

A GLIMPSE OF PEACE EDUCATION



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MADHESH PEACE UNIVERSITY

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Dedicated for

*This work is dedicated to those, who
(irrespective of race, religion, gender,
nationality, and profession etc.) act to
imbue the notion of peace
in human mind.*

Contents:

Preface

Introduction

Chapter I

Peace Education- an introduction

State of peace in the present world

Dilemma of Development

To foster peace

Views about peace education

Peace education at Madhesh Peace University

Chapter II

Notion of peace in mind

Peace education: a glimpse

Who am I?

Meaning of life

Peace, violence and mind

Chapter III

Quest for non-violence

Non-violence or violence

Fight for human rights of African American

Universal citizenship

Living for world peace

Manage mind with love and light

Chapter IV

Tolerance

Tolerance for mission
Tolerate pain to serve society
Tolerance to prevent and solve conflict

Chapter V

Songs for peace, non-violence and human rights

Non-Violence
Mind impression
Child brain
Attack of temptation
Love to carry home
Pain with pleasure
For justice and human rights
Elevate the soul
What is he for?
Thoughts as friends and foes
Be a farmer
To foster love
Love to carry home
Attack of temptation
The universal will
My consciousness
Fact with the sun
Imagination
Selfless service
Pure mind
Inner voice
Silence
Become infinite
Braham and I
Oh merciful God
Identity
Be fearless for peace
To uphold cultural heritage

Preface

Human mind is a mine of creativity, and means for sustainable development. On contrast, an agitated mind is a destructive workshop. In present time, people are running and rushing for living. As result, they are surrounded by problems. Overall, most people in the world are lack of mental peace. It creates dispute, disagreement and unpleasant environment. Conflict is everywhere. Unrest is taking place in several communities and countries of the world. Peace is lacking in the individual mind, community and among countries. All these are signs of 'disaster of thought' in human mind. Today, prime need of mankind is getting peace of mind. Peace begins from individual and spreads to several. It is realized that culture of peace can be developed successfully from childhood. In adulthood it is difficult to mold mind towards peace from destructive nature. It is realized by United Nations that peace on the earth can be achieved through 'peace education' from early childhood. Human cruel nature can be changed, and human race can be saved from the curse of war through peace education. The need of peace education is more in present time than earlier. This book is an academic effort to provide knowledge to students to imbue notion of peace in mind and to develop culture of peace in the community.

B P Yadav
9 December 2007
Kathmandu, Nepal

Introduction

Establishment of Madhesh Peace University to promote peace education in Nepal motivated me to produce some educational material as means to work to imbue notion of peace in the mind of students of secondary schools and colleges in the light of United Nations organizations working for peace education.

I think that information present in this book will help to a great deal to encourage and motivate students to practice peace of mind in day to day life, as well as to look for peaceful solution for a conflict or problem arising in life. This book has academic materials to create and promote culture of peace among students and teachers. It has also matter on the line of United Nations Cyber Peace Education Programme and United Nations Peace University Peace Education Programme. It contains five chapters, namely Peace education- an introduction, Notion of Peace in mind, Quest for nonviolence, Tolerance and Songs for peace, non-violence and human rights. Some are short and some are long. The book presents in brief on following topics: present world peace scenario, different views on peace education, views on peace, violence, non-violence, mind, tolerance, conflict management, universal citizenship etc. It discusses who I am. Also, there is description on factors affecting peace of mind. There are also tips available to manage mind with peace.

I am genuinely beholden to all friends/ sisters /brothers who are directly or indirectly associated with Madhesh Peace University. Without their moral support it was not possible for me to keep stamina to continue the process.

I thank Mr. Ivan G. Somlai and Mr. Dhruba Thapa for their encouragement and constructive criticism. I am greatly thankful to my many friends such as Prof (Dr) Vishwanath Prasad Agrawal, Dr Chandra Bhushan Jha, Dr Ram Dev Singh, Dr Ram Prasad Chaudhury, Dr Vimal Gupta, Mr. Damodar Adhikari, Mr. Prahlad Dahal, Mr. Vikram Mani Tripathi, Mr. Yogendra Ray Yadav, Mr. Gopal Thakur, Mr. Dharmendra Jha, Mr. Ram Narayan Dev, and so many for their assistance and cooperation to get this book in the present form.

CHAPTER I

PEACE EDUCATION- an introduction

STATE OF PEACE IN THE PRESENT WORLD

The suffering of innocent people due to ongoing fighting within the country (e.g. Nepal, Cambodia, Somalia, Sri Lanka, Liberia etc), fighting for false ego at the borders (e.g. Pakistan and India, Israel and the west bank etc), the complete massacre of members of the Nepalese royal family inside the royal palace, crashing twin towers of New York (September 11, 2001), removal of internal organs by the surgeons on the operation tables, the selling of daughters by the parents, involvement of highly ranked officials and reputed personalities in scandals, increasing homicide and suicide are all acknowledgements of the crisis of peace of mind in present world.

The statement “Poverty and disease are human enemies”, which is often widely used, in my opinion, are sign and symptoms of real root cause “the value crisis/crisis in human thoughts”. This crisis can be seen in the thoughts of leaders, in the planning by planners, in the implementation by implementing managers and service providers.

Investigating the allocation of financial and human resources in the fight against poverty and disease as opposed to the strengthening of armed forces with arms and ammunition attest this. Media houses, courts and other crime investigating agencies within countries bring these facts to the forefront of national attention by highlighting the involvement of many high ranking officials in billion dollar scandals.

In 2000 Andrew Wright published his book “Spirituality and Education” in which he mentioned several events, which took place in the twentieth century: Auschwitz, Dresden and Hiroshima have become icons of a spiritual vacuum at the heart of western civilization.

Joseph Conrad, in his novel “Heart of Darkness”, first published in 1902, allows its chief protagonist, Kurtz, in an orgy of violence and insanity to gaze into the depth of the human condition in his dying words to articulate the sickness of the human spirit: “The horror! The horror!” (Conrad, 1999)

Francis Coppola’s cinematic adaptation of Conrad’s novel, “Apocalypse Now”, transfers Conrad’s story from colonial Africa to the Vietnam War, thus allowing the terror Kurtz embodies to represent the full pathology of twentieth – century humanity.

Philosopher, David Levin argues that our subjective spiritual selves have lost touch with reality and have become self destructive, no longer able to control the physical world explored by reason, described by science and manipulated by technology.

“When reason turned totally instrumental, a function solely of power, it legitimated the construction of a totalitarian state and engineered the Holocaust” (Levin, 1988).

That the path of educated reason offers no easy solution is attested by one Holocaust survivor, Haim Ginott “My eyes

saw what no one should witness: Gas chambers built by learned engineers, children poisoned by educated physicians, infants killed by trained nurses, women and babies shot and burned by high school and college graduates” (Ramsey, 1999).

As the French Philosopher Michel Foucault (1991) comments “ you may have killed god beneath the weight of all that you have said; but don’t imagine that with all that you are saying, you will make a man that will live longer than he”.

Primitive human beings realized the need for family and established marriage – the tradition leading to the formation of families. Now we see a fear of family formation, the break up of families with high incidences violence within the unit, suicide, homicide, child abuse, drug and alcohol use by adults as well as children leading to a total breakdown of human moral values in society. This breakdown can be seen in the activities of the younger generation. We see young children depending more and more on the television etc as a guide for the way they live their lives, teenagers are easily influenced by movies, music and more recently by things they see on the internet which is widely used for immoral and anti social activities. All this leads to the reasoning that there is a definite value crisis and crisis in thoughts on rise.

DILEMMA OF DEVELOPMENT

(According to ‘Oxford English dictionary’ dilemma means a situation in which a difficult choice has to be made between alternatives that are equally undesirable.)

I would like to mention following lines from the book “From Science to God” (2003), a credit to a scientist Peter Russell, because these resonate with my inner feelings and thoughts.

“The more I have studied the nature of consciousness, the more I have come to appreciate the critical role that inner awakening plays in the modern world - a world which, despite all its technological powers seems to be getting deeper and deeper into trouble.

Most of today’s problems – from personal worries to social, economic and environmental issues, stem from human actions and decisions. These arise from human thinking, human feelings and human values, which in turn are influenced by our belief that happiness comes from what we have and do, and by our need to bolster an ever – vulnerable sense of self. Psychological issues such as these lies at the root of our problems. The growing crises we observe around us are symptoms of a deeper inner crisis – a crisis of consciousness.

Driven by the dictates of a derived identity and by our belief that inner well-being depends upon external circumstances. We have misused our newfound powers, plundering and poisoning the planet.

We have reached what Buckminster Fuller called our “final evolutionary exam”. The questions before us are

simple; can we move beyond this limited mode of consciousness? Can we let go of our illusions- discover who we really are and find the wisdom we so desperately need?

Freed from many of our delusions, and from much of our fear and judgment, we will no longer cause each other unnecessary pain and suffering. Inner well being and happiness will become the true measure of social progress.”

