

tools for
peace...





**WORLD
PEACE**
PARTNERSHIP

These Tools for Peace, and the 7 Steps, are part of the World Peace Partnership's Tools for Peace programme.

The World Peace Partnership is a sustainable, worldwide peace movement.

Its mission is to create long-term peaceful change through individual empowerment and collaborative knowledge sharing.

The role of the World Peace Partnership is to act as a global focal point for peace, and a catalyst to unite and align the thinking and energies of many disparate peace-building organisations and initiatives.

The inaugural World Peace Festival, scheduled for September 2011, will provide a platform for NGOs, peace-builders, global leaders and individuals who share the belief that the technological, energetic and spiritual conditions are now supportive of a significant evolution towards peaceful co-existence

In the words of Archbishop Desmond Tutu,

"This great event is a milestone for our times - a turning point in the efforts of hundreds of thousands of people worldwide to transform violent conflict. We shall not only be building a new community of people around the globe active on peace initiatives, and a new vision for living in peace, but working on the nuts and bolts - the tools needed to carry it out. It merits your whole-hearted support."

Make peace.

www.worldpeacefestival.org





Conflict is a necessary part of daily life, and we all have to deal with it. The skill lies in HOW we deal with it. This toolbook contains the 'tried and trusted' methods used by wise, experienced people all over the world to transform the conflicts they face into opportunities.

These tools work just as effectively in our families and communities as they do in situations of extreme violence and civil war. They also work within ourselves, which is where peace begins.

Read on...
Be inspired...
Make peace.



Seven steps to peace...

Conflict is a necessary part of life.

But conflict can lead to violence and these seven steps are written to help avoid violent conflict. Each step is challenging, but it can transform a conflict into a disagreement. And even to agreement.

- 1. Get perspective**
- 2. Speak person to person**
- 3. Really listen**
- 4. Give a voice to the feelings**
- 5. Work together to identify common ground**
- 6. Show respect**
- 7. Support yourself**



1

Get **perspective**, see if you can:

- put any strong emotions to one side - temporarily
- step outside of the moment and take a helicopter view
- make a distinction between the principle at stake, and the practical issue
- get a sense of how important the practical issue is for you and its actual, practical effect on your life
- identify a relationship between the principle and a sense of feeling 'wronged' or personal injury that usually lies beneath the principle
- peer into the future, picture the consequences of the conflict escalating and imagine the lasting damage it could do in your life and the lives of those involved.

"Be the change that you want to see in the world"

Gandhi's oft-quoted advice is the right starting point because it challenges us to go both inward and outward at the same time. He was advocating internal change as a means to achieving external change. It encourages us not to wait for, or try to force 'others' to change, but to change ourselves first. Gandhi, Mandela, Aung San Su Kyi - all the greats - agree the only person you can really change is yourself. So that's the place to start.

If we want a compassionate, caring world, let us be compassionate and care for those around us. If we want a sustainable world, let us create lives that are sustainable. If we want a peaceful world, let us be at peace within. Being the change allows everyone to see how life could be, it shows there are alternatives to the accepted ways of thinking; and every contact with other people engages them in those alternatives.

So, by changing ourselves, we are in a very real sense changing the world.

Be inspired

Gandhi pioneered 'satyagraha' - resistance to tyranny through mass civil disobedience, a philosophy firmly founded upon ahimsa, or total nonviolence, which helped India to gain independence from Britain, and inspired movements for civil rights and freedom across the world. Martin Luther King Jr said of him: "Christ gave us the goals and Mahatma Gandhi the tactics" and Barack Obama says that his biggest inspiration has come from Gandhi.

Make Peace

Since the only person you can really change is yourself, that's the place to start. Try to get as close as you can to the real emotions you're feeling. Contemplate how you might be contributing to the conflict. Ask yourself what's more important - is it being right or is it being in contact with the other person? Meditation - any tradition of inner quiet and reflection - is recognized the world over as an effective way to achieve peace inside oneself. People who practice it develop a glow - a glow that is not only beautiful to see, but powerful as well.

Resources

Because Gandhi's advice is so timeless, there are many books that carry the title 'Be the change'. The two books below are particularly useful for awakening us to the connection between our 'inner' state of being and the 'outer' events of the world. These books can make us more aware of how changing ourselves and changing the world are deeply and mysteriously intertwined.

