



INNERPEACE ASSOCIATION

INNER PEACE



The Inner Peace Project

Uniting two voluntary projects, aimed at awakening the desire in our younger generations for a world without conflict.

The Inner Peace Project focuses on a single goal: sowing the seeds of peaceful understanding across the globe, thereby cultivating a world without conflicts.

The project began as Inner Peace Day, an international celebration of 21 March as the World Day for Inner Peace. The idea was to establish a day where schools could focus on World Peace and students could directly experience inner peace for themselves through gentle meditation.

The initiative was so successful that the project was extended to 51 countries, reaching millions of students from nursery to universities.

The project involves the efforts of hundreds of volunteers and all our activities are free of charge and follow a totally secular approach.

The project brings not only hope, but also practical help to children growing up in highly challenging surroundings. It has achieved academic support because it has a direct impact on classroom behaviour and the real academic outcome of young people.

The specially formulated meditation is the key to turning the message of peace into a real experience.





Collaborations

The Inner Peace Project is supported by a network of international collaborations with charities and NGOs. Below are some of the main ones:



Save the Children.



unicef



GNRD



caritas



YMCA OF
LEBANON
جمعية الشبان المسيحية لبنان



INTERNATIONAL
RESCUE
COMMITTEE



SOS
Children's
Villages



ITALIA CONI



UNESCO
United Nations
Educational, Scientific and
Cultural Organization



UNESCO CENTER FOR PEACE



From top to left:
Save the Children - UNICEF - Global
Networks for Rights and Development
- Caritas - YMCA (Lebanon) - IRC
- SOS Children's Village - CONI -
AIESEC - Unesco Center for Peace.

Inner Peace Day

Inner Peace is an international project that, for many years, has involved hundreds of thousands of students around the world. The project's aim is to spread a universal message of peace through the experience of silence in meditation.

Notable figures such as Mahatma Gandhi, Martin Luther King Jr. and Nelson Mandela, were key personalities in the drive for universal brotherhood. Their view was that in order to realise peace throughout the world, people first need to feel peace within themselves. They proved this message by their example, but still today we have a world which suffers from a lack of peace: violence, racism, religious intolerance and wars are in evidence everywhere we look. The Inner Peace International Foundation validates the idea that peace is not simply a mental concept, but is an actual inner state that can easily be achieved by anyone.

We know from experience and scientific studies that meditation is the simplest and most immediate way to attain inner peace. Those who reach this state of silent

serenity become ever more aware of the deep connection that exists between all living things.

Meditation can help young and old more easily face the difficulties and anxieties found in modern society. It also helps to reinforce values that are fundamental to developing a new, balanced and respectful relationship with the world at large.

We believe that meditation also provides the type of stable environment which is a vital part of delivering high quality education. By introducing balance to young lives, their personality thrives.

Our hope for a lasting world peace rests with young people, and their more conscious and enlightened decisions in the future. For this reason we need to make them aware of the importance of respect and cultural integration.





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The Benefits of Inner Peace

The unique value of the project essentially lies in the meditation experience, which allows practitioners to reach a state of inner peace. Below are some of the main benefits of meditation, and the problems it can resolve, drawn from our experience in schools around the world.

BULLYING

Bullying is a scourge that has always plagued school life and often causes psychological wounds that are more difficult to heal than physical ones. The Inner Peace project nips this bad behaviour in the bud because it does not limit itself to advocating peace and respect: it immerses students in a very real dimension of relaxation and peace. Numerous testimonies from school heads and teachers bear witness to the eradication of bullying in schools that have joined the project.

ATTENTION DISORDERS

Attention disorders (ADD, ADHD) are a widespread problem of our times and have a seriously detrimental effect on many children's development and integration. A number of studies have demonstrated the positive effects of meditation on children and young people affected by these disorders. The extensive field experience of the Inner Peace Association has confirmed these results, as have the great numbers of special needs teachers collaborating in the association's work in hundreds of schools around the world.

