind they were looking for.

**RIGHT:** **William Jiyana** from South Africa provided IPT sessions for people with disability. *“I wanted to help the disabled persons in our community to feel more*



*welcome and to make sure they knew they are special and can be happy at any time they wish without being stopped or prevented by any individual. I wanted to teach them meditation and how to create IPT because through IPT they can be capable to respond positively even though they are discouraged or if they experience difficulties.”*

**LEFT:** **Pedro Scarsi**’s Special Ops was called “Inner Peace Kindergarten”. He now teaches meditation to children at his local kindergarten two days a week in Peru.

# 3 Special Operations

Peace rebels in the online program are encouraged and guided to share inner peace with their families, friends and community through various offline activities called "Special Ops". The idea is for the rebels to implement the equation

Inner Peace + Outer Peace = Sustainable World Peace

so rebels have to find a way to combine Inner Peace they've learned so far with other Outer Peace activities in their society. Special Ops can be related to organizing a group meditation for family, friends or people in the community; creative activities; peace journalism; or volunteering.

## Bogdan Tucudean, Romania

Bogdan's Special Ops occurred on the 20th anniversary of the Romanian Revolution. He invited 20 people to a fountain where people fought and died in 1989. They walked around it for an hour in silence and then meditated together.

*"I asked the people in this group to meditate with me, meditate together, to join a different kind of revolution this time... a real one after 20 years living the consequences of a violent revolution. To empower ourselves and others to make a real change this time. So I invited them to focus their attention away from the exterior and to direct it inwards... to feel the peace and love within and to send it outward to all the people and all the things in this 20 year timespan. To heal and regenerate our country."*



# 4 Meditation Retreat and Peace Conference

Peace Rebels who have completed the online program and are committed to the cause of peace are invited to join the fellowship to attend one of the Meditation Retreats and Peace Conferences in Thailand.

The meditation retreat provides rebels with an opportunity to experience a deepening of their Inner Peace, particularly by interacting with very experienced meditators and teaching monks who can provide them with individual support and advice about their meditation practice.



The rebels also get to engage in fun networking activities to get to know each other such as yoga and bubble blowing.



An opportunity to interact with experienced meditators and teaching monks



The early morning meditation was amazing! I felt the ball in my stomach very white - shining and spread it throughout my body. Then I felt the ball expanding out of me from the center. It was feeling light and empty physically, yet brighter and more powerful, expanded to fill large part of room. I tried to purify my intents for a while and finally focused on gratitude towards all the people around me.

**Nathan Michon, USA**



*"I feel amazing, like I'm in a fairytale, like I'm Alice in Wonderland! The nature is astonishing, the people are so nice, kind and polite, everything is extraordinary. And here I am now – a wooden hub, in the middle of a lake, surrounded by mountains, forests, birds, butterflies...Doing meditation a couple of times a day with Buddhist monks. I can't even find the right words to say how grateful I am! When you open up your heart to all the wonders around you, when you open up your mind to the "impossible", then you understand that life is the most exciting adventure and you should live it with eyes wide opened! We went to an amazing meditation place today – in the pine forest just next to where we're now. It was really magnificent! The air was fresh and clean, there was this gentle breeze and we sat to meditate under a huge beautiful tree with great energy. It was resembling the huge tree from the movie 'Avatar' and I felt amazing being under it."*

**Stefi Bojilova, Bulgaria**





Peace Rebels meditating together in Wat Baan Kun, Chiang Mai province



Peace Rebels will also have chances to observe Thai Buddhist culture and to participate in exciting events such as the floating lantern ceremony, the light of peace ceremony, the alms offering ceremony and the Buddhist monks mass ordination ceremony.



The traditional floating lantern ceremony in the Northern part of Thailand





# GLOBAL PEACE ON THE MOVE



*"With Peace Revolution, I think global peace is on the move and on the right track. The Peace Revolution pilot project started with 16 people from 14 countries but after one year, 30 people from 23 different countries with diverse religious backgrounds have gathered to support and upheld the objective of Peace Revolution. I would like to thank everyone for being so friendly, interactive and sharing individual culture and values. This also promotes unity though we are from different background. This really shows that we have one commonness and a collective cause that made us to be in one family – living in a same house, eating in a same dining room, and working in and for the same cause – Global Peace."*

**Karchung, Bhutan**



At the conference, Peace Rebels also have the opportunity to participate in interactive workshops with other Peace Rebels, to network and to develop ideas for future peace activities. Previous workshop topics have included:

- The Science of the Mind
- How to incorporate IPT into your professional life
- Inner Peace and Human Security
- Meditation and Mediation
- Designing the Culture of Peace
- Community-based peace projects
- Promoting peace campaigns through Media and IT







*"I interacted with some people and some people started writing to me and we start interacting. We started exchanging some stories of our lives. What am I doing, what I was doing in the US, what that person was doing in Pakistan or another country."*

Jacqueline Hurard, Paraguay


*"I will be active in this online community. I like networking for peace. I've come to believe that as individuals we make a change but as people we make great changes. With this, I will continue to advocate for global peace, thus incorporating others."* Kula Zudoa, Liberia



# 5 Rebel Hub

The Rebel Hub is an online networking platform that allows Peace Rebels to communicate and share ideas and news about current and proposed their special Ops and other peace projects.

Peace rebels can also interact with each other in an online forum or “Peace Wall”, and share their meditation experiences and questions.