TO FOSTER PEACE

With aim to promote peace and reduce unrest, world wide as well as the local level, several workshop, lectures, meetings, rallies, conventions have been organized for decades. But what are the results? Peace is decreasing continuously, in the local community and on the globe as a whole. I have participated in several of these peace targeting lectures, rally etc., but never found peace, even that moment. Sometimes I ponder. Are such global and groups efforts misdirected? To open a lock, using a big hammer to hit the lock but missing the key? Peace is not created in a group and distributed to the individuals. It is very personal, created inside the individual and distributed to the others.

Peace is the natural quality of human being. A man/woman with healthy mind is peaceful that can be observed in his thoughts, emotions, expressions and actions. The key to establish peace in the world is to first establish peace in individual mind. Further along several embodiments of peace will foster peace in the home, community and country and in the world at large.

VIEWS ABOUT PEACE EDUCATION

Preamble to the United Nations Charter with respect to peace education

In 1945, the United Nations was established to "save succeeding generations from the scourge of war", "to reaffirm faith in the dignity and worth of the human person [and] in the equal rights of men and women", "to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained", and "to promote social progress and better standards of life in larger freedom...".

United Nations has developed 'peace education' as a means to achieve these goals.

Peace Education in view of Human Rights

Peace education is "directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms". It promotes "understanding, tolerance and friendship among all nations, racial or religious groups" and furthers "the activities of the United Nations for the maintenance of peace." (Article 26, Universal Declaration of Human Rights)

Peace Education in view of United Nations University

The charter of the United Nations University tells

- to save the human race, which is threaten by war, through education for peace.
- peace is primary right of the human being and education is the best tool to achieve this supreme good for humankind.
- yet facts show that man should not be too optimistic as long as the human mind has not been imbued with the notion of peace from an early age.

Peace education in view of UNICEF

UNICEF describes peace education as schooling and other educational initiatives that:

- Function as 'zones of peace', where children are safe from violent conflict
- Uphold children's basic rights as outlined in the CRC
- Develop a climate that models peaceful and respectful behaviour among all members of the learning community
- Demonstrate the principles of equality and non-discrimination in administrative policies and practices
- Draw on the knowledge of peace-building that exists in the community, including means of dealing with conflict that are effective, non-violent, and rooted in the local culture

- Handle conflicts in ways that respect the rights and dignity of all involved
- Integrate an understanding of peace, human rights, social justice and global issues throughout the curriculum whenever possible
- Provide a forum for the explicit discussion of values of peace and social justice
- Enable children to put peace-making into practice in the educational setting as well as in the wider community
- Generate opportunities for continuous reflection and professional development of all educators in relation to issues of peace, justice and rights.

Peace education in view of UNESCO

The notion of a "culture of peace" was first elaborated for UNESCO at the International Congress on Peace in the Minds of Men, held at Yamoussoukro, Cote d'Ivoire, in 1989. The Yamoussoukro Declaration called on UNESCO to 'construct a new vision of peace by developing a peace culture based on the universal values of respect for life, liberty, justice, solidarity, tolerance, human rights and equality between women and men' and to promote education and research for a this vision.

Global Campaign for Peace Education

Hague Appeal for Peace Global Campaign for Peace Education

“A culture of peace will be achieved when citizens of the world understand global problems, have the skills to resolve conflicts and struggle for justice non-violently, live by international standards of human rights and equity, appreciate cultural diversity, and respect the Earth and each other. Such learning can only be achieved with systematic education for peace.”

Peace education

The knowledge of peace education is the treasure that is to learn to purify the mind and to imbue notion of peace in mind.

To bring universal outlook in practice.

To practice universal brotherhood.

To promote knowledge to prevent and control dispute and difference.

To look for peaceful solution for the problems in light of human rights and social justice.

Peace education teaches to be a human. For a human, humanity is mandatory quality. Non-violence, love, truth and justice are important human qualities. On other hand, violence, hatred, untruth and injustice become dominant in human nature due to impurities in thoughts, speech and actions of individual. Combustion and light are fundamental value of fire. How can fire be fire, if it has no

quality of combustion and light? When it loses that quality, it turns into charcoal.

Similarly, human too has some natural values. They can be identified as 'human' only so long as these qualities are present in them. To conserve and cultivate those qualities and abilities certain discipline, mode of behaviour and lines of thoughts are laid down.

Peace education provides knowledge, skills and training to tame and train the mind

- To be free from anxiety and worry, hate and fear, greed and pride to promote non-violence
- To feel with selfless love and selfless service to promote peace
- To experience universal citizenship

To tame and trained the mind for good habits and disciplines is required for peaceful living.

Let's work with full faith peace will foster, humanity will grow, non-violence, love, truth and justice prevail on our planet.

Peace education at Madhesh Peace University

Madhesh Peace University (MPU) aims to "support the United Nations Decade for a Culture of Peace and Non-violence for the Children and young. It works to introduce

the traditions of peace, non-violence, love, tolerance, righteousness, humanitarian assistance and human rights education into educational institutions and the community. It realizes peace is beyond knowledge. Therefore, it also imparts skills to practice the knowledge in actual life to promote individual, community and country peace.”

The core aims and activities of MPU is accordance to the United Nations Peace University and UNESCO. In the line of principle of United Nations University, the eventual goal of peace education is “ to imbue notion of peace in the mind from early age”. Thus it will be manifest in students’ thoughts, words and actions. As per suggestion of UNESCO the teaching promote also “the development of inner peace in the minds of students so that they can establish more firmly the qualities of tolerance, compassion, sharing and caring.” It must lead to development of inner peace in them. Therefore, they can create firmly in mind qualities of non-violence, tolerance, love, truth (purity), compassion, and humanitarian assistance, sharing and caring. It must develop the ability to recognize problems and the skills to solve problems with means of non-violence. It believes that a peaceful and just community can be developed through promoting notion of peace in the mind of every individual of the community. To achieve this knowledge, ability and skills of non-violent conflict-resolution is required. It must develop the ability to understand that people’s interpretation of situations and problems is rooted in their personal lives, in ethnic and racial background, and in their cultural traditions.

Every problem has several ways of solution. Thus education must bring the ideas for solutions which do not

injure existing friendship and brotherhood among them and strengthen peace. It must teach to value the cultural heritage and protect the environment, and adopt methods of life style which lead to sustainable development. Education must cultivate, protect and develop feelings of solidarity (harmony) and equity at the community, national and international levels in the perspective of prolonged peace.

Peace education in several universities focuses on courses named 'conflict resolution among groups and individuals'. However, peace education in MPU begins its journey with course focus on 'conflict resolution in individual'. In other words it is in accordance with message 'first changing oneself (himself/ herself/ myself).

Objectives:

- to train students for development of culture of peace of mind
- to teach students to create believe in non-violence, tolerance, love, truth (purity), compassion, humanitarian assistance, sharing and caring
- to provide skills to students to manage the mind

Strategies

1. It focus students as will as community
2. Address holistic view of human being that means beyond biological anatomy and physiology
3. Factors which disturb individual peace of mind, peace in community and the country
4. It will be continuous process
5. Monitoring is done and problems are addressed
6. Peace promoting information and knowledge is taken from every side without restriction of subjects

Policies and lines of action

Subject matters are integrated into curricula, formal and non-formal, of lessons on peace building factors.

It respects UNESCO suggestion that “It cannot, however, be restricted to specialized subjects and knowledge.”

Content of education/ teaching materials and resources

Teaching should particularly concern:

- The lessons for the creation and progress of peace in the individual mind as well as in the community and country;

- Factors disturbing and promoting peace at individual, community and country level, and ways of peaceful resolution of conflict and disturbance,
- Knowledge on various types of conflict, their causes and effects;
- Human rights, such as in the Universal Declaration of Human Rights, the Convention on the Elimination of All Forms of Discrimination against Women and the Convention on the Rights of the Child;
- Forms of discrimination and exclusion.
- Research is stimulated

Activities

- On line educational courses and non formal education
- Research and training
- Co-ordination between the university and other educational institutions and social sectors

Guiding principles of syllabus for peace education at MPU

(FOR ALL LEVEL BASED ON STUDENTS' AGE AND MENTAL ABILITY)

Madhesh Peace University sees peace education as a tool

- to create culture of peace in teaching institutions as well as in the communities,
- to provide knowledge on peace building factors at individuals, family, communities and country level
- to promote human rights, social justice, equity, liberty, tolerance, love, humanitarian assistance etc which greatly influence sustainability of peace peaceful co-existence

Therefore, the guiding principles for the development of syllabus of peace education at MPU should base on mainly:

- Knowledge to imbue notion of peace in the mind of students based on their age and mental ability.
- Skill to transfer to them to practice peace in day to day life including community and national affairs, as example to prevent and resolve conflict, anger, revenge.
- Provision of monitoring their progress in this mission

- Knowledge of peace promoting factors such as notion of non-violence, love; and peace.
- Skills to prevent and control peace disturbing factors at individual and group levels
- Knowledge may be from historical, social, cultural, scientific and other background
- Knowledge must be universally acceptable.
- It should be evidence based
- It is evolving in nature, as per need to modify and develop.

