

Peace In Peace Out

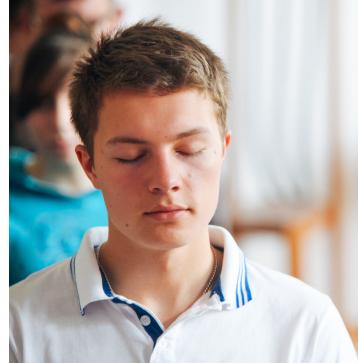
This book presents series of events in Europe, which include workshops, retreats and meditation sessions in universities, institutes, studios, companies, etc. organised and hosted by local volunteers actively involved with the Peace Revolution project. These events are conducted by qualified professionals of meditation.



The PIPO in Poland is the first PIPO ever organised in Europe. It happened in 2013 when a young 20-year-old Peace Agent Weronika Skibicka invited Peace Revolution to host meditation sessions in universities and schools in Warsaw, Wroclaw, and Jelenia Gora. The events attracted the eyes of local media because many people did not know much about meditation practice.





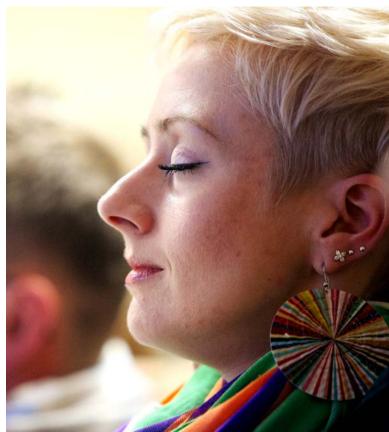
















The first PIPO in Ukraine was organised by a group of Peace Agents in 2013. Those who attended were interested to learn about meditation and meet the monk and talk to him about life and daily issues. Despite the difficulty of dealing with international conflicts in 2014, another PIPO was organised by the same group, who could now work together very smoothly. Learning about inner peace was necessary and essential for all the participants, especially the refugees from the conflict areas who have nothing to rely on in life anymore.





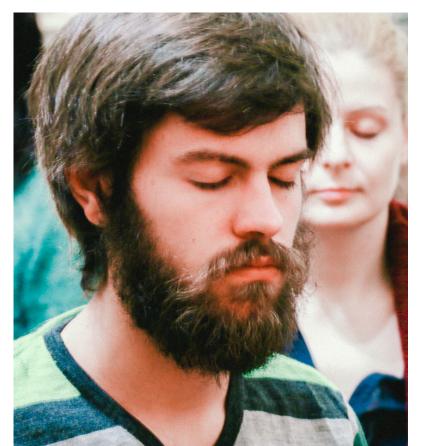






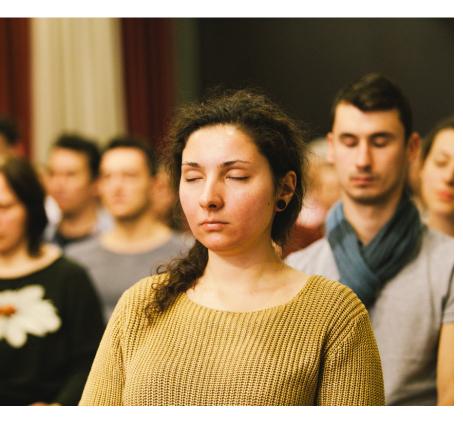


The PIPO in Romania had been organised twice, in 2013 and 2014 in Bucharest and Cluj Napoca by Peace Architects and Peace Agents. Hundreds of curious people of different ages and backgrounds joined the sessions to experience inner peace and learn about the benefits and practice of meditation. Peace Revolution visited universities, art galleries, private schools, a maximum security prison, NGOs, and held the first urban retreat of Peace Revolution.









