



Sri Matru Devi Vishwashanthi Ashram Trust



International Day of Peace

21 September 2020

The International Day of Peace, 21 September, is celebrated each year since 1981, and is aimed at strengthening the ideals of peace, both within and among people. During this time of turmoil, the Peace Day is an inspiring reminder of the peace we can create together. **Shaping Peace Together** is the theme of the 2020 International Peace Day.

As defined by the United Nations, **Culture of Peace** is a set of values, attitudes, modes of behavior and ways of life that reject violence and prevent conflicts by tackling their root causes to solve problems. Such a culture is achieved through dialogue and negotiation among individuals, groups and nations.

“Since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed.” This is a beautiful and powerful message as enshrined in the Constitution of UNESCO (November 1945).

Each day, each hour, we must fill our minds with peace so that there is no room for negativity. The concept of a Culture of Peace has now grown into a global movement. Within the Culture of Peace framework, peace is not just absence of conflict but a marked shift from the culture of war, greed and ego to life of peace and loving kindness.

Let us not make this only an annual appeal to halt all conflicts and wars for just this one day, but make this a daily ritual for peace, harmony and justice for all. We need to stand together with the UN to fight against all forms of discrimination, hatred and inequalities, and unceasingly strive for peace to prevail. We have to hope for this world to be united without judgment and to heal through love. Let us remember that without peace, there is no justice. Likewise, without justice, there is no peace!

The phenomenally high human toll, sickness, suffering and indignities, manifested in mass poverty, unemployment, and violence, especially against women and children, happening on our planet today, are unprecedented since World War II. These have been inflicted by COVID-19, are further aggravated by the devastating consequences of climate change.

We were thus far governed by a paradigm of materialism, conquest, greed, militarism, war, power, violence, and dualistic thinking as nations and individuals. This false superstructure is now collapsing and mindsets have shifted with this year's pandemic. We are today called upon to be part of a new global process that is more in tune with the noblest of humanity, the ways of Nature, and a more balanced, holistic and meaningful lifestyle.

We have to be the seeds of the future. It is up to each of us to care for our own inner garden first. Then, when we try to help and guide those around us, we will be that much purer with goodness, and consequently, stronger, calmer, more loving and effective. We will be able to lead others into peace by ourselves being peaceful through prayers, medication, yoga, spiritual practices, and acts and words of goodness. They all have a direct and immeasurable impact on the world. But how we act and what we say is always guided by our thoughts and feelings - our state of mind. We are responsible for them, and so we must live and act the change we want to see.

Peace, our precious treasure which lies within the hearts and souls of each of us, is the greatest gift we can give to others.

Learning to live in peace and harmony is a long-term process. It begins with developing inner peace. We need to have the right attitudes to live by the highest principles of Peace and Truth.

My beloved sweet children, however, widely dispersed we are on this globe, join together with Amma to pray for healing and recovery with lamps of love and compassion in your hearts. Let us start by observing a moment of silence at midday to create a **"peace wave"** across the planet, observing this start as a ripple, and transforming itself into an enormous endless global enduring movement of a common humankind with a shared destiny.

Thank you!

Special blessings and love to you all!

Wishing you peace, good health and happiness always!

AMMA