INTEGRATION

At a time of considerable international tension, the message (and experience) of Inner Peace is an effective and timely answer to the worldwide problems of intolerance and racism. Integration through meditation is a spontaneous process that does not pass through the mind or our conditioned behaviour. As students experience the beauty of inner peace together, they discover the illusory nature of differences in skin colour, ethnicity, religion and gender, and are able to rejoice together in the wealth that diversity brings.



PERFORMANCE

In addition to its noble ideals of peace and integration, the InnerPeace project also has a direct positive effect on a school's success rates. As students learn to relax their minds, calm their thoughts and focus their attention, their memory and concentration automatically improve. This plays no small part in the success of the initiative, and explains why many schools have chosen to extend the experience throughout the whole school year and to integrate it into their teaching curricula.

EMOTIONAL WELLBEING:

Inner Peace has a direct effect on improving student self esteem and reducing negative emotions. The calm balance that comes from meditation helps the student deal with outside challenges, either mental or emotional. Meditation also engenders positive awareness of core qualities such as creativity, wisdom, forgiveness and integration. In this way children learn how to become a more valuable and loving part of their community.



Inner peace spread on a mass level

For thousands of years, the elevated state of well-being from meditation was only achieved by a few who had dedicated themselves to a life of isolated asceticism. Today, everyone can achieve this state of inner peace if they desire the experience.

Here are two accounts of collective meditation in different parts of the world: at the Italian Parliament in Rome and the Eiffel Tower in Paris.



From 29 November to 3 December 2015, as part of the 1Heart1Tree project, Paris was the setting for an unprecedented event: a meditation on the Eiffel Tower. The famous monument featured as a backdrop onto which the keywords of a guided meditation for World Peace were projected with a vivid display of lights.

<https://www.youtube.com/watch?v=RZKtrlq90Y>



The enlightened message of the greats

The twentieth century saw the arrival of a number of universal figures who did not simply talk of peace but who actually brought about changes in society that had previously seemed like impossible utopias.

A shining example is **Mahatma Gandhi**, the modern instigator of the principle of non-violence, and a statesman able to lead his people to freedom. Indeed, he overturned the power of an empire without firing a single shot, purely with the power of love and truth.

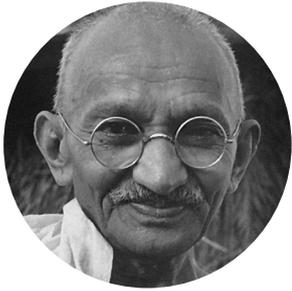
Another was **Martin Luther King Jr.**, a martyr in the fight against racism, whose mission helped sweep away the terrible prejudice towards black people. His sublime “**I have a dream**” speech, remains an unforgettable source of inspiration for anyone fighting for a fairer world.

How could we not mention the recently departed **Nelson Mandela**? This shining example of courage and constancy

embodied the message of forgiveness through his actions as a political leader, even towards his own prison guards and oppressors.

And last but not least, **Malala Yousafzai**, the courageous and inspiring example of a teenager who nearly died defying the oppressive Taliban regime in Pakistan and who now works tirelessly worldwide as an advocate for peace and the right for girls to an education.

These great people, capable not only of rousing speeches but also of effective, historic transformations in society, have all always emphasised one point in particular: it is impossible to achieve peace in the world if we do not first find it within ourselves.



'40

M. Gandhi

Leader of the mass nonviolent civil disobedience movement that helped bring independence to India.

“if we are to reach real peace in the world, we shall have to begin with the children.”



'60

M. L. King

Important and charismatic civil rights leader and activist in the United States of America.

“Be the peace you wish to see in the world!”



'70

Shri Mataji Nirmala Devi

Founder of Sahaja Yoga, dedicated to the emancipation of humanity through her technique of Self-Realisation.

“There will never be peace in the world until we have peace within ourselves.”



'80

N. Mandela

South African antiapartheid revolutionary, politician and philanthropist. Winner of the Nobel Peace Prize.

“Peace is not a dream: it can become reality; but you have to be able to dream if you want to keep it.”



'90

Malala Yousafzai

The youngest woman to win the Nobel Peace Prize. Young activist famous for the defense of children's rights to education.