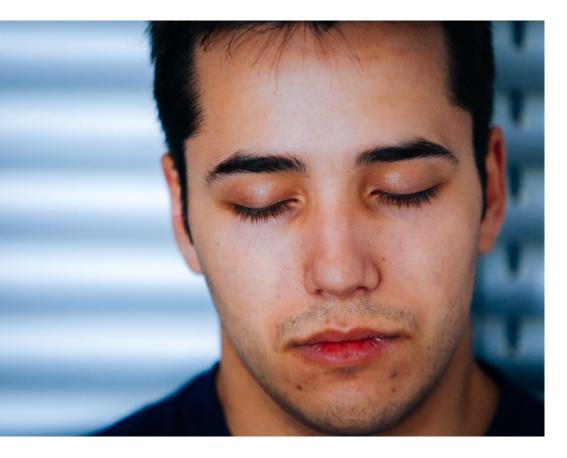


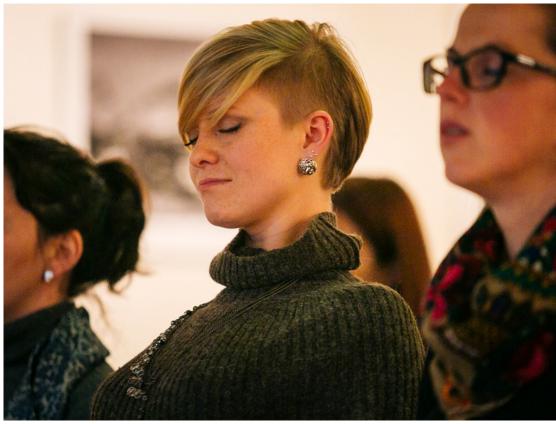




After returning from her quest for peace in Thailand, Peace Architect Yana Yaneva started a small art gallery of her own called "SABAI", a Thai word she had learned in Thailand which means relaxed, comfortable, and peaceful and an important principle and a basic foundation of sustainable inner peace. In addition to this, Yana invited Peace Revolution to visit Bulgaria in 2014 and 2015. There were sessions organised in the capital and at the American University Bulgaria. People had the chance to learn more about meditation and how they can incorporate it in their daily lives and achieve balance and happiness.









Peace Architect Anca Iorgulescu introduced meditation to several co-working spaces in Berlin where participants gained insights into achieving work-life balance, enhancing creativity, and stress management. Some participants had the opportunity to deepen their mindfulness and meditation practice during the weekend retreat organised by Peace Architect Santosh Giri in the Westfalen area.





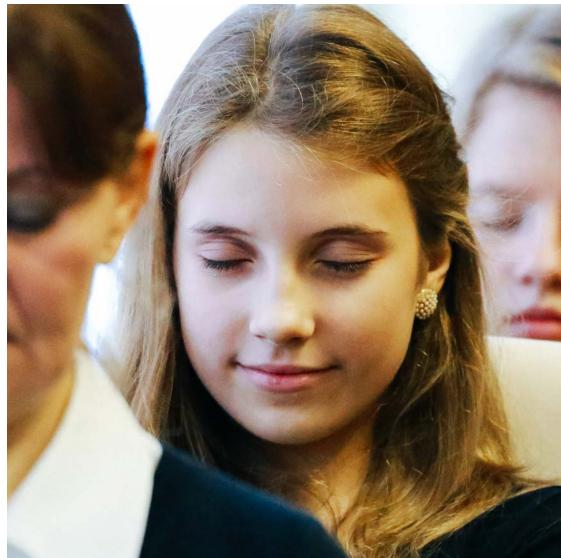




The first PIPO in Lithuania took place during the World Palliative Care Day 2014. Meditation was introduced to palliative care workers; people who are working with dying patients. Approximately 300 people were interested in enriching their own and their patients' lives. They gathered together in Panevezys Musical Theatre Hall where a lecture about Happiness and the Purpose of Life was presented followed by a meditation practice. Because of the high interest in meditation, 3 additional sessions were organised in a Palliative Care Centre with 35 participants in each session. This attracted the attention of local media that wanted to share innovative idea of meditation with wider audience. The PIPO was visibly successful as more people smile when the session was concluded.