Edmund J. Bourne, *Global Shift: How a New Worldview Is Transforming Humanity* (Oakland, CA: Noetics Books /New Harbinger Publications, 2008). This book provides an opportunity to reflect deeply on how one's inner life is responding to the global crises we face. Read it to deepen your awareness of this moment in history and how it affects us all.

Ed and Deb Shapiro, *Be The Change: How Meditation Can Transform You and the World* (New York: Sterling Ethos, 2009); Stephen M. Shick, *Be the Change: Poems, Prayers, and Meditations for Peacemakers and Justice Seekers* (Boston, MA: Skinner House Books, 2009)

Remember that 'one' comes before 'two'

Given the challenges that the planet faces today, what unites us is more vital than what divides us. And, whenever we dare to look beneath the surface differences, we find an unexpected, unexplored 'one-ness'.

Be inspired

In September 2008, more than a hundred Muslim scholars and clerics of all sects wrote an open letter to the world's Christians that should be required reading. From across the Muslim world, they reached out their hands to remind their Christian brethren that Osama bin Laden does not represent them. They pointed out how much Islam and Christianity share, including belief in the unity of God, the primacy of love for God, the power of loving thy neighbour, etc. Their letter, entitled 'A common word between us and you,' catalysed a response from many Christians, including the Archbishop of Canterbury.

Make Peace

Whatever our identity and cultural or spiritual roots, if we trace them more deeply, they will take us into the oneness of life. 'Read the Bible, read the Koran, read the Torah, the Upanishads, the Bhagavad Gita,' said the late Indian guru Swami Satchidananda. 'All faiths tell us to get out of these definitions. It's the definitions that divide us.'

Before we split into many, we were one. The greatest scientists know this. Einstein said: 'A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of One-ness.' To remember this simple but elusive truth, a quick exercise is this: whenever you say, 'One, two, three,' remember that one comes first.

Resources

The Genographic Project includes a team of renowned international scientists and researchers who are using cutting-edge technologies to analyse historical patterns in DNA from participants around the world to better understand our common genetic roots.

<https://genographic.nationalgeographic.com/genographic/index.html>

Since 2006, the Global Oneness Project has gathered stories from around the world of people who base their lives and work on understanding our interconnectedness. They have a full library of films and educational material available for free from their website.

www.globalonenessproject.org

Test your worldview against the actual facts

Q. Which economy catalysed the recovery from the most recent global recession?

- A. The United States
- B. China
- C. Europe Union
- D. Russia.

In previous eras, the right answer would have been 'A. The United States'. The USA would spur growth, and Europe would follow close behind. But the 2008 recession was different.

The United States did not lead the pack, but followed it. This time the hero of the story was in Asia. 'The economic centre of gravity has been shifting for some time, but this recession marks a turning point,' said Neal Soss, chief economist for Credit Suisse. 'It's Asia that's limiting the world, rather than the US, and that's never happened before.' Asia's Recovery Highlights China's Ascendancy' happened to be the banner headline in the business section of the New York Times.

Yes, 'B. China' is the correct answer. As the question suggests, raising your game means letting real experience challenge your 'mental map' of the world and continuing to renew and revise your worldview as long as your heart beats.

Be inspired

The Global Issues website is focused on 'Social, political, economic and environmental issues that affect us all'. In contrast to the UN website (www.un.org/en/globalissues/), which has considerable organisational support, this website is a heroic effort by Anup Shah, a single individual, to create greater awareness about global issues. www.globalissues.org

Resources

Brooks Jackson and Kathleen Hall Jamieson, unSpun: Finding Facts in a World of Disinformation (New York : Random House Trade Paperbacks, 2007) unSpun is a media literacy crash course. With the internet and self-publishing creating more and more information for us to sift through, it isn't often easily apparent what is 'true'. The book provides us with some awareness how to identify when messages have been 'spun' and how to find the facts.

Understand other cultures...

Today the world is a much smaller place and increased travel and migration bring differing cultures together more than ever before. And some cultures, musical, sporting, artistic or social, transcend national or even regional boundaries, creating unexpected meeting points.

Be inspired

Nashe Maalo was the first children's TV programme in Macedonia created to promote intercultural understanding, and specific conflict-resolution skills for children to use in their everyday lives. This unique series, co-produced by Common Ground Productions and Search for Common Ground Macedonia, fascinated an entire generation of children in Macedonia and taught them mutual tolerance and respect.

