



Peace begins with a smile
Mother Teresa

We smile when we are happy and contented. Contentment is gained when we cease to want for ourselves all the apparent 'good' things conveyed to us through our five senses.

When our willpower is sufficiently strong to enable us to discern the difference between real needs and superfluous desires, we cease to be driven by the urge to own more and more things. Inner agitation stops and we are left feeling peaceful.

*When there is peace in the individual, there will be peace in the family.
When there is peace in the family, there will be peace in the community.
When there is peace in the community, there will be peace in the nation.
When there is peace in the nation, there will be peace in the world.*

Sathya Sai

In order to learn, self-esteem, calmness and freedom from anxiety are necessary. These qualities are fostered by two of the Programme's components, namely silent sitting and the self-reflective exercises in some of the group activity sessions.

Peace relates to the Sub-conscious Mind/Emotions

Peace is a state of equilibrium of the emotions. This is gained when we realise that fulfilment lies within us and is not dependent on outside stimuli. The mind is an instrument which controls and directs the senses (smelling, tasting, seeing, touching, hearing). The senses gather information about the objects around us. The mind is stirred by these objects, which attract or repel us according to the impressions held in our sub-conscious memory and so they disturb the mind's equanimity, causing our peace of mind to be lost. Thus it is this emotion within us that has to be seen, accepted and controlled. We can then turn an unpleasant experience into one which strengthens our mental muscles.

...if we hate and harm others in our thoughts and feelings towards them, this will inevitably poison the whole of our emotional state ... If you observe your inner world carefully, you'll see that allowing a single intense feeling of hate or violent self-pity - let alone nurturing it - can sometimes contaminate your internal atmosphere for the rest of the day!

Robin Skynner 'Life and how to Survive it'

The mind can be kept under control through whole-hearted service to others which can be taught in group activities. Engaging the mind in good thoughts and deeds will prevent it being occupied with useless, random thoughts. This is greatly helped through the exercise of silent sitting. A reduction of desires and self-discipline in thought and action, lead to health and peace.

VALUES RELATED TO PEACE