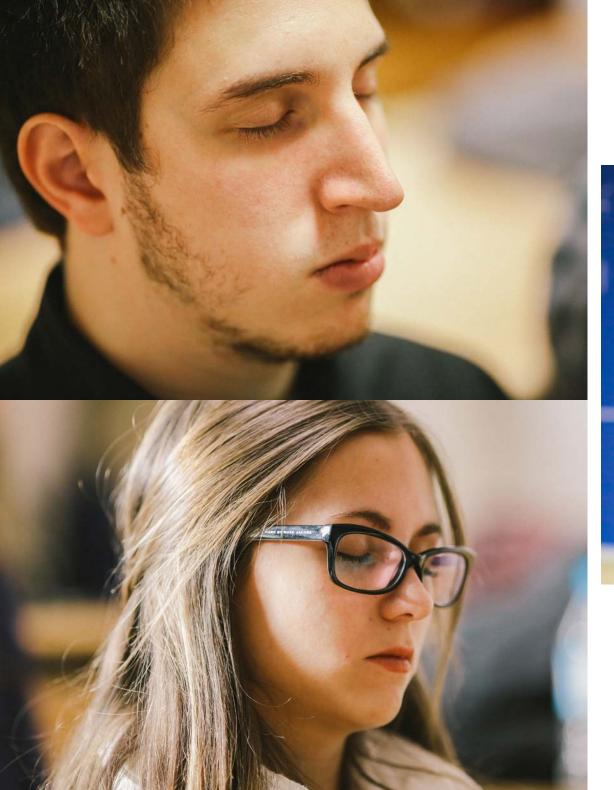


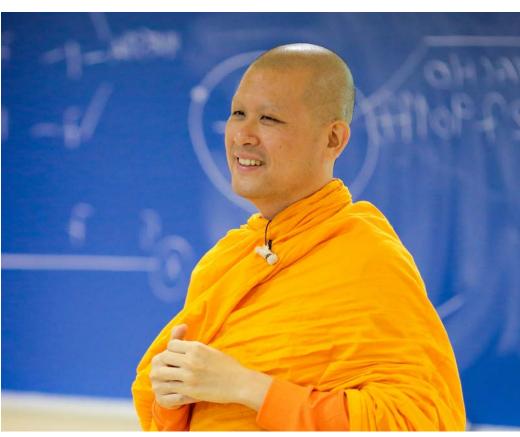












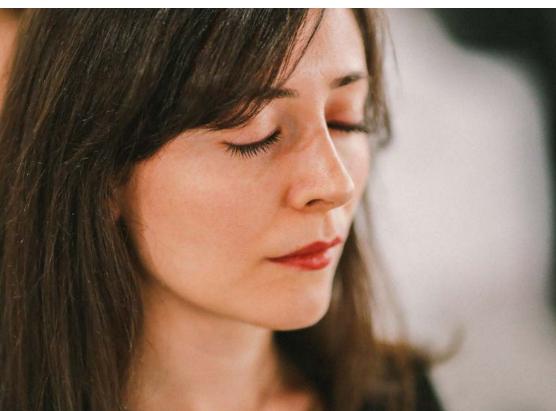






Following the second MENA Salam fellowship, Peace Agent Define Erdur Bektik decided to organise meditation sessions in the heart of Istanbul. Before each session, she performed her artistic dance that illustrates her direct contact with inner peace in Thailand. The first meditation session was organised in SALT Galata where everyone enjoyed the beautiful view of Istanbul before they meditated. The second one was organised in Tophane-i Amire Culture and Art Center where the topic of meditation and creativity was presented.

















