A New Era of Transformation to Non-Violence.

Peace comes from inside.

Practice giving... from your left hand to the right hand, and from the right hand to the left.

Spirituality helps develop society in context of establishing peace in this great campaign.

We are all born to be happy.

We have to define what is in our religion in a new way.

To be born, to die, to be sick is the truth.

You are only the body, the soul is the source of light.

We need energy, the inner energy is the spirit.

All ethnic groups will benefit.

Self Realization

What is the meaning of human beings?

- Dharma
  - Non-Violence
  - Being Religious
  - Discard negative thoughts.

- What is the cause of peace?

We have to find peace from our heart.

Inward Peace, Outward Peace.

Breathing...

Inhale + Exhale. Contemplate giving all the best things in your life.

Ton-give others our happiness.

Compassion

Key development to peace

To think only of our bodies is to get involved in ego.

Meditation...

It's not just about closing our eyes. We have to know what we can do for society.

Spirituality is about justice and development.

Inhale, Exhale.

Take in all the pain from others.

Physical, Mental, Violence, Words.

Follow a code of conduct.