

Individual Peace: A Foundation towards World Peace

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Abstract: Today we see that there is disturbance in the whole world at its extreme level, destruction is visible all around and the statistics of crimes are increasing at a rapid pace in almost all countries. There is discrimination all around in the name of the original dynasty, gender, colour, language, religion etc. No one can forget the destruction of World War I and World War II. All these problems can be solved by an attempt to bring peace at the world level. Spiritual revolution can bring world peace globally. When every person in the world is calm, happy, loving to nature, full of human love and having feeling of brotherhood, then greed, selfishness, violence, discrimination and unrest etc. will not develop in their nature, which is the main reason for fights, unrest etc. When it is no longer, then the nature of the human soul, peace will remain in it, that is, the every person will remain attached to himself. Love for humanity develops in every person and all the qualities of humanity will come, then individual, village, city state and country will all see each other from the point of view of humanity. Love will arise in their hearts and only then peace can be established throughout the world

Key Words: World Peace, Spirituality, Meditation, Kanha Shanti Vanam.

Introduction: Today we see that there is disturbance in the whole world at its extreme level, destruction is visible all around and the statistics of crimes are increasing at a rapid pace in almost all countries. There is discrimination all around in the name of the original dynasty, gender, colour, language, religion etc., and the whole world is struggling with natural disasters; the problem of environmental pollution has started showing its terrible form. Although, when we see the whole world, the physical progress is also seen in the area, but behind this progress a deep destruction is also hidden. No one can forget the destruction of World War I and World War II. All these problems can be solved by an attempt to bring peace at the world level. With the establishment of the United Nations at the international level, many efforts were made to establish peace at the world level. Objectives and principles were also placed before the world.

‘The objectives are to: (1).Maintain international peace and security. Develop friendly relations between nations; generate international cooperation - (a) Generate international cooperation in solving international problems related to economic, social, cultural or human welfare. (b) Respect for human rights and fundamental freedoms without distinction on the basis of origin, gender, language or religion. (2).To cooperates internationally by promoting and encouraging the development of the United Nations as an international center for coordination. All these objectives are extremely important and are laid down in Article 1 of the United Nations Charter.

Principles of the United Nations in the context of world peace: According to Article 2 of the United Nations Charter, the institution and its members shall act according to the following principles for achieving the objectives described in Article 1:

- (1) **Principle of equality and sovereignty of all members:** According to this principle, all the members of the institution are the same, whether in the small state or in the larger law. The same cannot be discriminated against.
- (2) **Fulfilling their responsibilities in good faith by the members:** All the members shall fulfill the responsibility in good faith, so that all the members can exercise their rights as a result of their membership and can fulfill responsibilities.
- (3) **Resolving international disputes peacefully:** All members we will resolve our international disputes peacefully in such a way that international peace, security and justice doesn't get threatened.

- (4) **Principle of non-interference in member states' territorial integrity and independence:** All members shall not threaten or exercise power against the territorial integrity or political independence of another country in their international relations, will not act which is inconsistent with the purpose of the United Nations.
- (5) **Principle of All Members Supporting the United Nations for Collective Action:** All members will provide all assistance in the actions taken by the United Nations under the Charter and will not assist the State against which the United Nations is working.
- (6) **The principle of non-members to act in accordance with the principles of the Charter in relation to international peace and security:** According to this principle, it is the duty of the institution to see that states which are not members of the Union, as far as necessary to maintain international peace and security, work according to the principles of the charter.
- (7) **Principle of the United Nations not to interfere in the matters of domestic jurisdiction of the states:** The provisions of the Charter do not give the United Nations the right to interfere in the matters of domestic jurisdiction of a state and do not allow such cases from the United Nations states under the charter. However, they May ask for solution to be delivered.’ⁱ

Human rights were also adopted by United Nations Charter 1945 to establish peace in the world.

