

BE THE PEACE



ORGANIZER
INSPIRATIONAL BOOKLET

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SPECIAL THANKS

To everyone that has ever organized or attended a BeThePeace event over the years!



And to all our amazing Partner Organizations, including The PeaceRipples Institute, UNIFY, Gaiafield Project, Culture of Peace Initiative, Uplift, The Shift Network, Global Coherence Initiative, Pathways to Peace, Peace One Day, Compassion Games, World Peace Prayer Society, MedMob, and many more!

Every photo in this book was taken over the years at BeThePeace events around the world. We are in awe of all the beauty!

DEDICATION

*May this inspire you to
be the peace
you wish to see in the world*

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Booklet Compiled by Catherine Douglas

Hosted by



THE PEACERIPPLES INSTITUTE

Seasonal offerings for a vibrantly flourishing life

www.BeThePeace.com

INVITATION

BeThePeace invites people from every culture,
every spiritual tradition, and every political perspective to join
together as One.

Together, we are creating a world where inner and outer peace is the
normal way of life.

Together, we are creating history. Join us!

It's time to Be The Peace we wish to see in our world!



VISION

Mahatma Gandhi is famously known to have said, *“be the change you wish to see in the world.”*

What is that change you wish to see?

A thriving global culture of peace?

What would it actually look like to BE the peace we wish to see?



Millions around the world share the same heart vision. We know that change is needed, and that, in fact, we are the ones to BE that change.

On International Day of Peace, September 21st, we gather to show the world what it looks like to be the peace. People of all ages, from different backgrounds, speaking different languages, each with unique stories, unite with the shared vision that something else is truly possible on this beautiful planet we all call home.

HISTORY

In 2012, BeThePeace featured public events in over 240 cities around the world and 3 virtual Global Attunements for Peace via webcast. In 2013 we had over 500 events, and in 2014, we doubled that number again, with over 1,100 locations.



The event builds on a thirty-year tradition of a Planetary Peace Wave on September 21 to build a global Culture of Peace. It aims to strengthen an ever-growing global network of 'subtle activists' committed to developing internal peace and creating a foundation for a global culture of peace.



EVENTS AROUND THE WORLD



From yoga on the beach in California to meditations in public squares in Zurich, candle-lighting ceremonies in Pakistan to community meditation practices in Nepal, thousands around the world create beautiful events. Some events bring together thousands of participants, others consist of three people sitting under a tree, but all are expressions of being the peace.



Every event on our map consists of real people making this dream a reality.



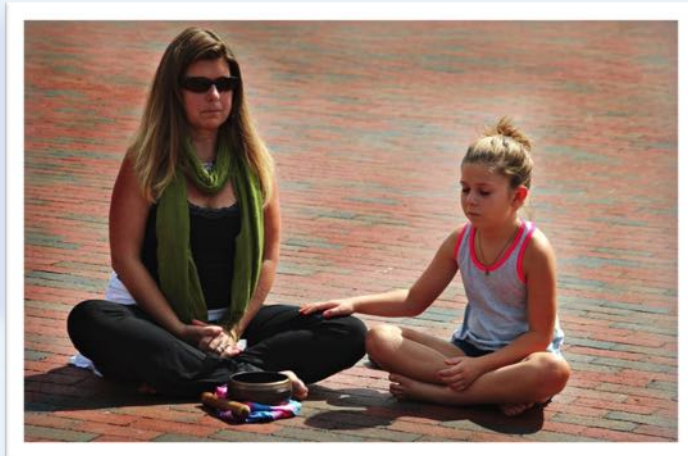












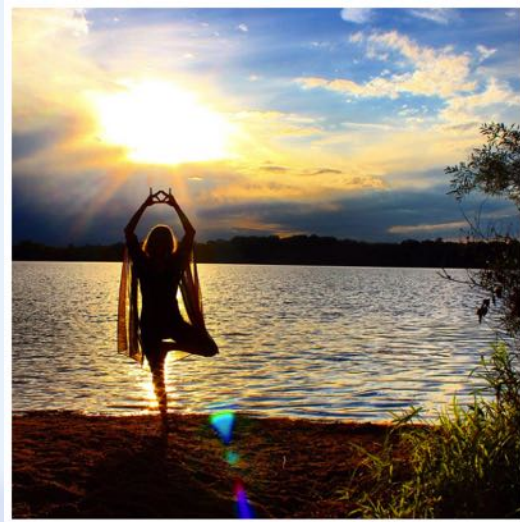
INSPIRED?

CREATE YOUR OWN EVENT THIS YEAR!



ORGANIZING YOUR EVENT

Step 1. Contemplate what being the peace you wish to see in the world means to you. Sit in stillness for a moment and truly envision what this would look like.



Step 2. Brainstorm an event that would illustrate your vision. Would it be people meditating at the state capital, praying together under the moon, celebrating at a dance party throughout the streets, discussing visions of peace and how to embody them, painting a collective mural, or...?

Step 3. This year we are celebrating **World Peace Weekend**,
September 21-22, 2019.

International Day of Peace is September 21: Every year we honor the Global Peace Wave of a Minute of Silence, A Moment of Peace at 12noon in every time zone.

The BeThePeace Challenge will also be available for you to go through during this time as you please. You can join at bethepeace.com.

You are welcome to celebrate World Peace Weekend in any way that you feel most inspired! There are many ways to get involved!