CHAPTER II

NOTION OF PEACE IN MIND

PEACE EDUCATION: a glimpse

Peace education to imbue notion of peace in the mind of students

It is most important to address factors, which promote and those which disturb peace of individual mind. There are several recognized individual-mind peace promoting factors, such as notion of non-violence, love, share and care. Similarly, there are several recognized individual-peace disturbing factors, that should be addressed to prevent the disturbance, such as temptation, aggression, anger, greed, jealousy, ego, feeling of self blamed, depression, etc.

Providing knowledge on both ‘peace promotion’ and ‘prevention of peace disturbance’ an individual mind level will induce peace to others. It will cultivate ‘peacefully problem solving attitude’ in the individual that will be proved a mile-stone in creation of culture peace and promotion of peace in the community and country.

For a mind –focused intervention, basic understanding about nature of mind is also worthwhile.

Job oriented schooling teaching- learning is one aspect of education; but most important dimension of teaching-learning process is acquiring high quality of human value, developing skills to live in peaceful co-existence.

Scientists of twentieth century Albert Einstein has expressed his view about education:

“The most important human endeavor is the striving for morality in our action. Our inner balance and even existence depend on it. Only morality in our actions can give beauty and dignity to life. To make this a living force and bring it to clear consciousness is perhaps the foremost task of education.”

Mahatma Gandhi said about human development:

“I would develop in the child his hands, his brain, and his soul. The hands have almost atrophied. The soul has been altogether ignored.”

The Merck Manual of Medical Information (Home edition) writes (When Death is Near, Page 20 of the chapter Death and Dying) that ‘the prospect of dying raises questions about the nature and meaning of life and the reasons for suffering and dying. No easy answers to these questions exist’.

This line of medical science has raised a great issue of quest about

- nature of life
- meaning of life
- reason for suffering (diseases)
- reason for death

Let’s look at a river from its origin in the mountain to its mixing in the sea. There is a continuum in the river journey. At the origin Ganges water is pure (pollution free) in character, crystal clear in quality, small in size and peaceful in nature. Let’s look at the water, when it is passing through Patna city. The water is polluted with

garbage of several cities, has become muddy and dirty, and very big in size with fearing and terrible sound. It is no more peaceful.

Changing properties of Ganges water at different place along its journey

	Ganges water at origin at the height in Himalaya	Ganges water at before Haridwar at height	Ganges water at Patna city
Character	Pollution free	Pollution free	Polluted with garbage of cities it passing through
Quality	Crystal clear (pure)	Crystal clear (pure)	Muddy, dirty (impure)
Nature	Peaceful	Peaceful	Fearing, terrible
Size	Small	Larger than earlier (but not big)	Very big
Ability to harm life	No. (too deep to drawn people)	Yes (Depth increased)	Very strong (every year several people and animals get drawn in)

As the Ganges passes through the more cities, it covers more distance; many small rivers join it, as result its water becomes more polluted with cities' waste materials. It loses transparency, its size becomes bigger, and its harming quality increases. Such findings are observed in case of other rivers too, like Bagmati, Bakyra, Mahakali, Bhahmaputra etc.

Human life is a continuum from birth to death. At the birth, newborn mind is pure and in peace. It is free from mental pollution. Its loving nature creates happiness for others. As age grows, child's mind gets polluted with anger, lust, greed, jealousy, ego, attachment and excessive desires. These are precursors of unrest and violence in the world.

Human's mind at different age

	Newborn baby's mind	Young's mind	Adult mind (If not managed)
Character	Free from mental pollution	Still free from mental pollution	Full of mental pollution due to effect of interactions in the life
Quality	Pure mind (free from mental pollution)	Pure mind (pollution begins getting in)	Impure mind (full of mental pollutions)
Nature	Peaceful	Peaceful	Highly disturbed. Mostly loose peace of mind
Ability to serve others	No	No	Very capable
Ability to do violence	No	No	Very strong (may do serious violent acts.

Form of peace

Individual peace-

‘Peace of mind’ is also called ‘inner peace’. It refers to peace of individual person. Fundamental nature of human being is ‘state of peace of mind’.

Community peace

– It is condition when the community is free from violent acts.

Environmental peace

- In general, holy place is considered as place of peace, because the activities which are carried out there, promotes peace. The environment is active, living and peaceful. It induces peace to the mind of people. Therefore, a disturb mind feels peace and peaceful mind feels deeper peace. Sometimes in a place, which is socially known as holy place, some activities are carried, that is peace disturbing. Due to this change of nature of activities, the place becomes cancerous holy place.

WHO AM I?

(United Nations Cyber Peace Education Programme advises students and teachers to enhance knowledge about “Who am I?”.)

Among students participants a subject for discussion ‘Who am I’ was placed. Students of different age groups, different classes presented their views. Some are below, and your view may be similar to some or may be different.

Student 1

I can see that I have a shape that is called human body. From up to down, human body has a head with two eyes, two ears, one mouth with tongue, two hands, body- trunk, and two legs. It is the physical outer structure of the human body.

Student 2

I feel happiness or sorrow, sometimes love or hate, another occasion, sympathy or commiseration or anger or calm etc.

Student 3

Sometimes I feel superior to others (egoism). From time to time I become humble. I think, I reason, I react. I want to possess something. I have desire.

All these qualities we experience, but can't see. It is called origin place of these invisible quality is mind. Mind is invisible. It supports that a human being also possesses a mind.

Student 4

Two types of reasons several times arise in my mind to answer of a question (in reaction of information). Both are strong but opposite. It poses a challenge for the selection of reason, because it directs my action, and the result of action influence my life.

It looks, opposite nature of reasons resembles good or bad, beneficial or harmful, and truth or untruth. It supports the presence of 'intelligence element' known as "Intellect", which directs towards good, beneficial and true decision. It is also invisible.

Student 5

I have experience that a number of occasion spontaneously I recall events of past, and impulsively react on it. Sometimes 'past event of insult to me' suddenly appears in mind, and I become angry for violent revenge. Similarly, 'happy moments of past also come in mind, and as response I become cheerful.

It provides evidence that human being posses an unseen 'Record memory box' like computer memory.

Student 6

I see a working man, a sleeping man and a dead man, these all have similar visible physical structure. I find difference in their working ability. A sleeping man can wake up and begin working. But a dead man has completely lost the ability to get up and work. He loss mind, intelligence and memory box.

It proves that there is certainly something whose presence makes living; and absence makes dead. That is called 'Life Energy'.

Student 7

Let's look at these two bulbs:

- i. Bulb A does not emit light, electrical energy presently, is not passing through the filament of this bulb.

- ii. Bulb B is giving light, because electrical energy is passing through the filament of this bulb; and the bulb-electrical energy is coming through 'power house'. It seems that 'Life Force' presence in living human being comes from a source like power house; and that may be called "Universal Life Energy".

Student 8

Listening all views, a student raises a series of questions to find out perfect answer of the question 'who am I'.

Am I body?

Am I mind?

Am I intelligence?

Am I record memory box?

Am I life energy?

Student 9

Without electrical energy, bulb is meaning less. Similarly without life energy body is nothing. It supports the vital importance of life energy.

“I would like to express my view that human being is a complex of visible physical body with invisible mind, intelligence and record memory box, empowered with life energy.”

Student 10

Alive human being is a complex of matter and energy. Body is matter and life energy is a form of energy. Matter is destroyed and decayed. But, energy is not destroyed, it is conserved (Principle of conservation of energy).

A dead human body is a body, a matter only.

A dead person can't reason, feel, experience and recall. It suggests that mind is dead in a dead person, as well as, intelligence too.

For alive human, calling body is neither justified nor satisfying. Therefore, best acceptable will be 'life energy' for alive human being.

Student 11

“I am Life Energy”.

However, illusion makes man ignore the truth. Illusion is an attribute of mind. It makes person to believe in body rather than life energy. It is like mirage in the desert, a water level that never was or is. It is like moss growing on water hiding the water itself, like darkness arising in the room hiding the room. Illusion attaches itself to whoever helps it to grow.

MEANING OF LIFE

The Merck Manual of Medical Information (Home edition) writes: 'the prospect of dying raises questions about the nature and meaning of life and the reasons for suffering and dying. No easy answers to these questions exist'.

Therefore, medical science has raised an issue of quest about

- nature of life
- meaning of life
- reason for suffering (diseases)
- reason for death

Nature of life

From birth to death life is continuum. Everybody is passing through the continuum. Physically, man possesses body, intelligence, memory box and mind; and is empowered with life energy.

Body

Body has following sensory organs (senses) named eyes to see, ears to hear, tongue to taste, skin to touch and nostril to smell. They are supposed to do physical activities as per need. They carry information from the external environment and send code messages to the mind. There further direction of actions is decided with consultation of intelligence.

Intelligence

Pure Intelligence is a true guide like an honest advisor of a minister. It may become deluded and guide wrongly like a bribed dishonest advisor of a minister.

Mind

Mind is like a field which can be cultivated with desired thought- plant. A mind without good thought is always at risk of occupation of bad thoughts, as bush grows in an uncultivated land. It is in line of a proverb 'empty mind is a devil workshop'.

