

Weronika

and the Wizard of

PIP





Poland, a member of the European Union, is rich in its history, culture, resources and beautiful nature. However, due to many wars and losses in the past, Eighty-Five percent of the city of Warsaw was damaged and the whole city has shown the world the power of dedication, unity and harmony by successfully bringing a nearly lost city back to life. All these successes could not happen without the unity of the Polish people, working tirelessly together. After many struggles during the Socialism period, what Poland is facing is not the external fights anymore, but the ones from within.

In June 2013, Peace Revolution was invited by Weronika Skibicka, a Polish Peace Agent, and Jacek Kozlowski, a Polish Peace Rebel, to provide workshops related to stress management to help people, using meditation as the tool, this event took place from June 4th – June 10th, 2013.









Uniwersytet Warszawski

The session was held at the main library where students not only were from Poland, but also from the Erasmus program. After 30 minutes of meditation, the young participants have shown big smiles on their faces. They seemed curious and also would like to continue the meditation, which they believe will benefit their students' lives. One student said that, "It's a relaxed, fulfilling, energetic experience. It's a good exercise to separate your mind from your thoughts and not being manipulated. Meditation is very useful for our life in general".



A Buddhist monk with a shaved head and glasses, wearing orange robes, is seated on the right side of the frame, holding a microphone and speaking. He is facing a group of people seated on the left. The setting is a museum or gallery, with large glass display cases filled with various artifacts, including what appear to be traditional weapons and religious objects. A laptop is open on a table in front of the monk, displaying a website. The floor is covered with a red cloth. The overall atmosphere is one of a formal presentation or lecture.

Galeria Azjatycka

According to the manager, Magura, more and more Polish people are interested in learning Asian wisdom, which includes meditation. That is the reason why the participants can easily learn simple mental exercises, which they believe will help cultivate positive attitudes and make them a better person.



Collegium Civitas

STUDIA SPOŁECZNE I POLITYCZNE

POD PATRONATEM
POLSKIEJ AKADEMII

A student said, "During meditation, I felt lighter, and calmer. It was like I was alone and feeling light like floating or flying. It's my first time. I thought I would not be able to meditate. But I thought I would give it a try because I was stress all the time. For me, it is something new. Meditation is a way to help us feel calm and have less stress. It helps us to have better feeling for the body, the mind, the way we think. ".