Broadcast on both Macedonian and Albanian-language channels, the show stars Karmen, a talking house, whose mission is to harbour peace. She has been trying to talk to the grown-ups for years, but they have never listened. In their children, though, she sees a great capacity for learning, understanding, generosity, and kindness. So she selects six children from Macedonian, Roma, Turkish, and Albanian backgrounds, and creates an opportunity for them to meet. By leading them on journeys through magical doorways, she provides them with the opportunity to see and learn about the world from each other's perspectives.

Make Peace

The best way to understand different cultures is to experience them, and you don't have to travel for that. One simple activity that a local school or youth group can carry out is a 'show and tell'. Each child brings an item of importance to their family, their way of life, or their culture and tells the group about it, explaining the significance of the object to them. Or children can bring recordings of music that is important to their culture. Over time, the group builds up an appreciation of the differing backgrounds and cultures of their peers.

Resources

The Leighton Buzzard Childminding Association website quotes from the National Network for Child Care's Connections Newsletter, and explains the developmental rationale behind activities that promote racial and cultural awareness up to the age of eight.

www.lbcma.org.uk/newsArticles/NAculture.asp

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2

Speak person to person...

- ask the other person if you can talk for a while without getting into rights and wrongs
- explain that you're really interested in understanding their feelings and ask if they would be willing to speak only in the first person, say what they feel, what they need and why, and any ideas on how to move forward
- when it's your turn, do the same thing: speak only in the first person, express the facts of the situation, what you feel, what you need and why, and ideas on how to move forward, without allowing yourself to accuse, blame or introduce opinions, judgements or arguments
- if you feel able, try to acknowledge where your behaviour or actions may have caused upset or hurt; even if it feels small and insignificant in the bigger scheme of things, take responsibility for your part in the conflict, and say what that is: say for example what you could have done differently.

Transform stereotypes into relationships

Pigeon-holing those who are 'strange' or 'foreign' is too old-fashioned for today's world.



Be inspired!

Gill Hicks was the last person to be rescued from the underground train in the 2005 London bombings, and lost both her legs. She has worked ever since as a passionate peace activist, going to talk with people in the community where the bombings originated. She walked on her 'new' legs from Leeds to London to communicate the importance of our individual responsibility in creating a world in which extreme conflict is ended.
www.makeyourpeace.org.uk/toolkit/peacestartswithin.htm
www.madforpeace.org

Make Peace

Austrian philosopher Martin Buber explored a tendency we all share, to talk, and think of people, in two very different ways, which he called 'you' and 'it' modes. When we talk of 'them' or 'teachers' or 'men' or 'Americans' or 'old people', we're in the 'it' mode. The 'it' mode treats everyone the same, as unchanging objects, almost.

When we talk directly, person to person, the way we do when we're in close contact, with family (though not always!), with good friends, with girlfriends or boyfriends and even at times with complete strangers, we are open to the person, to their situation and how they see and experience the world.

It's impossible to live in 'you' mode all the time, but check in with yourself every now and again to see which mode you're in.

Resources

Rotary International is a worldwide service organization of more than 1.2 million business, professional, and community leaders in 33,000 clubs in more than 200 countries. Clubs are non-political, non-religious, and open to all cultures, races, and creeds. Rotary's main objective of service in the community, in the workplace, and throughout the world has provided a bridge to building relationships both across cultures and geographic borders. Rotary also offer scholarships to study peace issues at several universities worldwide:
www.rotary.org

World Learning is a 75 year old global non-profit organization operating international education and development programs in more than seventy countries worldwide. It connects young ambassadors annually across cultural differences and social barriers fostering global citizenship.
www.worldlearning.org

Know your enemy – inside and out

'Knowing your enemy' is not an idealistic, save-the-world notion, but rather a practical, hard-headed way to use our intelligence in order to keep ourselves, and our loved ones, safe. Although the biblical advice to 'know your enemy' is thousands of years old, we -human beings - haven't followed it very well. Even though every faith, in one form or another, admonishes its followers to 'do unto others as you would have others do unto you', we tend to do so only when the 'others' are like us. When they are very different, we often conveniently forget this golden rule. If we want to bequeath to our children a more secure world, empathizing with our adversaries, actual or potential, is essential.