*"I'm inspired by the notion that there are people who are moved to action and hold this ideal of living peacefully, living happily in the world. And I'm inspired by the fact that we can work together over the internet to support our own individual efforts in our own communities. The regular contact with Peace Revolution agents and coaches has provided me with important ongoing support. I have people with whom I can discuss the ongoing challenges."*  
Sunny Forsyth, Australia/Laos

I feel very comfortable in the way that IPT is helping me. I'm more calm, my mind is still, and I'm more reflective.

IPT has impacted on my

**Jacqueline Hurard**  
Paraguay



life in a great and amazing way. I'm now more aware of my acts, my communication and the energy that I generate. My habits are different; my body, mind and soul feel different. The people around me notice the difference and they feel more alive for the energy that I send them, the words that I give them and the motivation that I encourage in them. My self-esteem has grown a lot. I feel so good, capable of doing whatever I commit to do.

I arrived at the Peace Revolution tired, disillusioned and wondering if I would ever come to know a peaceful world. Peace Revolution gave me hope and a new way of looking at peace

**Cherine Badawi**  
Egypt-America



building. I met extraordinary monks, spiritual practitioners and young people from around the world, each of whom taught me something to reverberate in my heart months later.

Though I have been devoting my life to cultivating peace and multi-cultural understanding for more than ten years, I have often felt sad, tired and disillusioned by my efforts. Through IPT, I came to see that meditation helps me to observe what I can and cannot change, and to accept what is so. I find this profoundly liberating in my work and in my life.

It is wonderful to see so many young people committed to bringing about a greater sense of peace to the world. It is also wonderful that such a diverse range of people

**Emma Lau**  
Hong Kong



from different cultures and ethnicities are trying meditation. The retreat centre was a wonderful place and experience. We felt very safe and peaceful in this place where our activities consisted mostly of meditation, eating, and conversing with our new friends. I've learned that connected to the center regularly so that not only you feel more at peace but also your actions and speech have a higher quality of kindness and compassion. Thank you for coming up with the idea of Peace Revolution. It has been a life changing experience.



Peace Revolution is indeed an amazing project that unites people from all around the world, allowing them to get to know each

## Stefi Bozhilova

Bulgaria



other and to experience a life-changing event.

For me this is the beginning of great, huge changes and I'm looking forward to seeing the consequences of our actions now. I learned that I'm actually a really cheerful, smiling, funny individual with a great sense of humor. I've never known this before. I guess it depends a lot on the other people, the environment. I met the most wonderful people here who made me feel 100% so I just opened up fully.

Since participating in the project and developing a regular IPT, I am not as stressed out by work conflicts or other sorts of problems. One thing I've noticed is that I have a greater sense

## Sunny Forsyth

Australia



of stability. I have a greater sense of being comfortable in my own skin. I find that quite often I'm happy to just be doing what I'm doing.

In the past, if I had a conflict with someone in the morning, it would set the tone for the rest of the day. Now, I'm not really affected by that so much anymore. The program taught me to reflect on the importance of making the most of today, I've been able to put those concerns about what the fruit of my action will actually be aside, and just try to undertake the task for the sake of undertaking the task.

Before I joined Peace Revolution, I had spent years trying to find answers to some of the hardest questions like: Who am I? Why do people live a happy life and others don't? Through

## Julius Magala

Uganda



Peace Revolution, I got the answers. I underwent a life changing learning experience, where I was challenged, mentored, and trained to discover and use the most important principles of creating boundary-less happiness in life. I learned self discipline, humility, respect, persistence, mindfulness and generosity. I also shared experiences with friends from various countries on how to create deep true peace. I'm now applying these principles in my life. I enjoy improved relationships with friends, increased personal and professional achievements.





**The Most Venerable Phrarajbhavanavisudh Bhikkhu  
(Luang Phaw Dhammajayo)**

The Founder of the Peace Revolution Project

# Message from the Founder

Men who seek peace have long debated how world peace should begin. They examine diverse environmental factors such as ecology, food supply, access to medicine, laws, nuclear weapons limitation, treaties, technology, political stability, economy, society and poverty. Despite such close and detailed examination, they fail to notice that the origin of peace is much more intimate than any of those factors they have studied. The starting point of peace is within them.

The dream of world peace will never come true if the dreamer is unable to find his or her own inner contentment. Once everyone experiences inner happiness, true world peace will occur. **When the pollution in the hearts of humankind is totally eliminated, things that were once beyond our imagination, like world peace, are suddenly possible and within reach. All it takes to accomplish that first step is to practice meditation in order to experience the source of inner happiness. This knowledge is as ancient as the human race.**

Happiness from within can be attained by quietly stilling the mind at the centre of your body. The deeper you sink into this peace and calm found at the centre of each of us, the more it expands outwards to our loved ones, family, friends, society, and so forth without limits – like the sun that radiates its brilliance throughout the universe. If everyone meditated, the result would be magnified; encircling entire countries and even the whole world. Imagine a world of peace: The police, soldiers and criminal justice system will no longer be necessary when all we feel towards one another is joy and friendship. War, terrorism, greed and ignorance are eradicated.

World peace begins with us. It does not require money, international relations, or treaties to execute this plan of peace. It starts by first bringing our mind to a standstill, then spreading it out to the world. Every good thing begins with us when we still our mind in the centre of the body at the seventh base. When our minds are at peace, the process of achieving world peace will not be difficult.

From World Peace through Inner Peace,  
Tomorrow the world will change p. 30-32



# Global Cooling by Inner Stilling

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