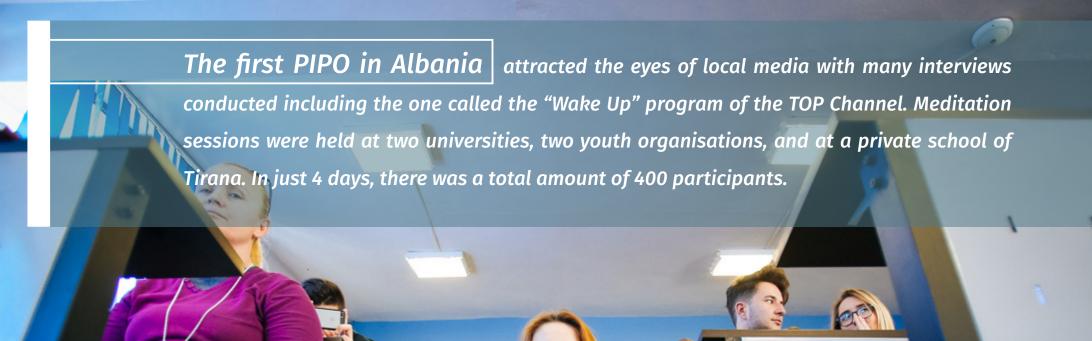


During the first SEE Fellowship held in Macedonia, Peace Architect Emilia Andonova organised a session in her city, Negotino, with over 100 people attending. Young people and locals interested in meditation joined the session which was followed by a presentation on the eastern philosophy and how a person can benefit from the practice of meditation.

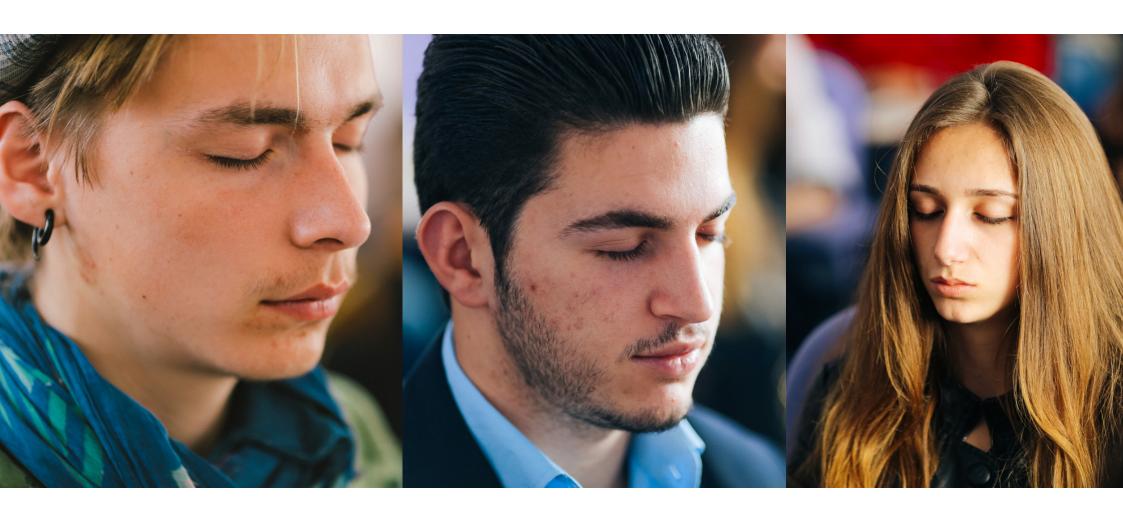




















The first PIPO in Russia was commenced in Ekaterinburg and Moscow in 2015 by Peace Agent Mariia Kurkova. In Ekaterinburg, there were sessions with university students of Ural Federal University and the Ural State University of Economics. In Moscow, the sessions included





the Higher School of Economics and the Moscow State University of Economics, Statistics and Informatics, Ganesha yoga studio, and Skvorechnik art place as well. There is nothing that proves the power of inner peace better than the smiles on the people who have just met.







The first PIPO in England

Peace Agent Jo Holland is an artist who discovered the secret power of the mind unexpectedly at a turning point in her life. She collaborated with Peace Agent Daniel in order to bring Peace Revolution to London for the first time. Sessions at the University of Goldsmith came in a perfect timing as students relaxed during their final examination periods. There were also private sessions with exclusive clubs in the centre of London and at a well-known school in the Richmond area.

















Peace Revolution is an international project of the World Peace Initiative Foundation. We strive to bring peace to the world by supporting individuals in finding inner peace and then sharing it with their families, friends, and communities. Hence the slogan:

Peace In Peace Out.

