GLOBAL PEACE ON THE MOVE XIII
BREAKING
We were strangers at first but not for long. Fun engaging activities connected each and every person together and melted all the nervousness away.
It doesn’t matter what we look like or where we came from. We are all human beings looking for the same things: peace and happiness. Once we find these two things for ourselves, then we can share them with everyone in the world.
I have meditated instantly from afternoon session to the evening session, so in total, I have meditated around 6 hours. My mind was so still and subdued. I even heard the sound of my brainwave every time I closed my eyes after the meditation and I feel very energy-power energy like I wake up in the morning.
When we meditate in the comfort of a calm and peaceful room, we feel free from all external disturbances. There is only stillness that lies inside our minds.
It’s a great way to get to know the monks. Any questions you may have about meditation or their lives will be answered. They are your google search engine and will answer your question truthfully and clearly.
Outdoor meditation connects all of our senses with the surrounding nature. We enjoy the breath of fresh air and the sounds of birds chirping. Our body becomes one with the environment.
Yoga at sunrise is the perfect complement to our mind training. Finding the balance between concentration and comfort is the key to meditation.
FOOD OFFERING
Offering food is a meritorious act of kindness that also reminds us not to be greedy or selfish.
You cannot spell Team with “I”. Group discussion allows everyone to share their idea and work together as one. Communication is very important in today’s society.
Our surrounding affects our mind. If our surrounding is clean, then our mind will perceive clean images. Cleanness and tininess help us maintain a bright mind and greatly affect our meditation.
A unique opportunity to spend private time with the teaching monks. Any questions you may have regarding meditation, stress management, or any questions you may have in life, will be answered professional and privately. The monks are there to help make your stay as peaceful and pleasant as possible.
Finding the right peace position is essential when meditating. It is a position that increases your body’s balance and stability. In this position, your meditation will be longer and deeper, and your chances of attaining inner peace will greatly increase.
Relax your body and your mind. Don't think about the past or worry about the future. This is your time to relax and enjoy the present moment.
It’s the last night at the island when everyone gathers together surrounded by candle light. Peace is in the air. Not only do we lit our own candle, but we are sharing the light with the people we love.
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