Mind is like an iron rod. Once it comes in contact of water, it gets rusted; while it shines in contact with fire. It suggests the effect of company on the mind. For a pure/ clean mind a good company is mandatory.

Mind is like mad elephant, which pulls forcibly. It drives as forceful wind drives boat in its direction without caring of destination of the boat.

Mind is terrible shrew. It never halts at one place. It is very difficult to catch and hold it.

Peace is a noble product of pure mind. Mind is get polluted by anger, ego, greed, jealousy, attachment, lust, frustration and depression. Intelligence is also get deluded with these factors. It is called as inner pollution. These are peace breaker.

Mind is like a serpent. Serpent has two rudimentary traits. One is its curved way of walking and two its tendency to bite all that comes in its way. The mind has also the tendency to get involved in whatever it associates. It

craves for this. Therefore, it is always tense and disturbed. He too seeks to grasp and acquire all that he likes. The mind hankers for a thing even when there is no chance of securing it. Such strong desire mind may have and this characteristic is called Kama.

Illusion is an attribute of mind. It makes man ignore the truth. It makes person to believe in body rather than life energy. It is like mirage in the desert, a water level that never was or is. It is like moss growing on water hiding the water itself, like darkness arising in the room hiding the room, like cataract arising in the eyes hiding the vision. Illusion attaches itself to whoever helps it to grow.

Mind is like the inner sky. There, sun of intelligence shines. When the clouds of ignorance, fog of egoism, smoke of attachment, and dust of illusion come the Sun of Intelligence is hidden and things look murky and are mistaken. If ignorance, egoism, attachment and illusion are removed from the mind then intelligence works perfectly and truth appears.

Purity of mind is the prime thing for the protection of individual, society and even country in the realm of nature. It is the vital to support and promote universal outlook in reality. The rules and regulations, the restrictions and recommendations are all to defend the people from ruin.

The human life is not merely for living comfortably and safely, but for living a moral and elevating life. Children know that greed and anger are not good. However, anger and greed which does not oppose truth, justice and morality are considered as good. E.g. a guardian expresses

anger over undisciplined children to correct them. Someone earns more money with hard work and truthful means to fulfill the extended financial need of the family.

In contrast, in practical life, most adults are indulging in greed and anger, envy and hatred, lust and pride. These are destructors of peace and inviters of violence in the world. It is against the philosophy of universal vision.

Common man is peaceful at one time, violent at another; he is tolerant one moment and reactive at another. Sometimes he demonstrates very high level of human values and next time degraded up to the level of debasement.

Hunger and thirst are the characteristics of life. Thus, food and drinks are need for life. In biological language, these are food and drinks which provide different types of nutrition to the body in correct proportion. Happiness, pain feelings, impulse and imagination, birth and death are all characteristics of body. If food (plenty fatty, salty, spicy, and sweet) and drinks are provided for the taste of tongue, which provide temporary happiness is not for life. It is on demand of senses (body) and is injurious to health.

Human life

Pure water is result of definite composition of oxygen and hydrogen. It is free from coli form, cholera and other bacteria, as well as, arsenic like toxic substance.

Human life is a result of life energy, mind and body. Its real nature is truth, justice, joyful, peaceful, and complete and true knowledgeable. Grief, greed, anger, lust, envy, ego etc all join life as impurities.

Meaning of life

Energy needs matter to manifest. We experience presence of electrical energy when it makes fan moving, bulb emitting light. Thus, to manifest Life Energy body is needed.

Body is a vehicle for Life Energy. In living sense, body is needed for fostering of Life Seed (Life Energy) so that human being can realize it, experience it. Body and Life Energy (Life seed) has the relation of earth and seed. Earth provides protection and all needed support to the seed to grow as sprout and develop as tree and to bear flowers and fruits. Similarly body provides protection and opportunities to Life Energy/seed to express its maximum potential to the world. Body is also a means to break the cycle of birth and death; and to get liberation from suffering.

Out of several objectives of life, some are below:

- To know, to realize 'Life Energy' (which is child of immortality?)
- To escape from disease and suffering, and birth and death.
- To achieve immortality

In a group discussion several students presented their views. Some are below. Your view may be similar to some or may be different.

Student 1

From birth to death life is continuum. In the continuum of life, we always want to experience peace of mind and happiness. We don't want violence, pain, grief and disease. This is our nature. Human being is naturally happy and healthy. Its nature is joyful.

Student 2

Living is struggling, striving, achieving. Life is not merely to eat, sleep and enjoy.

Student 3

Life is to research and realize 'Life energy' and Universal Life energy'.

Student 4

Human being has 3 main instruments to live on:

- Senses i.e. eyes to see, ears to hear, mouth/tongue to taste, nostrils to smell and skin to touch.
- Intellect
- Mind

Senses seek information from outer world and send it to the inner world (mind). On received information, reaction to response takes place in mind. Intellect advices to the decision making thought process. State of intellect (pure or dull) influences the advice. The individual acts on that. That action brings result. According to actions that result may be peaceful, violence, happiness, grief, etc.

Student 5

The nature of result is according to the nature of action, which is as per the nature of thought.

Therefore, it is evident that ‘thought is one major cause of peace or violence, pain and pleasure.

Reason for suffering

Is life for merely living a comfortable and safe life?

Presently, there is a race going for it. People have desire to live very comfortable and luxurious life with complete safeguard. In fact, for human, it is for living a moral and valued life. In modern age, comfortable life style has reduced physical activities and introduced unhealthy diet, which has become root cause for several life style diseases like diabetes, hypertension, heart diseases and cancer.

Human beings render his/her thinking polluted by dwelling on worldly things. They hunt for happiness from worldly objects. They are tempted to secure the objects that give joy, foiled in the attempt; they get restless, angry, hateful, and fearful. Thus, desire, anger and fear are aroused one after the other. Anger and fear takes away peace of mind and other mental resources. Therefore, these elements cause suffering.

Another cause of suffering comes through the struggle for property and power, ego, women etc. It invites violence. It doesn't mean that man should not strive for property and prosperity. Human must do it, but in the light of humanity. Let's think. Should we acquire these things at cost of loosing human values and ideals?

Sympathy, morality, service to others and equanimity (self control) are peace promoting factors.

Vanity (egotism, self importance), pomp (showiness), lust, anger, greed are peace disturbing and violence promoting factors.

Reason for death

Those who are born will die is universal truth. From earlier discussion we know that body dies (matter decays) and life energy remain. Body is needed to foster the potential of life energy. Body is a vehicle for life energy. If body losses its capacity to provide a support to life energy to foster then life energy needs next body. If body losses its suitability to provide support as vehicle to life energy then change of body is required. It becomes one cause for death of a body.

PEACE, VIOLENCE AND MIND

Common man is peaceful at one time, violent at another; he is tolerant one moment and reactive at another. Sometimes he demonstrates very high level of human values and next time degraded up to the level of debasement.

Why?

Because man's mind is shaped by its attributes. There are three types of attributes. They are always present in different proportion. It has continuous changing nature. When one is dominant and others are dormant. Due to involuntary changing characteristics of proportion of these attributes, mind makes a man assume several different roles. These three reflect as three different human natures. One is joy (satoguna) whose dominancy provides peaceful and tolerant nature of mind. Next one is grief (rajoguna), whose dominancy experience joy and happiness and grief. The third type is delusion (tamoguna) whose dominancy causes violent nature of mind.

Mind with dominant state of Satoguna derives pleasure from self contentment. They are peaceful and blessed. Mind with dominant state of Rajoguna derives pleasures from worldly things, but not by harming others. They are tolerant and joyful. Mind with dominant state of Tamoguna derives pleasures by hurting others. They are violent and angry.

The type of food we consume play vital role to contribute to the nature of mind that finally contribute to state of mind. Food should be capable to provide health, strength

and nutrients to the body as well as moral qualities to the mind. Health and strength of body and mind is interrelated and supports each other. Development of moral valued quality depends on food we take. Several physical diseases are caused by food. Too salty, too sweet, too fatty food cause disease to the body; and excessive alcohol drinks, drug addiction cause development of immoral behaviour, and violence.

Mind is the most important thing. If mind rots, everything rots. Man acts as mind directs.

The mind has to be educated and trained into the habit through constant practice to develop moral/ human value, positive thoughts and to avoid immoral degraded thoughts, destructive thoughts.

Purity of mind is fundamental principle for the peace and non-violence in the society, country and the over all world. For the promotion of peace and non-violence, welfare is essential for all; so rulers and beurocrates must give up feelings of anger and hatred.

CHAPTER III

QUEST FOR NON- VIOLENCE

**FIGHTING FOR HUMAN RIGHTS WITH
MEANS OF NON-VIOLENE**

NON-VIOLENCE OR VIOLENCE

Ancient battles of Mahabharat between Pandavas and Kauravas for rights, battle of Sri Lanka between Rama and Ravana to make free kidnapped wife; and in modern history bombardment in the slave-Indian parliament by a freedom fighter Bhagat Singh and Azad Hind Foauz (Free India Army) headed by freedom fight leader Subhash Chandra Bosh to make India free are set up as good examples of violence.

At several occasions people who believe in violence and adopt the means to bring change in the political system and acquire snatched human rights brings these examples in their favour.