Be inspired

Ashima Kaul works with deeply divided people in Kashmir, India. One of her first projects was to bring together Hindu and Muslim widows who had lost their husbands to the Kashmir conflict. Initially acutely hostile to one another, the women are now in business together spinning cotton. One of their first steps to reconciliation was to learn to listen to each other.

www.makeyourpeace.org.uk/toolkit/listen.html

Make Peace

Can we think, for a moment, about our 'enemies' – whoever we consider them to be? Can we witness their world? Can we learn something about their history of suffering? Can we connect with their loss and grief? And, finally, can we discover ways, no matter how small, to partner with them in our common interest?

If we 'walk in their shoes', even for a few steps, we may find ways to engage our so-called enemy in a promising, fruitful, honest relationship.

Resources

Search for Common Ground works to transform the way the world deals with conflict – 'away from adversarial approaches and towards collaborative problem solving'. It focuses on developing our capacity to 'understand our differences and act on our commonalities'.

www.sfcg.org

Sam Keen's *Faces of the Enemy: Reflections of the Hostile Imagination* (2nd ed., San Francisco, CA: Harper San Francisco, 1991) takes a close look at how ordinary and seemingly decent people can be stirred to view their neighbours as enemies. Keen examines the psychological mechanism of enmity itself and ways to transform these perceptions.

Explore the mysteries of the sacred...

Discovering what our fellow human beings hold sacred - and why - is one of the most important journeys we can undertake. Since human intelligence alone will never unravel all the riddles of creation, the sacred practices of the cultures of humankind are vital sources of wisdom that our species needs in order to survive and flourish. The sacred knows no borders. It is everywhere. We can't always recognize it, or understand it. But it is there in every culture in the world.



Be inspired

When thirty-two bishops met to find a replacement for Desmond Tutu as the Anglican Archbishop of Southern Africa, they agreed to set ground rules for the deliberations. 'We must listen to one another,' said one bishop. 'No, brother, that's not quite it,' said a second bishop. 'We must listen with empathy.' 'That's still not enough,' said a third. 'We must listen to the sacred in one another.'

Make Peace

If we focus on the 'sacred in one another', we discover that we are all connected not only by our genes, but by our shared sense of the sacred. When we filter out the narrow, man-made, 'tribal' elements of the various faiths, we are left standing in awe at the shared spiritual heritage of humankind. All the faiths have golden rules, and following these will more deeply connect our global intelligence to our souls.

Resources

The Abraham Path is a cultural itinerary that inspires and engages travellers to journey on the national and local trails of each nation of the Middle East, following in the footsteps of Abraham himself. Walking this path, together with others of different faiths, is an opportunity to experience and promote the healing between the Abrahamic faiths.
www.abrahampath.org

United Religions Initiative is a global community of local 'Cooperation Circles' spanning over sixty-five countries and representing more than a hundred religions, spiritual expressions, and indigenous traditions. It is committed to 'promoting enduring, daily interfaith cooperation and to ending religiously motivated violence'.
www.uri.org

'The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.'

- Albert Einstein

...instere Blick, doch Cla-
...r, daß er sich nur jeden drit-

...ing, besonders die in der Szene
...er als Samurai in eine kleine Stadt
...der in seinem Maul eine Hand da-
...grimmigen Blick, mit dem Mifune

...nd so fuhr Jack den Wagen zurück zum
...ma und Claudia auf dem Rücksitz Hand-
...grimmigen Blick, mit dem Mifune

...musten. »Wenn du hier hinten sitzen wür-
...ie Regeln aufzumachen, doch daß Claudia dabei
...mas rebellischen Geist, ihr ständiges Bedürf-

...renwillig mitmachen, fand er nervierend. Emma
...iert – und sie konnte schwierig sein –, doch es war
...as der Jack nicht schlief wurde, sie hielt sich zurück, sie

...gen Augenblick zu warten, sie hielt sich zurück, sie
...distanzierte, sie war immer ein bißchen undurchsichtig-
...nicht sie Jack einfach einen Spiegel vor und wehrte ihn ab.

...Emma schnarrte bereits, doch das lenkte weder Jack noch Clau-
...hilfe auf ihr Zimmer, wo sie sie auszuget und ins Bett legten.
...Nachdem Emma weggeschickt war, trug Jack sie mit Claudias

...Wie ist eigentlich deine Beziehung zu Emma?« fragte Clau-
...dia.
...»Das weiß ich nicht genau«, erwiderte Jack.
...»Das glaube ich dir aufs Wort.« sagte Claudia lachend.