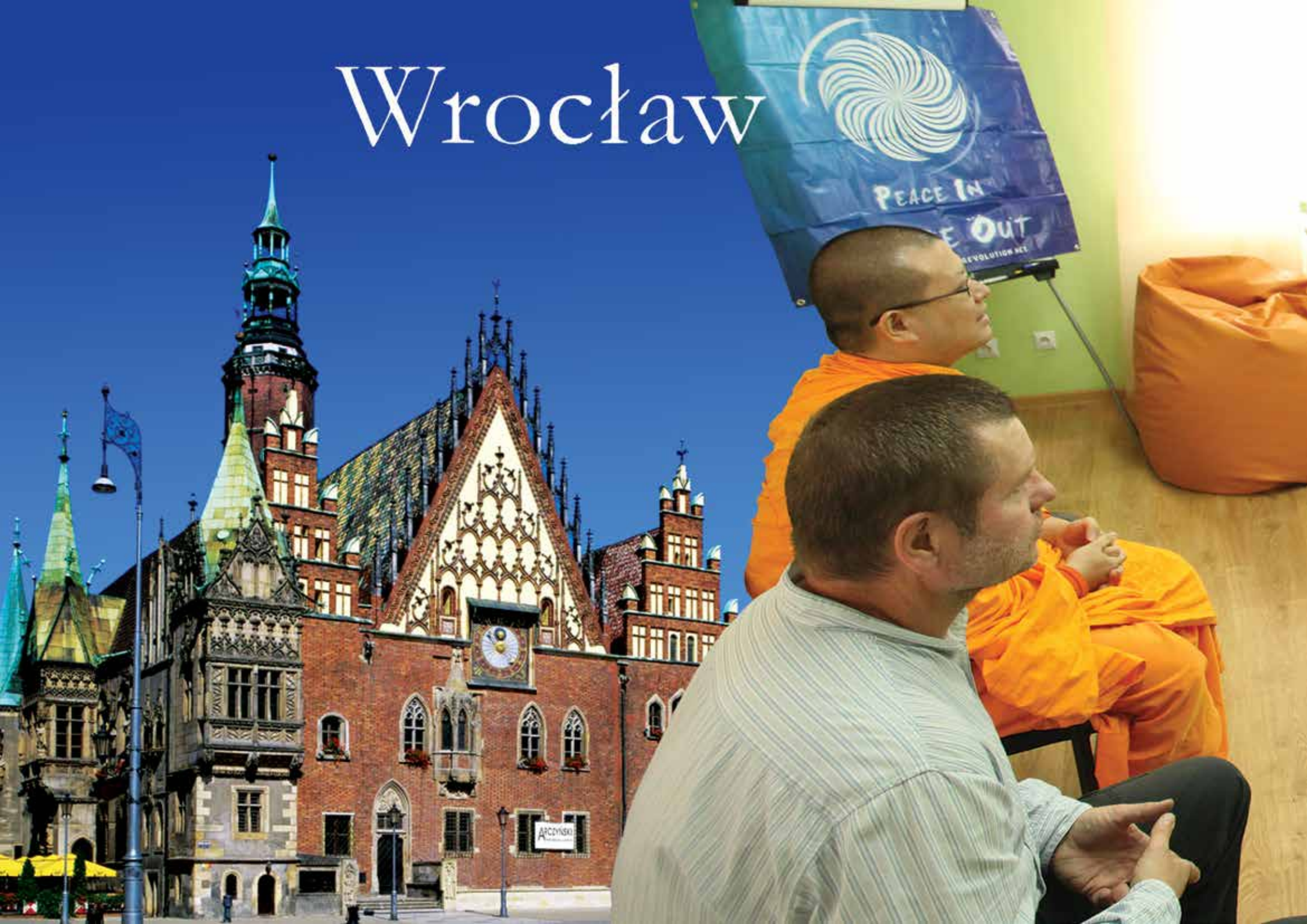




ORGANIZACJA HUMAN RECYCLING WARSZAWA

Human Recycling is a program that aimed at the transformation of consciousness of people at various levels, getting to know each other in relation to the surrounding world. After the session, the room was filled with positive atmosphere. People kept asking questions as if they wanted to master the meditation method within that night. Now, they know that they just need more practice, which will make everything perfect.

Wrocław





Strefa Inspiracji

Strefa Inspiracji is a place where people can learn about various subjects including self-exploration, discovery and development through interesting activities. Peace Revolution was invited to facilitate a meditation session, which matches the interests of the place and its members. The meditation itself lasted more than 40 minutes, creating a big surprise for people who felt it was shorter. Some of them lost the awareness of their bodies and only felt relaxed. They even forgot that they had stresses before. What a great success!



Zespół Szkół Rzemiosł Artystycznych

This was first visit in Jenenia Góra. None of the students knew about this stress reduction technique and never tried meditation before, but surprisingly, the method was simple enough for them to understand and practice. They even got some noticeable cool experience. Some of them could visualize the sun clearly, some felt as if they were inside a sphere of peaceful energy that is covering them.





ZESPÓŁ SZKÓŁ EKONOMICZNO-TURYSTYCZNYCH





The school gave us a very warm welcome since our first step. Not only that they are school of Economic, this school is also specialized in Hotel Management, and they have shown us how great they are in hospitality. The session started in a large meeting room, full of students joining. The majority of the people didn't know about meditation so it is not strange if some of them would look at us with puzzled faces. After the session finished, some students did not want their meditation to stop. Some students came to thank us and mention that this had opened a new world for them.