In contrast, nonviolent movement by Mahatma Gandhi to make India free, by Nelson Mandela in South Africa; as well as peaceful struggle by Martin Luther King Junior for the human rights of African Americans against racial discrimination are excellent examples to achieve rights with minimum loss of live and properties by changing mind of exploiters. Mahatma Gandhi practiced perfect nonviolence. “Save life and property of English officers (who were colonizers) even at cost of our (Indian) lives” Gandhi ji urged people during outbreak of violence against English people. He had pure love for them too.

In historical and cultural prospective these events provide opportunities to analyze prevailing circumstances and other influencing factors, and to choose most suited and safe path for ourselves.

In case of Sri Lanka war, all suggestions by relatives including brother and wife, and Rama's envoy Hanumana and Angada failed to change the thought of Ravana. In another hand, it was duty (moral as well as social) of Rama to recover his wife Sita. It was well told to Ravana that Rama is merciful, peaceful and handing Sita over to him will prevent the war. But he was under influence of ego. Therefore, he refused all suggestions and advices and invited war. The prime duty of Rama was to liberate captive Sita from Rawana. The means - non-violence and violence was secondary. He tried all possible peaceful measure to liberate Sita. At last under compulsion he selected war. Non-violence doesn't mean being deprived of human rights and escaping from prime duty. Hence it is known as dharmayuddha (a battle for righteousness).

In case of Mahabharata battle:

- It was not decided out of anger or emotion
- It was not resolute in hurry
- Krishna himself went as peace envoy to Duryodhana; but peace talk failed.
- Extreme of continued injustice was evident.
- It was decided after long deliberate discussion of the elders of the nation. They weighed the pro and cons of the war.
-

The war was declared when there was no means left out to get rights. Continuation of such situation was heinous for the community, because it was against truth, justice and righteousness. These elements are essentials for peace promotion in the community and country. Therefore, it is known as dharmayuddha (battle for righteousness).

All these support that Krishna was not in favour of violence. He is known as embodiment of love. The battle was a mandatory compulsion.

Bombardment by Bhagat Singh in the parliament killed none. “I did it to awaken Indian youths”, he said. His motive was to create awareness among both groups: colonized and colonizers. He has no intension of violence for nothing.

It is natural law that truth, justice and righteousness must prevail in the community of country. Nature is continuously working for it to ensure peace. Man made untruth, injustice and unrighteousness are silent inviter of violence.

Consequences if Mahabharat war did not happened

- Injustice had grown and developed more
- Righteousness, truth, justice were near to root out which nature does not support.
- Pain and misery were going to increase.

Nature always silently works for preservation and promotion of truth, justice and peace. People may accumulate wealth through unfair means, gain power through unjust way, since they can't earn the support of nature are caught ultimately by disaster.

That time perhaps there was no international pressure group to advice the unjust king, there was no voting system to evaluate his popularity among the people, there was no any plead like human rights. It looks in that age the war to establish truth and justice was inevitable. It is not appropriate in the present time.

Similar view is behind the battle of Rama and Ravana. Therefore, my mind does not accept to call Rama, Krishna and Bhagat Singh as believer of violence. They were lovers of non-violence.

Before Gandhi nonviolence was linked with religion as a great human quality. First time in the human history, Gandhi conducted experiment with truth (satyagrah) nonviolence in politics for human birth rights.

Nonviolence means

Nonviolence does not mean coward ness. Living without birth human rights, due to fear of violence is coward ness. Gandhi said, one must get human rights. If there are only two alternatives: cowardice and violence. Select violence, reject cowardice. Followings are two examples:

“I do believe that where there is only a choice between cowardice and violence I would advise violence. Thus when my eldest son asked me what he should have done, had he been present when I was almost fatally assaulted in 1908, whether he should have run away and seen me killed or whether he should have used his physical force which he could and wanted to use, and defended me, I told him that it was his duty to defend me even by using violence. Hence it was that I took part in the Boer War, the so-called Zulu rebellion and the late War*. Hence also I do advocate training in arms for those who believe in the method of violence. I would rather have India resort to arms in order to defend her honour than that she should in a cowardly manner become or remain a helpless witness to her own dishonour.”

“My friend Saukat Ali seems to attach prime importance to violence, to believe that it is man’s dharma to kill his enemy” Gandhi said, “I appeal even to those who have no faith in me to follow my friend Shaukat Ali. They need not believe in the purity of my motives, but must clearly recognize that there can be no violence simultaneously with non-cooperation.”

I agree with Gandhi’s suggestion, “first ask your inner consciousness (life energy), and follow the inner voice: non-violence or violence.” There is no need to mimic other.

Gandhi studied both merits and demerits of non-violence and violence, and found non-violence is more effective and superior means than violence to achieve rights.

Now a day often we hear a proverb ‘helplessness means Mahatma Gandhi’. But, reality is reverse. Despite being capable, avoiding violence, forgiving and accepting happily self suffering means Mahatma Gandhi. Nonviolence never supports injustice. It promotes voice against injustice as soon as possible, as well as, earliest solution with truth. Of course, it supports tolerance.

Nepal perspective

In present context of Nepal, human rights of Madheshi, tribal (janjati), Dalit are very hot issue. Let’s have some thoughts on selection of means: ‘Non-violence or violence’. Let’s learn from present incidents in the country. More people were killed in one day violence of Gaur and Kapilvastu (separately) than combined killing

during historical 24 days long (16 January – February 8, 2007) Madhesh movement. Madhesh movement brought easy availability of citizenship and strongly brought forward the concept of states and power sharing in the government system. It strengthened will power of marginalized population. In contrast, incidents of Gaur and Kapilvastu promoted hatred and fear in the community.

Selfishness is the mother of violence. Selflessness is the mother of non-violence. Selfishness brings hatred, while selflessness creates love. Both non-violence and violence react in chain.

“Non-violence is the greatest duty of mankind”, our ancient scriptures tell. Non-violence and truth go together. Untruth arise from selfish motive and leads to violence. Our inner life energy is pure truthful. Thus, strength for non-violence comes from inside i.e. life energy, which is the greater power than physical force of violence. Spiritual scriptures call life energy as ‘Soul’.

Cycle of peace and violence

It is necessary to address factors, which promote and, those which disturb peace of mind. There are several recognized individual mind peace promoting factors, such as notion of non-violence, love, share and care etc. Similarly, there are several factors, which disturb peace of mind, such as temptation, aggression, anger, greed, jealousy, ego, feeling of self blamed etc. Empowering students with knowledge about both ‘peace promotion and prevention of peace disturbance’ at individual- mind level will be a mile stone for peace education. It will cultivate

‘peacefully problem solving attitude in the individual’. It will lead to creation of culture of peace in the institution and community and the country. It is a mind focused intervention. Therefore, basic understanding about nature of mind is also worthwhile.

Firstly, thoughts of violence grow in the individual mind. If the thought gets nourishment, it grows and develop ‘as determination for violence’, which in suitable environment creates violence. Selfishness brings forth excessive desire, in condition it is not fulfilled causes disturbance



Factors disturbing peace of mind

(A) Self caused:

- Selfishness
- Excessive desires (craving of mind)
- Comparing with others
- Aggressive (angry) nature
- Fear
- Disease
- Poverty
- Dispute: property, power, love affair

(B) Caused by others

- Injustice
- Untruth
- Rape
- Ego

(C) At political level

- Some leaders believe that violence attract government attention more quicker than non violence
- A number of leaders believe that political justice can be brought through barrel of gun

Cultivation of peace and non-violence is like cultivation of crops in the field

Cultivation of crops	Cultivation of peace and non-violence (from human mind)
In the field	In the mind
Removal of wild growth (weeds), bush etc.	Hate, ego, possessiveness envy etc . uprooted and prevented further entry
Ploughed, made ready for sowing	Ploughed by practice of moral good actions
Sowing of seeds	Sowing the seed of love
Sprouts are watered, and guarded into maturity	Watering with selfless service to distressed and grieved
Ripen crops collected	Peace will fostered in community
Garnered in the granary	Family, Community with Non-violence

Absence of ego and possessiveness are like watering and manuring for the sprout of peace and non-violence.

FIGHT FOR HUMAN RIGHTS OF AFRICAN AMERICANS (BLACK PEOPLE) IN USA

Dr Martin Luther King, Jr.

Words and deeds of Martin Luther King, Jr

Dr. King's words moved America. His faith and courage continued to inspire America.

His words:

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question, he said, is "what are you doing for others?"

"I am convinced that the universe is under the control of a loving purpose, and that in the struggle for righteousness, man has cosmic companionship. Behind the harsh appearance of the world there is a benign power".

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal".

"Human progress never rolls in on wheels of inevitability; it comes through the tireless efforts of men".

"I've seen the promised land," Dr. King continued. "I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land. And I'm happy tonight."

"[w]hen the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir."

Sen. Patrick Leahy [D-VT] told about the life and legacy of the late Dr. Martin Luther King, Jr., a national hero and man whose words and deeds brought hope and healing to America.