...Später, im Bett, fragte sie ihn: »Wann hat das mit dem Penis-
...halten eigentlich angefangen? Ich meine, mit Emma. Wann es
...mit mir angefangen hat, weiß ich ja.«



Really listen...

- try to listen as if you were a sympathetic stranger, without prejudice or pre-judgement
- try not to react physically, or facially, and try not to interrupt, but to give your serious, undivided attention
- try to take in their body language, their tone of voice, and listen in such a way that you 'get' what the other person is feeling, how it is and has been for them
- if the other person accuses or blames, try to take no notice and not react.

Learn to listen

Most of us assume we are good listeners, but is it really true? Check it out: when someone is talking to you about a problem, are you thinking about what you plan to say in reply, or looking for an experience that matches theirs? Are you listening for the feelings behind their words, or immediately thinking about advice and solutions?

When you know that someone has listened deeply to what you have been through, you feel healed. There is nothing that dissolves pain as fast and effectively as knowing that you have been fully heard. When you become a skilled listener, you become a peace-maker.

Be inspired

Jo Berry's father was killed in the Brighton Bombing in the UK in 1984. Belfast-born Pat Magee, former Irish Republican Army activist, was given multiple life sentences for planting the bomb. When Pat was released under the Good Friday Agreement in 1999, Jo decided to go and meet him, to see if she could find closure for the tragedy. At first he was reluctant to see her, but eventually they did meet. Over time, after many hours of listening to each other, they gradually came to understand: Jo realised the depth of the anger that fuelled IRA actions, and Pat understood the overwhelming loss caused to Jo and her family. Jo and Pat now work with victims and former combatants from all sides.



Make Peace

Here's an experiment suggested by Carl Rogers, who was one of the founders of the humanistic approach to psychology and, towards the end of his life nominated for the Nobel Peace Prize for his work with national intergroup conflict in South Africa and Northern Ireland.

The next time you get into an argument with someone you know well enough, institute this rule: each person can speak for himself only after he has first restated the ideas and feelings of the previous speaker accurately and to that person's satisfaction.

As Carl put it, it sounds simple, but once you have been able to see the other person's point of view, your own comments have to be drastically revised. You will also find the emotion going out of the discussion.

When the Earth speaks, listen...

When Arctic and Antarctic ice that has been frozen for centuries melts; when entire pods of dolphins are washed up on the beach; when the rate of respiratory diseases increases dramatically in cities during high pollution alerts; when the number of killer hurricanes, heat waves, and other weather phenomena spike - the Earth is telling us something. But are we listening?

Be inspired

The Elders Oraibi, of the Arizona Hopi Nation, have issued an urgent call:
'You have been telling the people that this is the Eleventh Hour. Now you must go back and tell the people that this is The Hour. And there are things to be considered:
Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community. Be good to each other.
And do not look outside yourself for the leader'

Make Peace

Listening to the Earth means listening to all its residents - particularly those who often lack a voice. This includes not only the disenfranchised parts of our own species, but the flora and fauna that are not represented in the halls of power. As global citizens, our 'motherland' or 'fatherland' is not just our country. It is the whole, living planet. So listening to her is one of the most important commitments a global citizen can make. Ultimately, she may teach us things that no one else can. Start with your own garden: grow vegetables with your family.

Resources

The Earth Charter Initiative is a diverse, global network of people, organizations, and institutions that participate in 'promoting and implementing the values and principles of the Earth Charter'. The Earth Charter focuses 'on sustainable ways of living and a shared ethical framework that includes respect and care for the community of life, ecological integrity, universal human rights, respect for diversity, economic justice, democracy, and a culture of peace'.
www.earthcharterinaction.org/content

The Pachamama Alliance is a North-South geo-partnership based on the recognition that those in the developed world share a deep connection with the people who call the rainforest home. The Alliance recognises that indigenous people are the rainforests' natural custodians, and therefore key strategies of the alliance focus on strengthening their culture and empowering their ability to stand for and represent their own interests.
www.pachamama.org

Martin Gray, Sacred Earth: Places of Peace and Power (New York: Sterling; Lewes, 2007) A beautiful book filled with photographs and fascinating text from acclaimed photographer and anthropologist Martin Gray's twenty-year journey to a thousand sacred sites in eighty countries around the world. Sacred Earth reveals how cultures everywhere have worshipped and respected our Earth.