“The charter of the United Nations itself contained several provisions relating to human rights. The Charter itself starts with the phrase, "We the Peoples of the United Nations....." which gives the meaning that the Charter is related to the whole mankind. The Preamble States: we the peoples of the United Nations determined to save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind, and to reaffirm faith in fundamental Human Rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and to promote social progress and better standards of life in larger freedom, and for these ends, to practice tolerance and live together in peace with one another as good neighbors, and to unite our strength to maintain International peace and security, and to ensure by the acceptance of principles and the Institution of methods, that armed force shall not be used, save in the common interest; and to employ International machinery for the promotion of the economic and social advancement of all peoples, have resolved to combine our efforts to accomplish these aims”.ⁱⁱ Even from time to time, many types of strategy have been brought for the vulnerable section of society, women, children, elderly, workmen etc.

In spite of all these, today we are seeing to what extent mankind has fallen. Newspapers are full of criminal news, fight, discrimination and hostile attitude etc. One country looks at it with a jealous attitude rather than with a sense of friendship with the other country. The sense of friendship has ended. The objectives which were set at the time of the establishment of the United Nations are not seen to be fulfilled. It means the United Nations Establishment is also unable to maintain world peace. Now some more effort needs to be made so that world peace can be established.

Objects:

1. Bring world peace around us.
2. Make a better community full of positivity, inner peace & happiness.
3. Make the planet, earth a better place.
4. Bring Transformation in community with human ethics.
5. Establish a new generation with high moral qualities.

Individual peace contributes towards world peace: The word peace appears to be a spiritual word, that is, a word emanating from the soul. What is the soul of the world which is made up of different countries? Countries which are made up of different states, states which are made up of different cities and villages, villages and communities which are made up of human beings, that is, ultimately human beings comes. The soul of the world is also a human being, now if an effort is made to bring peace in the mind of a human being, then peace can be established in the community, village, city, state and nation on its own, finally in the world. Now an effort should be made to bring peace on a personal level. A person has a soul that is divine. A person has a soul which is part of the divine. Remove the layers of the person's soul which are built by him / herself, once the layers are removed, inner mental peace will come in the person. Since, the nature of the soul is peace, now how to remove it? For this, when a person starts connecting with himself, the person will be peace loving and happy on his own.

The only means for this is spirituality, through spirituality a person can be connected to himself. The great yogis and sages have proved this. Now-a-days, every person cannot be a sage, then how can it be connected to spirituality? People believe that only a yogi can do meditation, not an ordinary person but I can say that spirituality is possible even for an ordinary person. And this I can say this because I do Heartfulness Meditation and after doing this, my life has been changed. Now I am happier, peaceful, more enthusiastic and energized than ever before and my heart is full with true love that cannot think badly of anyone else. Hatred, jealousy, violence, discrimination, greed, selfishness, etc. have been replaced by the qualities of love, brotherhood, humanity, non-violence, etc. And I am still living the life of a householder, fulfilling all the responsibilities towards my family members. Heartfulness meditation technique can be easily applied in everyday life without affecting the physical life. In this, both physical and spiritual aspects have to be taken together. The qualities that are developed due to spirituality lead to a very good worldly life. In this context, I have also interacted with other people related to it.

Self Exerperience of author in Kanha Shanti Vanam: Also, I now want to present my own experience of Kanha Shanti Vanam Hyderabad. On January, 28, 29, and 30, 2020, Basant Utsav, 75th Anniversary of the establishment of Ramachandra Mission, I had the opportunity to visit Kanha Shanti Vanam. Kanha Shanti Vanam, amazing natural beauty, the world's largest meditation hall, where one lakh people can meditate together and behind that Meditation Hall, the waving flags of almost more than hundred countries together, look so adorable which cannot be described in words. When I saw them waving together, the idea of world peace suddenly came to my mind. Because I had not seen such a wonderful sight till today which was indicating that the way the tricolor is honorable for Indians, the flags of different countries are honorable for their country. In the same way, not only the tricolor but the flags of all countries are honorable for Kanha Shanti Vanam. Thus, in Kanha Shanti Vanam, we can see respect to all countries of the world. Also, people from different countries who were around fifty thousand in that batch gathered there together for meditation. And I was feeling the love and peace flowing in the hearts of those people. Then I realized that where there is so much turmoil all over the world, there is still hope in the form of heartfulness Meditation. This can establish world peace. Here, programs are available from children to the elders. Healthfulness Institute has launched a heartfulness education program, and Brighter Mind Enriching Program for Children, Help Connect Program for elder Children and Heartfulness meditation for adult etc. whose basic purpose is to keep human beings connected to themselves. Through these programs, the children are taught the moral values through school education. And children are kept connected to themselves. When children get such education from the beginning, there is holistic development of children. Quality will develop in children like inner peace, inner happiness, love, love to nature and brother hood, and children will stay away from selfishness, greed, violence, discrimination etc.