Step 4. Choose the day when you'd like to host your event.

Step 5. Make a List of friends, family, organizations, and/or businesses that may be interested in collaborating on an event.

Step 6. Connect with those on this list, in person if possible, to outline the event, find a location, and create something beautiful together.

Step 7. Promote Your Event:

- Post your event to the map by going to bethepeace.com
- Invite friends, family, community

Step 8. Take a Deep Breath. You are awesome! Remember this is meant to be fun! Make it your personal practice to be the peace throughout the creation process.

Step 9. Host Your Event. Enjoy seeing your creation come into form and please be sure to document, take photos, and share them with us! You can send them to info@peacripples.com and we would love to share them for you!



Step 10. Celebrate your accomplishments and honor all the energy you poured into creating a more peaceful world. We thank you!

Once again, hosting and organizing an event is only one of many different ways you can participate in World Peace Weekend. Most importantly, may we all deeply contemplate and seek to embody the peace that we wish to see in the world.





“How wonderful it is that nobody need wait a single moment before starting to improve the world?”

~ Anne Frank

EVENT IDEAS

We invite all of your creativity when planning your events during World Peace Weekend! Here are some ideas to get the creativity flowing...

- Create a giant community mural to depict your vision of a culture of peace in your community
- Write love notes and leave them around your town
- Host a forgiveness letter writing party
- Offer a “party for peace” with conscious celebrations that honor the activism you have accomplished this year
- Sunrise yoga ceremony
- Meditate in public spaces



YOGA, SONG AND DANCE





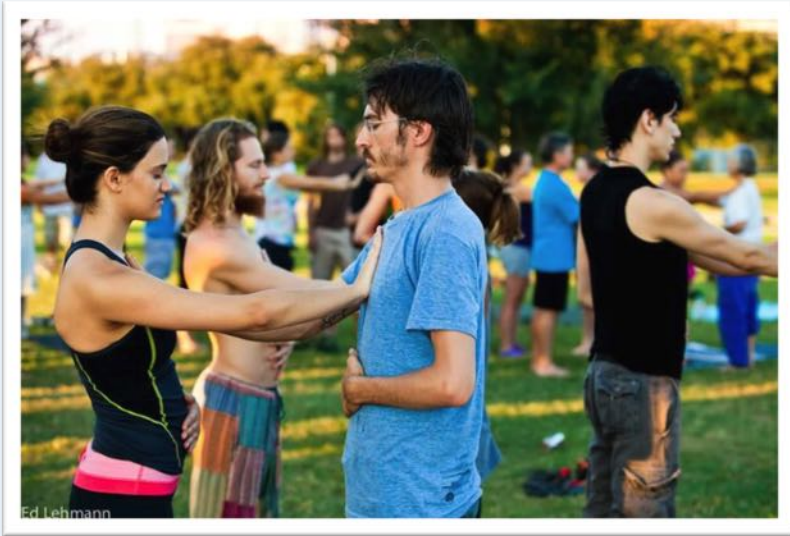
ART-MAKING



EVENTS
CAN BE
LARGE



OR
SMALL

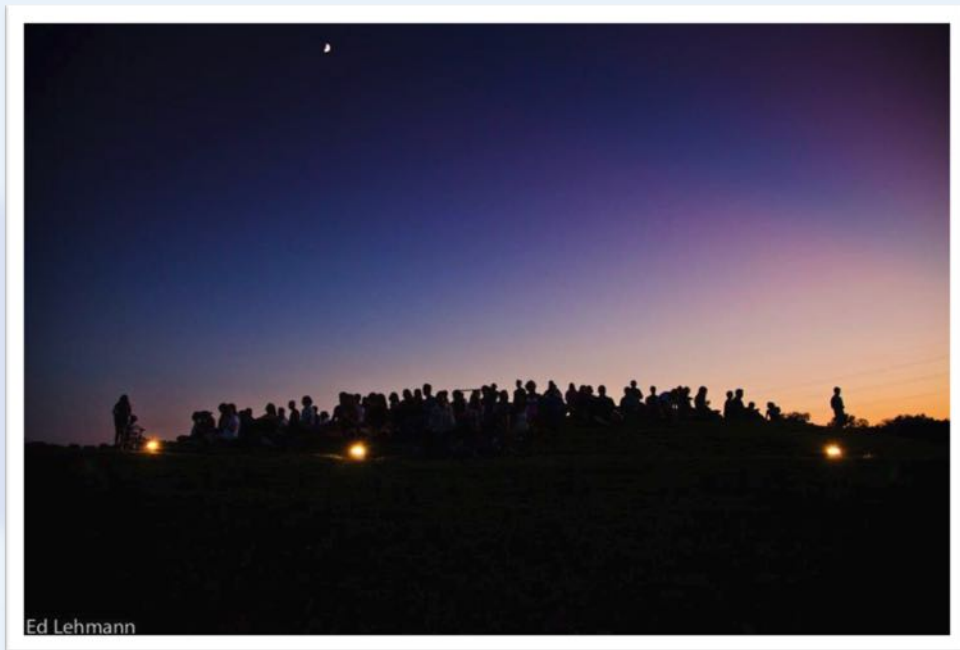


MOMENTS OF CONNECTION WITH OUR GLOBAL FAMILY





Ed Lehmann



Ed Lehmann

WE CAN'T WAIT TO SEE WHAT YOU
CREATE!



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