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Give a **voice** to the feelings...

- listen with such attention that when the other person stops speaking, you can repeat back not only what they said, but also convey the feelings that you noticed
 - ask if you got it right
 - say it again until the other person is satisfied.
- They will be most surprised, although they may not show it.
- invite the other person to repeat back to you what they have heard, including your feelings
 - continue until you're satisfied they have 'got' what you feel.

Use **both sides** of your brain...

Our brain has two hemispheres. In simple terms, the left brain thinks, the right brain feels. We need to use both of them to raise our overall intelligence.

When our left brain 'shuts down' in the face of challenging evidence, our right brain can feel us contract and tighten. It can alert us to the fact that we are being 'closed-minded'. It can challenge us to show more respect (literally, to 'look again'). It can remind us to open our minds and listen deeply to (not necessarily agree with) points of view that may strike us as outrageous, misinformed, or even immoral. The corpus callosum is the vital part of the brain that connects the left and the right hemispheres. This 'switchboard' brings the skills of both parts of the brain together. Although it tends to be more highly developed in women than in men, every one of us can develop it more fully by becoming more familiar with its function and using it to keep the door of our minds open to the world.

Be inspired

Neuro-anatomist Jill Bolte Taylor had an opportunity few brain scientists would wish for: one morning, she realised she was having a massive stroke. As it happened - as she felt her brain functions slip away one by one, speech, movement, understanding - she studied and remembered every moment. This is a powerful story about how our brains define us and connect us to the world and to one another. Her book *My Stroke of Insight* has become a New York Times Bestseller.

Make Peace

The Institute of HeartMath is a non-profit research and education organisation dedicated to heart-based living. Heartbased living focuses on people relying on the intelligence of their hearts in connection with their minds to conduct their lives at home, school, work, and play. You'll find educational materials and online applications on their website to help you experience the physical, mental, and emotional benefits of heart-based living.
www.heartmath.org

Resources

Daniel H. Pink, *A Whole New Mind: Why Right-Brainers Will Rule the Future* (London : Cyan, 2006) Daniel Pink shares with us six right-brain aptitudes on which professional success and personal fulfilment now depend. Up until now, career success was felt to be dependent on left-brain skills: today we need both. The book includes a series of hands-on exercises from experts around the world to help us sharpen these aptitudes. Applying these practices will change how you experience the world.

Speak more than one language

As children, we grow up speaking a language that enables us to communicate to some of our fellow human beings, but not to others. The language (or in some communities, the languages) we learn when we are young occupies a unique position in our brain physiology: it becomes the lens through which we view the world. It shapes us in ways that neuro-linguists are only now discovering. We all know the Inuits have 27 different words for snow - just imagine how differently they see a snow-covered landscape from most of us.

And as we grow older, we are encouraged to learn belief-based languages - of the law, of economy, of theology - which can separate us even more. So don't presume that everybody - not even within your linguistic group - speaks your language

Be inspired

Nonviolent Communication (NVC) was developed by Dr. Marshall Rosenberg starting in the 1960's. It has since spread to countries around the world and is used in business, policing, legal disputes and the resolution of violent conflict in many different settings.

In 1994 UNICEF selected NVC for introduction into schools in Yugoslavia and by 1998 over 1,500 teachers from 40 towns had received 6 full days of training.

Subsequently, the European Union funded NVC trainers to introduce it into four Israeli and four Palestinian schools and to schools in Northern Ireland. So, for example, children in several Israeli schools have received basic instruction in NVC and some have been given extra training to become NVC mediators. If two children are fighting on the school yard, a mediator is called who helps each in turn to complete a four step process to identify what happened, what feelings the child is experiencing, what values the child wishes their relationship to serve, and what each child wants of the other. In less than 10 minutes the two shake hands, their friendship restored. The Israeli government has now appointed an NVC trainer to a national education post with the mandate to introduce NVC into Israeli schools.