“Heartfulness Education Program: Heartfulness Education enables teachers and students to live a balanced, purposeful, and a happy life using heart-based practices, so that they are equipped to contribute towards a sustainable school reform and community citizenship.

The HEART Program: The HEART Program is a teachers training program that spans one academic year consisting of five components, which equip teachers with Heartfulness practices, life skills and knowledge for quality educational outcomes.

The Need: Teachers are devoted to making a positive change in student’s lives. A teachers’ role is demanding physically, mentally and emotionally, yet most teachers’ training focuses only on pedagogy and content, without

developing social, emotional and cognitive abilities, shown to be more important as qualities for leaders in today's world.

Impart the Heartfulness methods to teachers through a multi-step year-long journey. Inspire, Integrate, Intensify, Include, and Involve

A Heartful Teacher

A Heartful Teacher will be a role model, one who is inspired and nurtures inspiration in students. Here are some specific qualities



The Heartfulness Way Curriculum for Students

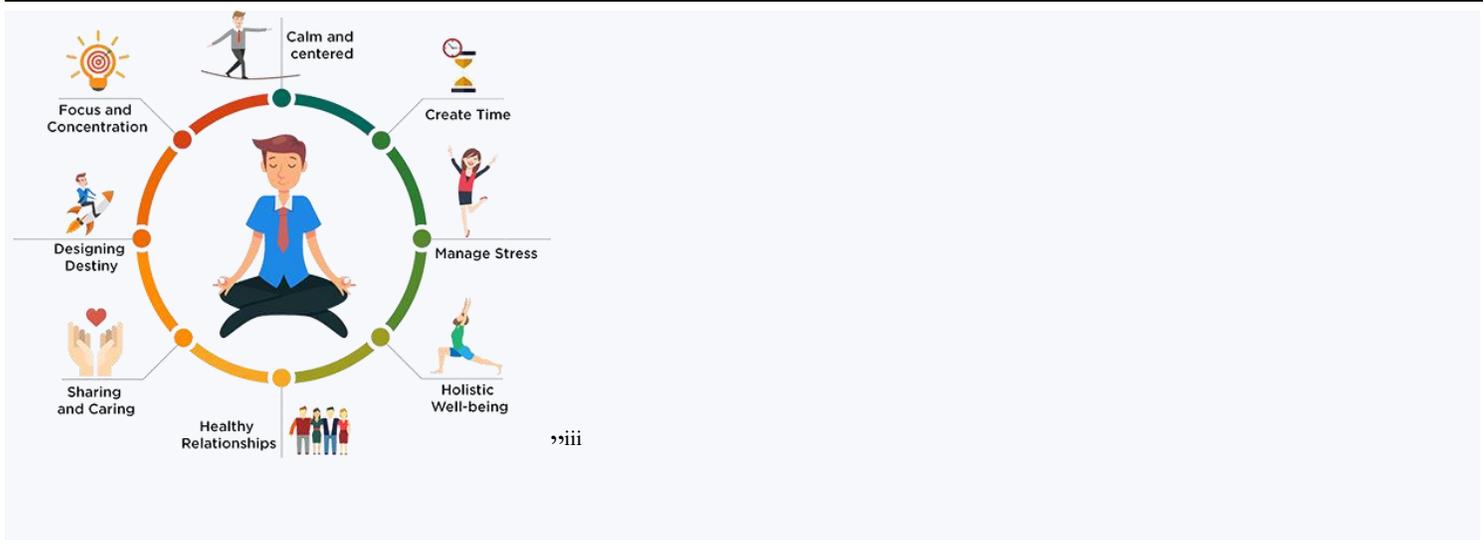
The Heartfulness Way Curriculum is designed for students from grade 1 to grade 9. Our mission is to engage students in their own growth that bring emotional and social intelligence as well as confidence and balance through simple lesson plans filled with engaging stories, activities and fun games.