“One child, one teacher, one book, one pen can change the world.”

8.5 million
People reached
through the media

 **65**
NGOs

 **51**
Nations

Inner peace in the world

The Inner Peace Project offers young and old across the world the chance to learn meditation, free of charge. While the project started, and still focuses on the younger generation, there are now a lot of programs for the older generations and vulnerable communities.

We now can reach people of all religions and at all levels, from the most prestigious educational institutions to refugee camps. Our work has changed many lives in countries as diverse as the United States and China, New Zealand and Lebanon, Great Britain and Jordan, Benin and India.

With no official funding or sponsors, the project has reached 51 countries around the world purely through the enthusiasm of a team of volunteers and by word of mouth.

CANADA
Dr. Frank J. Hayden Secondary school



ENGLAND
Sheffield University



UNITED STATES
Lake Merritt BLV Oakland



COLOMBIA
Bogotá National University



BRAZIL
Dona Jery Gomes Elementary School



ITALY
ITIS Galileo Ferraris High School, Naples



525

Schools involved



2350

Volunteers



GERMANY

Technical University of Monaco



UKRAINE

An orphanage in Kiev



JAPAN

Tour of Hachioji, Tokyo, Yokohama and Kyoto



CHINA

Shenzhen Polytechnic at PolyTech



INDIA

Ameda, public school Ganganagar



BENIN

Sakété Nirmal school



LEBANON

KITAB National Library



AUSTRALIA

Melbourne
Northcote Town Hall



The benefits of meditation from a scientific point of view

The brain is a complex thing. Every second of every waking day it processes inputs from our senses and delivers actions, thoughts and feelings through a phenomenon called consciousness. We understand very little about consciousness, but we are learning more about how the brain works, and how meditation can affect the processes that occur in our head from moment to moment.

Modern science now has the instruments it needs to peer inside our thoughts, and it's a fascinating picture.

In our modern life, we are exposed to an excess of information, generated by smartphones, advertising, television and other sources. This increases the reactive responses in the brain and our attention becomes exhausted: this can lead to mental stress or depression.



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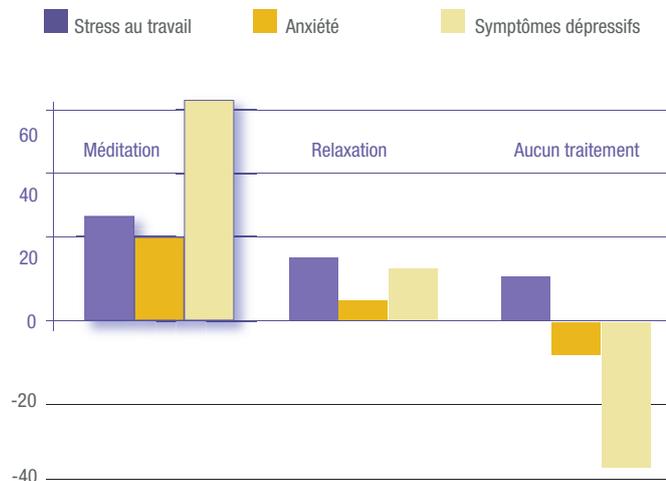
Meditation is effective for stress reduction and has the potential to improve physical and mental health

Meditation is effective for stress reduction and has the potential to improve physical and mental health [1-3] as well as quality of life. [4] During meditation, the overactivity of the brain is calmed [5] through an increased parasympathetic activity. [6] This state is called ‘Thoughtless Awareness’, it allows the practitioner to experience a state of deep awareness, where their attention is alert, yet relaxed. [7] Electroencephalogram studies have shown that the limbic system in the left frontal lobe, the key area of the brain in creating positive emotions, is activated during the state of thoughtless awareness. [7]

This sustained feelings, combined with the ability to concentrate without creating stress [5], is a significant factor in fighting depression and anxiety [1,2,4], thus contributing to a higher quality of life, as well as better performance in school and social life [2, 3].