Stress Management
for a balance





Książnica Karkonoska

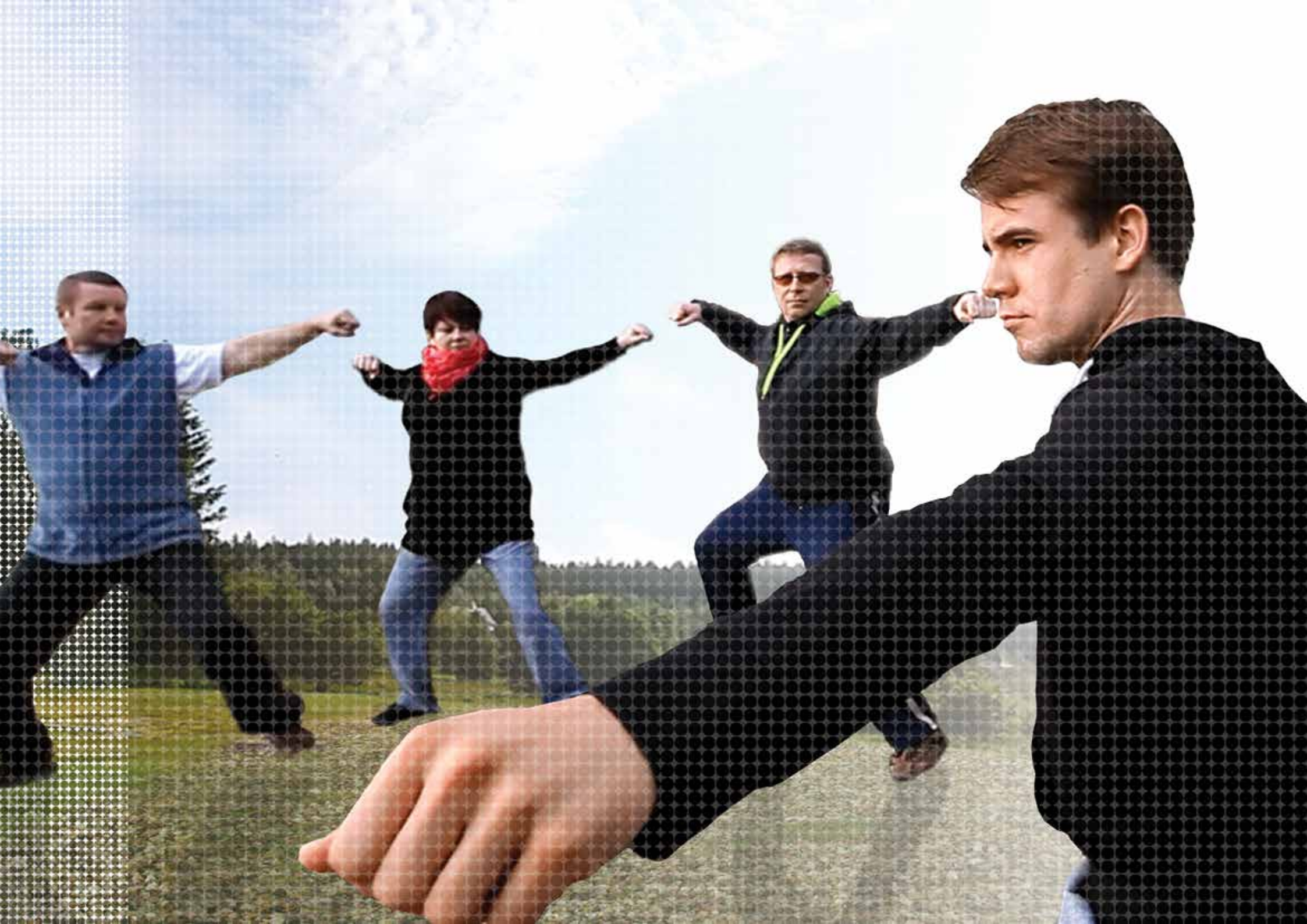
Library is one of a good place to read and find out about the knowledge from all around the world, and today, the public library of Jelenia Góra will be used to discover an inner knowledge. The stress reduction exercise that was presented by Peace Revolution has been demonstrated as an alternative tool to learn to get to know oneself and become more joyful and happy in one's lives.





THE WEEKEND RETREAT AT THE WHITE HOUSE









In Antoniów near Jelenia Góra, we organized a weekend retreat in a serene environment. Due to limited time, there were only 6 full sessions of meditation and additional lectures about knowing the relations of their body and mind, in addition with how to create a good environment for developing further inner peace back home. The more they practice, they quicker they could get closer to the state that they felt relaxed, contented, easy and happy.

LICEUM OGÓLNOKSZTAŁCĄCE





This is a high school full of energetic, dedicating and well-mannered students. After the session finished, some of them said that they felt as if they were really out of the place and the meditation had helped them to rapidly feel the inner peace, joy and contentment. To them, it is very interesting to join the session today as they have got the opportunity to learn about this ancient wisdom that was proven efficient by modern science.







UNIwersytet Ekonomiczny





The students agreed that living the university life nowadays could easily cause them stress; especially when they needed to pursue academic excellence. They understood that it was not possible to avoid stress but their question was how to manage it. The guide challenged them not to believe what he said but to try it on their own. After 40-minute meditation, they seemed very satisfied about this new knowledge because it was really applicable and impeccable.





Our journey to Poland has allowed us to learn more about the culture of Central Europe where people do have beautiful hearts but they tend to not show it; this maybe because of stress causing from difficulties they have to face in their day-to-day life and also by the difficulties during the post-war and socialism period. Meditation, this time, is proven as a practical way to reduce existing stress and once, integrated into their life, can prevent new stress to happen.



PEACE IN PEACE OUT

WWW.PEACEREVOLUTION.NET

Watch 'Weronika and the Wizard of PIPO' on Youtube! >