The Need: The International Commission on Education for the 21st Century clearly sets as a fundamental principal that “Education must contribute to the all-round development of each individual – mind and body, intelligence, sensitivity, aesthetic sense, personal responsibility and spiritual values.”

Curriculum for STUDENTS: Grades 1- 9

- “Creating a loving, compassionate learning environment through heart-based approach”
- A Spiral curriculum for students of Grades 1-9
- Lesson plans for Teachers and Activity workbooks for Students
- A comprehensive training program for Teachers (The HEART Program)
- “Exploring the Inner Game” Fun-filled activities for Students

The Help Program: The Heartfulness Experience Life Potential is a 16 week certificate course for students of grade 10 to grade 12, on life-skills and values that equip them with Heartfulness practices, skills and knowledge for quality educational outcomes. Here is some specific quality:



“Heartfulness meditation: It can be applied on all adults, mature and old person also. Steps of heartfulness meditation:

RELAXATION: Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps you to stay balanced even in stressful situations.

MEDITATION: With regular Heartfulness Meditation, your mind will become centered and shift to deeper levels of feeling, intuition and consciousness.

CLEANING: Cleaning removes emotional burdens, habits, deep conditioning and complexities, and thereby, fosters lightness of being, joy and a carefree attitude.

INNER CONNECT: Through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart’s voice, and weave your destiny.

Benefits of heartfulness meditation:

1. Relaxation of body physically.
2. Removal of mental tensions.
3. Meditation on heart.
4. Regularization of thoughts.
5. Purification of mind.
6. Connection with yourself.
7. Development of decision making power with wisdom.
8. Obtaining internal strength
9. Feeling of inner peace & happiness all the time
10. Living a balanced life.
11. Development of conscience.
12. Freedom from mental complexities.
13. Attachment with Nature”^{iv}

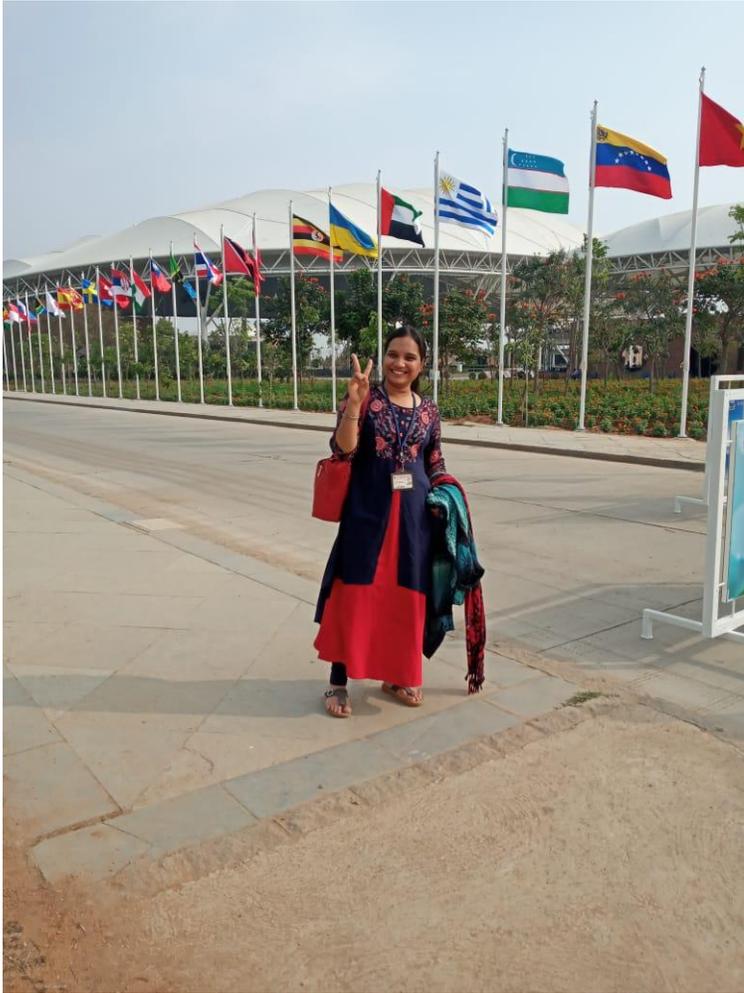
Consequence of all above program globally: When such children grow up and take over the reins of their country, they will have love and they will contribute towards establishing peace in the world. When there are such children in all the countries, the world will get a new generation educated with a heartfulness education that will give a huge contribution towards establishment of world peace. In the same way, the Help Connect program will help the development of children who are now in high school. Also, heartfulness meditation technique is available for those who have now crossed higher education too, for all adult, mature, and old persons. If all countries apply heartfulness Education and Help Connect program as a compulsory subject in education system in all schools, and heartfulness meditation technique is exercised in colleges, universities, corporate, villages, cities, dhanis etc., and then people of all levels will be able to get the benefit of Heartfulness Meditation. When every