The following graph shows the level of improvement in practitioners of mental silence meditation. They experience significantly lower levels of stress and enhanced mental and physical well-being compared to best available practices.

Degree of improvement in Work Related Stress, Anxiety and Depression for Mental Silence vs Non-mental Silence forms of meditation vs Non-treatment



1. Rai, Umesh (1993) Medical science enlightened: new insight into vibratory awareness for holistic health care.
2. Manocha R, Black D, Sarris J, Stough C, Evid Based Complement Alternat Med. 2011.
3. Harrison H, Manocha R, Rubia K. Clinical Child Psychology and Psychiatry, 2004; 9(4): 479-497.
4. Chung SC, Brooks MM, Rai M, et al. J Altern Complement Med. 2012 Jun;18(6): 589-96.
5. Aftanas LI, Golocheikine SA. Neurosci Lett. 2002 Sep 20;330(2): 143-6.
6. Pavlov SV, Reva NV, Loktev KV et al. Int J Psychophysiol. 2015 Mar; 95(3):363-71.
7. Hernández SE1, Suero J, Rubia K, et al. J Altern Complement Med. 2015 Mar;21(3):175-9.



How to achieve inner peace

The importance of meditation is rooted in ancient wisdom but its validity is confirmed by a body of medical and scientific evidence. A meditative state is something which anyone can experience, no matter what the circumstances or location.

The Meditation

Meditation develops a subjective physical perception of our well-being. It is also a collective experience because it teaches us how to live with others in a more harmonious and serene way.

Genuine meditation helps us to become aware of the origins of our inner tensions - which are often reflected in our relationships with the world - in order to correct them. It reflects the ancient wisdom that all the sages of each epoch have proposed: 'to know thyself'.

The basic message of Inner Peace is:
There will be no peace in the world until there is peace within us all.



Inner Peace's courses

1 PROGRAMS

We dedicate specific attention to every age group. Thanks to various teaching materials, the experience of meditation is offered through simple and playful exercises for all levels, from kindergarten to university.

2 PRIMARY SCHOOL

It is with songs, music and stories that we accompany the little ones in search of the most precious treasure, the magic of inner silence, where the most beautiful sensations arise. Relaxing moments of meditation alternate with games, and songs with gestures, all of which calm the children in a carefree and friendly atmosphere. We do not really teach the universal values of peace: our role is to accompany children with gentleness and good humor to give them a vivid picture of peace in their hearts and to let them discover their own inner qualities.

3 MIDDLE SCHOOL

To meditate is to experience the richness of inner peace.. Most young people are familiar with past promoters of peace. Mahatma Gandhi, Martin Luther King and Nelson Mandela have demonstrated in their lives, how social change depends on a deep awareness of oneself and one's own abilities. Their example is an inspiration for the meditative sessions, again presented with easy exercises. The testimony of short video material and drawings made by other young people of the same age and from all over the world (who also tried Inner Peace in their schools) adds the final flourish to the experience.

4 HIGH SCHOOL AND UNIVERSITY

The approach may be more adult, but the principles remain absolutely the same. A message and vision that is designed to inspire a deep sense of unity and empathy with the world at large. In this way, the meditation becomes a universal experience enriched by the cultural, scientific and artistic environments of older age student establishments. These students experience the direct impact of meditation on their emotional and psychological make-up, and finally gives them a real example of serenity and personal integration in action.







Inner Peace Day

The success of the project has been such that the initiative has taken a more diverse form. At different times of the year, 'Inner Peace' days are spontaneously announced in various cities around the world. This particular formula has not only given a greater international dimension to the event, but, above all, it has created a bridge of solidarity between young people from one country to another. There are now hundreds of twinings between schools in different countries thanks to "Inner Peace Day".

At each event, the children participating in their school's Inner Peace day send friendship messages, drawings, poetry, or commentaries on the beauty of their meditation experience, to the students of the next hosting city.

The 'Inner Peace Day' project is not just a theoretical message of peace, but it creates, through a shared path, a real bond of peace and friendship among the new generations.



INNER PEACE DAY