We commemorate the timeless values he taught us through his example--the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and revolutionary spirit. Dr. King's belief in the strength of nonviolence was not merely inspirational--though surely it spoke to our aspirations as a nation--but it gave his leadership a unique power that resonates to this day.

Dr. King was neither a President of the United States nor a hero in a foreign war. He never even held public office. Yet he deserves his place in the pantheon of great American leaders because lead a Nation he did. Through words, he gave voice to the voiceless. Through deeds, he gave courage to the faint of heart. Through his bravery and courage, he endured tremendous hardships--he was beaten and jailed 29 times, his family was threatened, his home

was fire bombed, and he was placed under surveillance by the FBI--yet he overcame these hurdles and ignited a movement that would lead to historic reforms.

On this day, we must urge our children and grandchildren to abide by Dr. King's message that if they serve our country and strive for what is just, they can remake a nation and transform a world.

UNIVERSAL CITIZENSHIP

Fundamental requirement for the universal citizenship is purity of mind. Anger, hatred, prejudice have to be removed from the mind; and it is filled with 'feeling of oneness' that the all is in me and I am in all. To have this feeling one needs to cultivate it by 'Mind management'.

Possession with mal distribution is inviter of violence. It creates a gap in the promotion of universal citizenship.

Serpent nature of mind makes man to crave for possession and accumulation of wealth. It causes serious mal distribution of wealth that invites violence in the society. Thus, to preserve and promote non-violence, in the community and country, mind should be trained to neutralize possessive property.

Egoism (a pollution of mind) is also a cause for greed to possess things. "I must have this, that, etc." people feels proud to the possession of things. That is how ego provoke one for possession of materials we see people dedicate life for collection and accumulation of materials. He loose peace of mind to protect it. He is subjected to physical mental injury, social disrespect and even up to death. Finally at death he carries not even a single penny from wealth, a dust from land, a word from position. He was used by the material. In reality, man should use material as per need, should not get used by the material. Thus, happiness through possession is misery in the guise of temporary joy. It is illusion. Material never provides sustainable pleasure. Mr. Warren Buffett has realized the truth, and tamed and trained his mind to earn and use wealth; and to not posses, and not get used.

Consider worldly material as manifestation of nature for the best use, not for possession. In the forest, the king lion use whatever he needs but never posses. To prevent the characteristic of possession, cleaning of mind is necessary.

Cleaning of mental pollution

	body	mind	intelligence	living
Cleaned by	water	truth	knowledge	discipline
	soap	Peaceful	wisdom	penance
Scented by	Perfume	Love	Spiritual wisdom	Selfless service

Living the life

As we live our life, it influences universal citizenship. With reference to living, people may be classified into 3 groups. The first group, believes and practice moral living. Their life is disciplined and guided by human value and moral teachings. Their number is small.

Next, group is not guided by any rules of conduct or discipline. They have no discrimination between good and bad, moral and immoral, right or wrong, virtue or vice. Eat, drink and be marry is their motto. In fact, they have lost human qualities, as fire lost light and combustion properties. Biologically they are human, but quality wise inhuman. It is the largest group.

The third group dwells between two. According to opportunity they living style/characteristics are modified.

Importance of love for universal citizenship

Where there is love, there is tolerance. Where there is tolerance, non-violence will foster. Love, tolerance and non-violence are valued sisters and brothers; as we are biological brothers/sisters.

Novel Peace Prize laureate 'Mother Teresa' says

“If we cannot love, the person whom we see, how can we love God’ whom we cannot see?”

“If you start judging people you will be having no time to love them....”.

In the closing stage of his life, Albert Einstein addressed these words to his fellow scientists.

“The concern for man and his destiny ought to become the chief motivating force behind all our efforts. We should not forget this in the midst of our diagrams and equations.”

LIVING FOR WORLD PEACE

Peace does not come from rally, meetings, workshops, workshops etc. A common man who is immerse in the daily duties of his stages of life with pure mind is a very good peace promoter. Pure mind of Warren Buffett of present time is a good example to world peace.

Warren Buffett

In April 2007, Forbes ranked Warren Buffett, who had estimated net worth of around US\$ 52 billion, as the third-richest person of the world. He is an American citizen. He was born in Omaha on August 30, 1930. Despite enormous wealth, he lives in a simple house and drives his own car. He is away from luxury and leads a simple life.

His thoughts and actions are full of humanitarian service. He has made largest charitable donation in history. In June 2006 he announced plans to contribute worth approximately US \$ 30 billion (as June 23, 2006) to the Bill and Melinda Gates Foundation. He also announced plans to contribute other social welfare organizations.

With reference to property-inheritance to his children he once said, “I want to give my kids enough so that they could feel that they could do anything, but not so much that they could do nothing.” Further, he even wrote in his will that whoever possesses more than a million dollars towards his end, is a fool.

His life is an example for 'Free to earn with strict discipline to accumulate'. He has utilized his full capacity to earn, but has self imposed discipline to ensure little accumulation of wealth for self and children. He has developed himself beyond money to superior human quality, as result he has donated major portion of earning to charitable services and has transformed as a model for 'simple living and high thinking'.

His living has messages about social responsibility of rich people in the community, noble attitude for self and children storage. His mind is free from wealth- ego, but in contrast, is full of philanthropic thoughts.

Mahatma Gandhi developed himself for stop money earning and do selfless service of the community. He advocated to learn to live without money.

Frankline Benzamine (President of USA) earned little, lived simple life and did higher service for mankind.

Such actions of rich and capable people promote peace and prevent violence in the community and country. In another category, we find people who are using his/her maximum time and ability to earn money and to accumulate maximum for self without or with very little charitable donation. People don't hesitate to earn money at the cost of individual morality. Money has become main indicator for standard of living. Such belief, attitude and practice for earning and living are detrimental for peace at the individual, community and the country level. Unfortunately to-day mostly people are in this category.

MANAGE MIND WITH LOVE AND LIGHT

Growing hatred, selfishness and violence is making families, communities and countries living hell on the earth. Politics, business, education, health services, administration and more other dimensions of human life have come under the serious grip of these vices. Human values are evaporating away from lives. Peace and love, which are the natural need of being, are sublimated. Coexistence is getting replaced by conflict. In search of materialistic development human race has caught in dilemma of development and it is becoming sweet poison or sweet suicidal. In this time of chaos there is urgent need that every human being should realize her/his own real nature as well as other's true character. It can be realized through training/managing of the mind with love and light.

Managing mind is a form of meditation. "Correct meditation is the merging of all individual's thoughts and feelings in universal thoughts and feelings."

Meditation is merging of individual into Absolute/Universe.

Managing mind includes any means whose end will be the disappearance of the delusion that Absolute/Universe, essence of the individual and the essence of the world are different other than the same. It brings the realization of oneness of universe, the essence of the individual and the essence of the world are the SAME. As we know, air conditioner, freeze, fan, heater, microwave all are in different forms and doing different functions, but the essence in all these objects making them to work is the same and that is electrical energy.

In the state of true meditation all activities originate from the Inner Being (individual/ pure Consciousness) rather than from Mind and the individual receives unlimited happiness/bliss and nature- grace. It is noticed that most people go through the external exercise only. So they are unable to win unlimited happiness and bliss and nature grace.

Supreme meditation is union/merger with Absolute universal power through LOVE. The love in us and the love that universe has are one and same. Love is a state of mind.

Techniques of true meditation are various. Meditation with love and light is safe and effective.

Steps for Meditation with Love & Light

Preparation

- I. Pray/wish for nature- guidance during process of meditation.
- II. Light a candle or deep to make a light flame. In mind select a form of anything which you like/love most (it may be also formless), and enshrine that form in the light flame. It becomes Love-Light.
(Love is the essence and basis of the world.)
- III. Sit in front of Love-Light in a comfortable position: Spine straight, eyes partially closed, and hands in the lap one over other touching tips of thumbs.
- IV. Make breath calm and slow and mind free from thoughts, feelings, and emotions.
- V. Chant: I am Absolute/Universe.

Action

- I. Gaze (look steadily and intently) through partly closed eyes at Love- Light.
- II. Visualize the Love -Light in the mind. Continue gazing till the Love- Light is firmly established in the mind when eyes are closed.
- III. Move this firmly visualized Love- Light to all parts of the body. Wherever it goes lights similar Love- Light. Wherever impurity is touched by the Love- Light the impurity vanishes. First move the light in the head to purify thoughts and feelings. Move to eyes, to ears and to tongue to purify vision, hearing and speech respectively. Let the Love- Light go to heart. Let the light to purify love and the source of love that pure natural divine love will spring out of it. No more artificial love for anyone.
- IV. Move the Love- Light to belly and limbs leading to away from the individual body to our family members, neighbours, friends, enemies and finally to entire world.
- V. Bring the Love- Light back to the body and emplace it in the heart the source of love. Let unite our individual Love- Light with universal light, our individual love with universal love. Let merge individual mind with universal mind. A true unified stage for 144 seconds (2 minutes 24 seconds) is sufficient to earn nature grace.

Coming out of Love- Light meditation

- I. Remain quite, silent for a few moments
- II. Offer prayer of gratitude for guiding and protecting us during the process of meditation. Offer the action of meditation to the universe.
- III. Come out of posture silently and peacefully go for other needful activities of the day.