person in the world is calm, happy, loving to nature, full of human love and having feeling of brotherhood, then greed, selfishness, violence, discrimination and unrest etc. will not develop in their nature, which is the main reason for fights, unrest etc. When it is no longer, then the nature of the human soul, peace will remain in it, that is, the every person will remain attached to himself, all the layers covering his soul will be destroyed automatically. Love towards mankind will develop in the world and when love for humanity develops in every person and all the qualities of humanity will come, then individual, village, city state and country will all see each other from the point of view of humanity. Love will arise in their hearts and only then all the objectives of the establishment of the United Nations will be fulfilled and the human rights which have been adopted in the United Nations Charter can also be truly fulfilled and in this way peace can be established throughout the world.

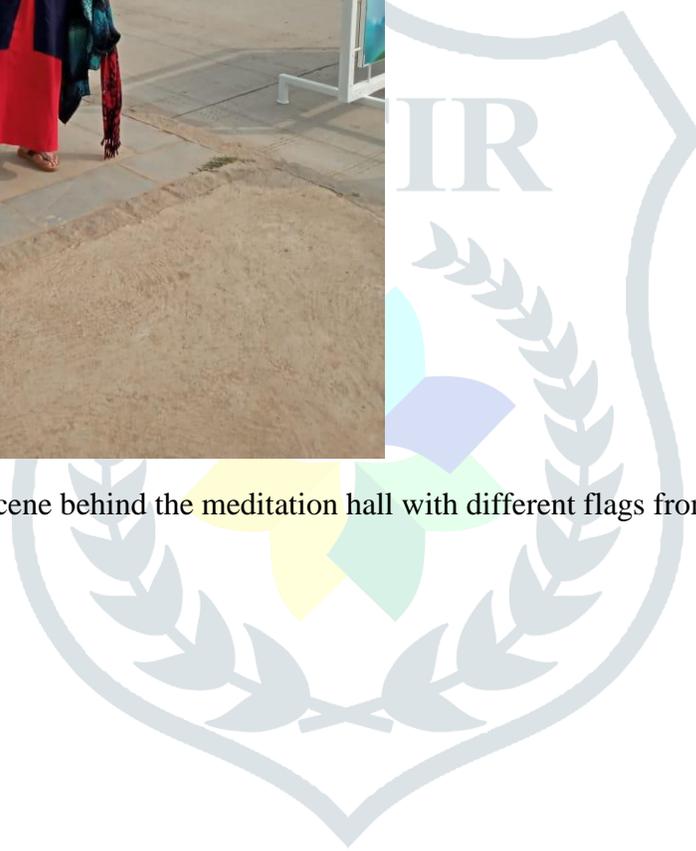


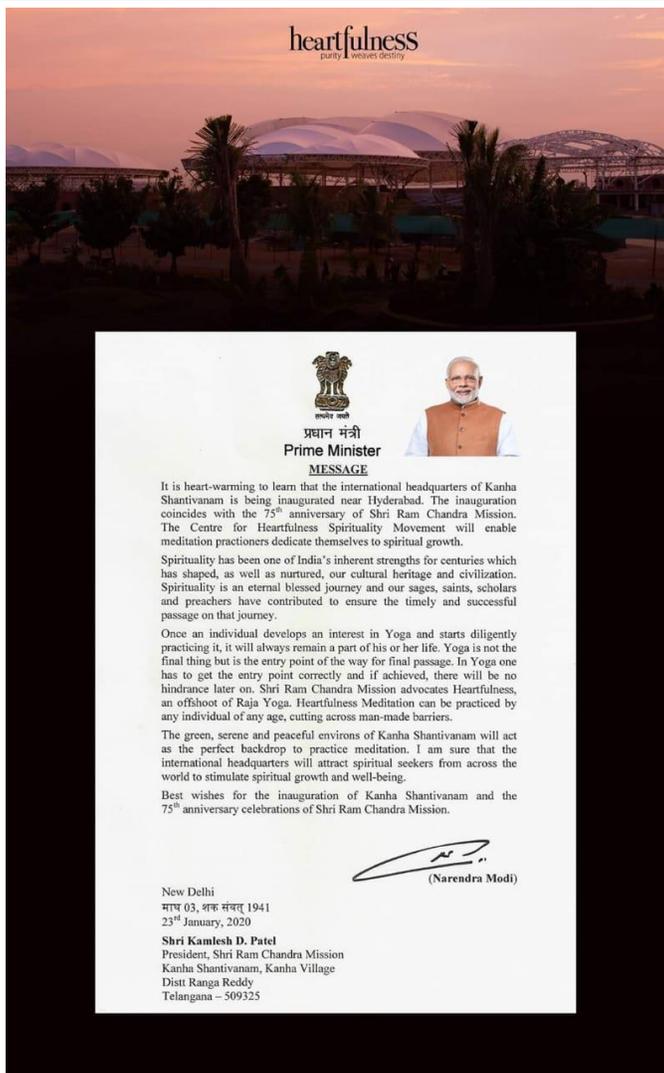
Kanha Shanti Vanam: The Scene of meditation hall full of about fifty thousand practioner.





Kanha Shanti Vanam: The scene behind the meditation hall with different flags from different countries.





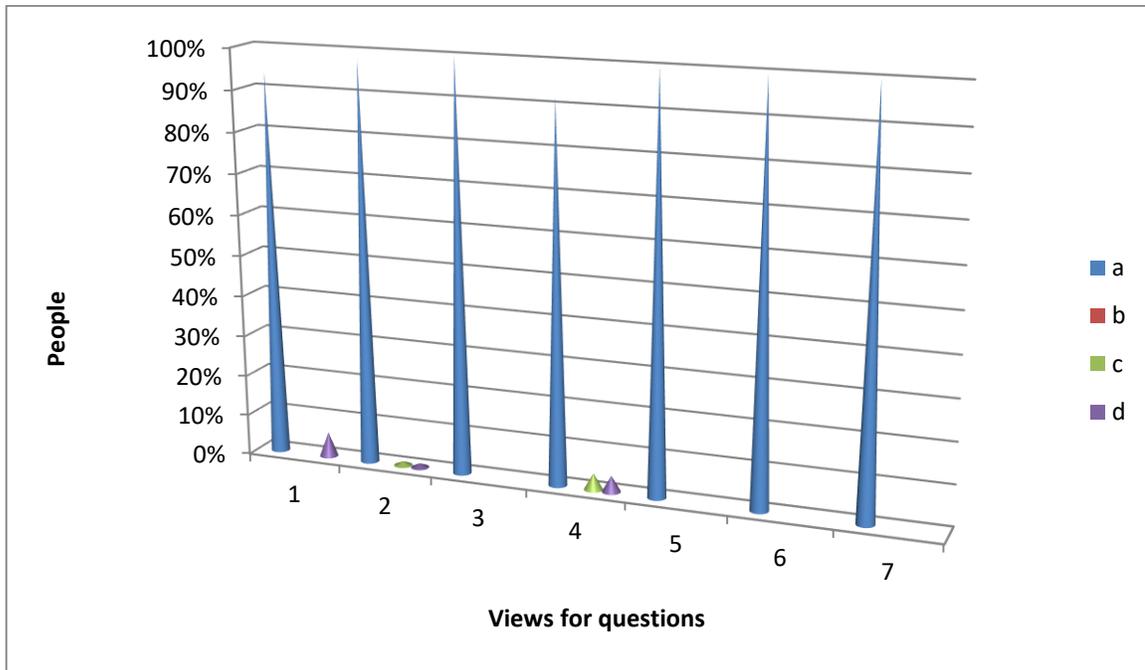
Letter from Prime Minister of India to Shri Kamlesh D. Patel, Global Guide of Heartfulness meditation