Stages of Meditation

I. Concentration: Gazing at the light and firmly visualizing light in the mind.

II. Contemplation: Moving the light from the particular body to the universe.

III. Meditation: Merging of the Self into the Absolute. It is the stage of Self realization.

In stage of concentration and contemplation meditator is aware of his/her body and its posture. In stage of true meditation she/he unites with infinite and can't find her/his body and infinite expansion of the self happens. In his meditation, the great Swami Vivekananda was heard to exclaim, "Where is my body? I cannot find my body." Such was the expansion of his previously limited self.

Suggestions to a smooth start to the daily sitting meditation

I. Time and duration: Morning hours from 3 am are good, but not essential. For beginners 20-30 minutes are good.

II. Place: It is recommendable that meditation should be same time at same place every day. If you are away from the place, continue the meditation at the same hour and, in imagination, feel that you are seated in the accustomed place.

III. Position: One should not sit directly on ground. Take a mat or cloth as insulator to avoid earth current, which naturally moves in the earth.

CHAPTER IV

TOLERANCE

Tolerance for Mission

Once four friends, who were disciple of lord Buddha, went to Buddha to seek permission to visit people living in a forest.

Buddha asked, “What is your purpose to visit them?”

They replied, “We want to do some good for them.”

“They are illiterate. They will abuse you.” Buddha told them.

Out of four, three told, “No problem. We can accept it.”

The fourth replied, “I can’t accept it. I am going to do good for them; and they will abuse.”

Further Buddha told to thee disciples, “They are rude. They might beat you. Are you ready to accept physical assault?”

Out of thee, two replied, “Yes, as they are ignorant, we forgive them.”

The third told, “It is highly unfair. We are going to serve them, and they will injure us. I can’t allow it.”

Buddha did not stop, and again told to the two, “Not only this, they might behave like beast and kill you.”

One, out of two, replied, “I have to do many things. I am not ready to die for nothing”.

The fourth spoke with humility, “Lord, it is great. They might kill. Many people try to die and not get success. I am ready to accept this if it happens.”

Finally, Buddha permitted to the fourth, “If you have such level of tolerance, you go.”

TOLERATE PAIN TO SERVE SOCIETY

In 1908 in South Africa Mr M K Ghandhi (that time he was known as Mr Ghandhi, not Mahatma Gandhi) was almost fatally assaulted by Indian people. He was saved by British officer, and was served to cure in English family. In spite of that he never thought of to make police complaint against them. He also did not have any degree of hatred. At the same time he has profound love for the assaulters and same level of commitment for mission to work for Indians in Africa. Finally the lesson he told was, “We need to be ready to tolerate torture given by the society, if we want to serve them.”

TOLERANCE TO PREVENT AND SOLVE CONFLICT

Some scholars explain that conflict could be disagreement, dissatisfaction, dispute or an uncomfortable feeling; while Oxford English Dictionary reads the meaning of conflict as a serious disagreement, a long lasting armed struggle and a lack of agreement between opinions, principles, etc.

For our purpose, let's take up the earlier expression of conflict, such as disagreement, dissatisfaction, dispute or an uncomfortable feeling, which are less severe in nature and occur commonly.

Each individual has different choices, believes, values and views. If two or more people are living together or working together, there is always chance of conflict. Eg. Difference of ideas on a topic, difference of working style, etc.

Conflict is like a fire. It is good if it is managed. It remains within the boundary of disagreement, dissatisfaction, dispute and uncomfortable feeling that are finally compromised. It resolves antagonist issues, correct situation and create peaceful environment. On the other hand, it is destructive if goes beyond control. It may lead to violence.

In fact, conflict is part and parcel of life. In practical life, most of the time, we face it. Therefore, we must learn to prevent and manage a conflict - disagreement, dissatisfaction, dispute and uncomfortable feeling arise in daily life.

Following tips help us to prevent and manage conflict:

Be flexible

We should not expect that other people idea is like our. We should be flexible to respect other's idea if it does not harm. The more flexible one is, the less number of conflicts will occur.

Be tolerant

We should not expect that other person is perfect. He/she will make mistake that make us uncomfortable. We learn to accept other mistake as natural happening, tolerate the loss and hope for the best. The more tolerant one is, the less number of conflict will occur.

Be Issue Centric

Be “issue-centric” and not person-centric or ego centric. It means to understand the present situation and have true idea what is happening now. Issue can be resolve, because one problem has several solutions. Monitor your mind for following:

Do you have prejudices, disliking, or unpleasant memory of past events related with the person involve in the conflict.

Do you emotionally involve with the conflict?

These situations manipulate thinking, as result influence conflict management.

Therefore, stay issue-centric, avoid thought wavering, however tempting it might be.

Be with positive mental attitude

We learn to accept different of opinions as options. The positive mental attitudes to be used are: Tell yourself to keep with high esteem and motivated. “My worth does not depend on serving my ego. My worth does not reduce by accepting other’s ideas. I am capable, competent and valuable. I am knowledgeable, skilled and efficient.” Every event has some positive, no matter how negative it looks. What can I learn from this situation? One needs to focus on constructive side. Take conflict as clouds in the sky. Tell yourself, “It will pass on, and the sun of my glory will shine again”. Positive mental attitude facilitates to be more flexible, tolerant and issue centric.

Be careful in conflict management. Being more flexible and tolerant does not mean to invite weakness in personality. Silence promotes negotiation. Following two indicate weakness in personality: To be silent when it is proper to speak, and to speak when it is proper to be silent.

CHAPTER V

SONGS

(For Peace, Non-Violence & Human Rights)

NON-VIOLENCE

I am fasting, Sheri told
She was shining, like gold
She takes only fruits during fast
Non violence here starts.

Sun is symbol for light
And darkness is for night.
Knowledge and wisdom wins
Ignorance and delusion fight.

Where there is light,
Darkness cannot come.
When light goes,
Darkness moves on.

It has a message to be enlighten
Be a light and remove vice.
Make non-violence mission of life
Live life under spiritual light.

MIND IMPRESSION

Ramlila is a drama
Based on life of Rama,
He was just
Truthful and human- caring king.

In Trinbago, Ramlila has become
A moral teaching, and community function.
I was touched looking at young, very active being
part of one
Some are just at five, making mind- impression for
life.

Ram resembles consciousness
Laxman that of mind
Sita is but purity of heart
And Rawan is body full of senses' vices.

CHILD BRAIN

The child's brain grows very fast,
It makes brain wiring hard.
We need to care
to keep them away from fear.

Child develops sentimental bond
Teaches us divine love
Free from lust, ego and jealousy
Delivers message of universal relationship.

ATTACK OF TEMPTATION

I was unaware that mind was monkey,
Temptation was active doing networking.
It attacked on mind,
Guidance from Consciousness I missed to find.

Opportunity favoured him (temptation)
I failed to save myself from wind.
Temptation is very cleaver
It silently moves every where.

It suddenly attacks with force.
And never gives to save time more.
Message is very clear,
Always remain alert, my dear.

LOVE TO CARRY HOME

Dilan was going home,
Morino was to depart.
Harrynarine asked me,
What do you want?

Body dies, material decays,
Love grows limitless,
It sticks to the soul
Give me love to carry home.

Nobody knows where and when
Together we come again.
Love antenna always works
Every where makes loving network.

PAIN WITH PLEASURE

Ramayan is living story of Ram
Full of humanitarian service and sacrifice,
Having message for both
Material and spiritual life.

Ram killed terrorists and won over unjust emperors,
Bali and Rawan were great warriors.
Kingdoms were wealthy of both kings,
From them he never took anything.

Ram, in forest, lived a sage's life,
Later he lived in own kingdom without wife.
Without fellow's service meaningless is human life
A brave embraces pain with pleasure throughout
life.

FOR JUSTICE AND HUMAN RIGHTS

Navratri is nine nights
It is a fight for justice and human rights.
Tenth day is Vijayadashami,
It is victory for justice and human rights.

It is combined qualities of three deities.
One is embodiment for power and energy,
Next is for wealth and prosperity,
Knowledge and wisdom are for subsequently.

People really worship virtue
That is in the form of image or statue.
It is a lesson to inculcate high merits
Culture of truth, tolerance and might,
To fight for justice and human rights.

ELEVATE THE SOUL

Everyone has seen a lion,
A slave in a cage.
Have you seen a lion?
That is a king, in a dense forest!

Let us work to elevate
And liberate our soul.
One day the soul will go
And the body will be dead.

The body is mortal,
And it will be buried or burned.
The soul is immortal,
It is neither buried nor burned.

The soul is in the body- cage.
Elevate and liberate,
Make it as a lion,
A king in a dense forest.

WHAT IS HE FOR?

Mr Joe, in Atlantic Ocean, works off - shore
And he lives life alone.

He likes the philosophy of Tagore,
And he asks God, "What is he for".

His heart is full of spirituality.
One can feel when he reads his poetry.

As he is working to find his life's goal,
I say, please ask in silence your soul.

O, loving son of God,
Live for others and do for the Lord.

THOUGHTS AS FRIENDS AND FOES

It is said-
Poverty, illness and illiteracy
Are human enemies.
Wealth, health and literacy
Are men's relatives.

If wealth, strength and knowledge
Are utilized for good works
Life goes many folds up.
If they are used for bad works
It causes destruction.

Positive thoughts are great friends
And negative are great foes.
Because positives possesses power
To change misfortune into fortune
And negativity leads prosperity to ruin.

BE A FARMER

Be a farmer,
Cultivate the mind
Of youth and children
With purity and peace.

Sow the seed of
Non-violence and love
Put the water of prayer
And manure of selfless service.

Protect the child's mind from
The hurricane of sex lust,
The fire of drug addiction
And the flood of money greed.

TO FOSTER LOVE

At the origin, the Ganges is very small,
The water stream is very pure.
Drops are crystal clear
Like shining pearls.

There the zone of silence provides
Feeling of profound peace and spirituality,
And it touches the heart
Of every human being.

Every child is embedded
With peace, love and light
Let's protect and help to foster
These qualities throughout human life.

LOVE TO CARRY HOME

Dilan was going home,
Morino was to depart.
Harrynarine asked me,
What do you want?

Body dies, material decays,
Love grows limitless,
It sticks to the soul
Give me love to carry home.

Nobody knows where and when
Together we come again.
Love antenna always works
Every where makes loving network.

ATTACK OF TEMPTATION

I was unaware that mind was monkey,
Temptation was active doing networking.
It attacked on mind,
Guidance from Consciousness I missed to find.

Temptation is very clever
It silently moves every where.
When holy days come,
It becomes more active once.

It suddenly attacks with force.
And never gives to save time more.
Message is very clear,
Always remain alert, my dear.

THE UNIVERSE WILL

If there is no one to listen to you,
Then sing your melodious song in the space
The universe will listen to you.

If there is no disciple to follow your teaching
Then teach your most valuable message to the trees
The trees will sing your teaching.

If there is no publisher to publish your work
Then continue writing with full enthusiasm
One day the world will publish it.

If there is no master to answer your question
Then keep asking in silence
The inner silence will reply it.

If there is no wise man to solve your problem
You must never stop searching for a solution
Your soul will guide to you.

If there is no one to calm your inner chaos
Then keep looking at your breath
Healing property will grow within you.

If there is no friend to help in adverse situations
Then leave them whole heartedly to Almighty
The great Almighty will provide strength to cope
and go.

MY CONSCIOUSNESS

I do not feel good, still I do.
I ponder O God, what I should do.
 I cheated myself much
 No body did me such.
 I fail to hear my inner
 My ego is the winner.
I keep spiritual teaching behind
My consciousness brings it to my mind.

FACT WITH THE SUN

We say that
The sun rises and the sun sets.
But we know that
It neither rises nor sets.

Virtually it is spinning of the earth
That makes it such.
When the fact is declared by the sight of eyes in the
space,
Then, it is said that the sun rises and it sets.

It is spinning of the earth
That creates hot and cold.
It is joint effect of spinning of the earth and the
moon
That creates eclipse of the sun and the moon.

IMAGINATION

Welcome O great imagination.
Profound peace has come to earth
Ego and jealousy are transformed
Into compassion and love.

Every one is peaceful
Happy and blessed.
For anyone there is
No torture or pain.

Children have become great,
Several living legends are meeting on.
Many mahatma (Gandhi) and mother (Terasa)
Are coming and going on.

SELFLESS SERVICE

Look at Jesus,
Who accepted crucification for others.
Make up your mind
For selfless service for fellow sisters and brothers.

From physical discomfort and problem
He derived divine pleasure.
Therefore, no need to leave the divine
And run after the material world.

In human form, he was made of
Blood, bone and muscle like us.
Let us make an effort
To live a life as Jesus done.

PURE MIND

Pure mind is place of God,
Keep it clean at every cost.
Make it creative and filled with love
No place for anger, greed, pride and lust.

Peace is placed in pure mind
No place for hatred, jealousy any such kind.
Pure mind is the place of God,
Keep it clean at every cost.

INNER VOICE

I saw a fallen orange
But mind said,
Let it remain
For someone to take.

Someone came and went
But the fallen orange remained.
My mind said if someone did not take
Then why should I grab?

The orange has turned more yellow
As yellow as in the rainbow.
It was left on the ground
To rotten down.

I walked down by the fallen orange
Next moment it was in my hand.
Ego must comes to end
Inner voice has to win.

SILENCE

I wonder with happiness,
How great the strength of silence is!
Greater is its vibration
More than that of the musical instruments,
Highly impressive than sweet sound,
More touching than loving words,
A great speaker than a thousand pictures.
I salute statue of silence
And greet the great embodiment of stillness.

BECOME INFINITE

One is one,
And zero is zero
Infinite zero is nothing more than
But just zero.

Make a zero left to one
As result only one.
Make infinite zero left to one
As result nothing more but only one.

Make a zero right to one
Resultant value is ten times to one.
Make infinite zero right to one
Resultant value infinite has become.

Look at the magic of position
Zeroes and one have become infinite once.
Look inside, link with God
Soon become infinite once.

BRAHAM AND I

Braham and I were alone.
No ocean, no hope of life, no fear of death,
No worry of wife or child
No desire of praise or wealth.

I had clear and unshakable wisdom and fearlessness,
Constant contact with Braham, chanting his name,
Imagining the pictures of saints.
Braham and I were alone.

The angry wave became my friend,
And crossed me over the hungry ocean,
My God again was truly merciful,
Braham and I were alone

OH MERCIFUL GOD

Oh God! Guide me and hold my hands,
Grant me continuation with you,
As you have granted me as I was in the ocean.

Give me full consciousness and a stable mind,
To control my thoughts and actions,
As you have granted me as I was in the ocean.

Due to human weaknesses,
Bad thoughts grow in the mind.
Kindly, Oh God, transform them.

Only your mercy brings good thoughts,
Please nurture them, urge them on to bear,
Good actions to hear.

Oh merciful God!
At the time to depart this earth kindly grant me
Praying heart, awaken mind and breathe with
Brahm.

IDENTITY

I have nothing to say,
Search your soul everyday.
Assa-Lam-U-Alaikum Wa Alaikum Salam,
Sai Ram Sita Ram.

Culture is the identity of the human,
Take it out nothing remain.
Body is bulk of flesh, blood and bone,
Only is the culture to recognize wherever one goes.

Have a look inside you,
Must recognize, temptation or soul guides you.
Slave people doesn't mind forward and behind.
A great young must care, identity with dare.

(Identity- It makes people bold and daring for the quest of self identity. Thus, it prevents slavery and further prevents opportunity of violence; because slaves are future agents of violence. Therefore, promoting identity of identity loser means bringing marginalized into the main stream of community and country and working for peace.)

BE FEARLESS FOR PEACE

Be fearless,
And make others fearless.
Together all we achieve-
Rights, respect, peace and development.

Fearlessness does not mean-
To be arrogant,
To break the law of land,
And to torture others.

Fearlessness means –
To tell the total truth
Not to accept injustice
To establish rule of law with courage.

Pandavas were fearless.
Fearlessness brought victory-
Finally rights and respect to them
And peace and development for their land.

(A fearful person loses his/her rights and respects. It leads to loss of peace of mind. He/she suffers from depression, aggression and anger. Therefore, the individual is at the risk of committing violence. A fearless person gains rights and respect in the society; as result, he/she feels profound peace of mind and become a part in creation of culture of peace.)

TO UPHOLD CULTURAL HERITAGE

A Century ago, Indian farmers came on the boat
To cultivate the land of Trinbago.
Cooking utensils they brought with them
To nurture the body of their men.
With them they brought their culture too
To sustain their minds as Indians do.

Indian people remember their spirit
And try to do something to elevate it.
Organizing culture show is a privilege
Well thought-out in towns and little villages
It is a teaching of morality
For all people of every entity.

Rama-drama came in the mind of Ramsingh,
He brought people together to do different things.
He was committed to put it on scene,
Strong will, wisdom and courage it deemed.
O, young one take home this message,
make up your mind to uphold your heritage.



Tree plantation a symbol of co- existence in peace and love



Remembering Gandhi Ji to remember Commitment for non-violence and love



The key to establish peace in the world is to first establish peace in individual mind. To imbue human mind with notion of peace from early childhood is vital strategy to promote peace on the globe; and it can be achieved through peace education in teaching and social institutions. Peace education teaches to be a human. For a human, humanity is mandatory quality. Non-violence, love, truth and justice are important human being traits. In reality, peace is our natural quality. On other hand, violence, hatred, untruth and injustice become dominant in mind due to impurities in thoughts, speech and actions of individual.

Human life is a continuum from birth to death. At the birth, newborn mind is pure and in peace. It is free from mental pollution. Its loving nature creates happiness for others. As age grows, child's mind gets polluted with anger, lust, greed, jealousy, ego, attachment and excessive desires. These are precursors of unrest and violence in the world.

Let's work with full faith. Peace will foster, humanity will grow. Non-violence, love, truth and justice must prevail on our planet.

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