Ramnath Kovind, President of India: “I am glad to know that the mission has become as strongly spiritual force with the presence in more than one hundred country across the growth. I am also sure that the global community of the mission will contribute towards making the Planet, Earth, a better place and transforming of humanity in a better community full of positivity & happiness.”

P.V.Sindhu visited Kanha Shanti Vanam, Hyderabad on 8th Feb. 2020. Practicing Heartfulness Meditation for about a year, she shared her personal experience – “Success is not only about hard work physically but also mentally. Your hearts needs to be calm. Your heart needs to be very peaceful. Heartfulness Meditation has worked for me. I believed in this heartfulness meditation and I kept on believing and I wish and hope that you all also start doing it and definitely you will feel a lot of differences in your life and that will definitely help you.”

Inauguration of the World’s largest meditation hall at Kanha Shanti Vanam, (World heartfulness HQ) Yoga Guru Swami Ramdev -“Those who have not yet come to this path, they too will eventually find it because this is the very goal of life. It was refreshing and inspiring to hear his vision. This is the beginning of the coming together of various institutes and practices, creating a new – unification in the service of all mankind. My presence here is a testimony to that and I am deeply honored to be invited here,”

Data Collection: I have used questionnaire and interview for data collection from a group of 100 practioner heartfulness meditation in Kanha Shanti Vanam.



Q.1 Unrest in the form of fights, discrimination, crime etc. is prevalent around the world. Do you agree with?

- (a) Yes (b) No (c) May be (d) Can't say

Q.2 Spiritual revolution can be an effective effort for world peace at international level. Do you agree with?

- (a) Yes (b) No (c) May be (d) Can't say

Q.3 Can a person is connected to his self through spirituality?

- (a) Yes (b) No (c) May be (d) Can't say

Q.4 Heart Fullness Meditation Institute can help in establishing peace globally. Do you agree with?

- (a) Yes (b) No (c) May be (d) Can't say

Q.5 Can heartfulness education, help Connect program, and heartfulness meditation program be applied globally, easily?

- (a) Yes (b) No (c) May be (d) Can't say

Q.6 How can the Heart Fullness Meditation Institute establish peace at the world level?

- (a) Bring individual peace (b) Reduce crime
 (c) Reduce discrimination (d) Reduce fights

Q.7 All programs of the heartfulness meditation Institute must be implemented at their respective levels globally. Do you agree with?

- (a) Yes (b) No (c) May be (d) Can't say

Conclusion & suggestion: After analyzing my experience in Kanha Shanti Vanam, Programs of heartfulness meditation institute, and all the above data, it is concluded that if in schools, colleges, universities, villages, cities, states and countries all over the world heartfulness education, help Connect Program and heartfulness meditation technique is applied at its own level then a wave of spirituality will develop, which can take the form of a revolution and this spiritual revolution can truly prove to be an effective effort to bring peace to the whole world. So, being a researcher, nature-loving, human lover and world lover, being an observer and wisher for world peace, I would like to suggest you that all the programs related to the heartfulness Meditation institute in the world must be implemented at the earliest so that a wave of spirituality may get developed which will establish world peace.

ⁱ Dr. S.K. Kapoor, Human Rights & International Law, Central Law Agency(2014)

ⁱⁱ Dr. S.R, Myneni, Human Rights Asia Law House Hyderabad(2018)

ⁱⁱⁱ Heartfulness Education Program available on <https://content.heartfulness.org/school/>Last visited on Feb.22,2020

^{iv} Heartfulness meditation available on <https://heartfulness.org/us/> Last visited on Feb.22,2020

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