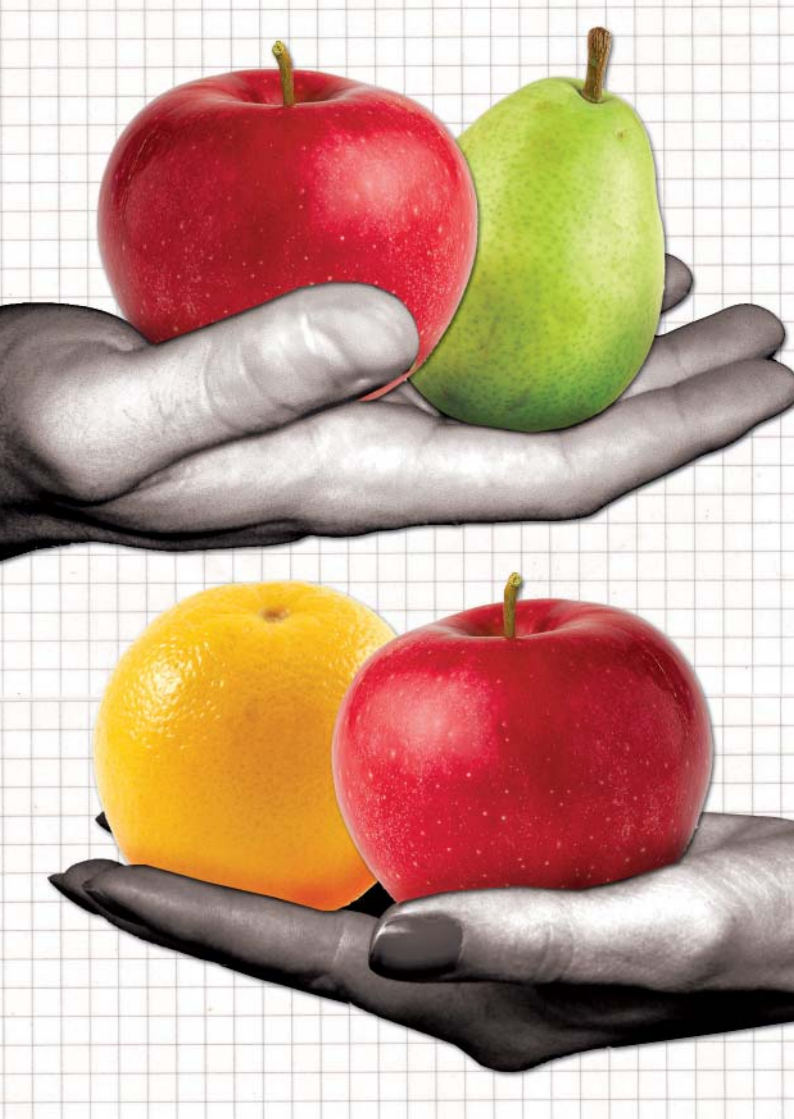
Make Peace

One of the best investments you can make is to learn to speak the language of the people you want to reach. Try the one that is becoming the lingua franca of the heart NVC. NVC is based on the principle that we all have needs, practical and emotional; and that most communication centres around meeting those needs. NVC provides a linguistic structure and checklist to help us communicate our needs in a way that other people are most likely to hear and understand. And, critically, NVC teaches how to listen very deeply to others.

Resources

The Center for Nonviolent Communication is the global organisation which grew out of Dr Rosenberg's thinking to help people compassionately connect with one another through Nonviolent Communication. Information can be found here about courses and training in NVC.

www.cnvc.org



5

Work together to identify **common ground**

- leave aside for a moment your 'positions' and investigate the underlying interests - yours and the other person's
- see where these interests may coincide, and build on these
- acknowledge where your differences are
- build an agreement on what you will both do and say, and fix a time to re-visit that agreement.

Learn to see through walls

Two feuding brothers may build a wall through an orchard, separating it into two. But the fruit is still the same; the roots are still in the same earth; the same bees will pollinate the blossoms; the same sun will shine on their leaves. No matter how high they make the wall, and even if they fortify it with barbed wire or defend it with armed guards or dig deep trenches around it, their wall does not demarcate the end of the orchard. On the other side of the wall, it continues.

Wherever you or I sit right now, something obstructs our vision from extending. It may be the physical walls of an apartment building or school or institution. Or it may be the political walls of cities or states, or the economic walls of wealth and poverty, privilege and oppression. If not these barriers, then it may be the mental walls of attitudes and ideologies, dogmas or belief systems. But there is no wall big enough to stop us seeing what we truly look for.

Be inspired

The OneVoice Movement is an international mainstream grassroots movement with over 650,000 signatories in roughly equal numbers both in Israel and in Palestine, and 2,000 highly-trained youth leaders. It aims to amplify the voice of Israeli and Palestinian moderates, empowering them to seize back the agenda for conflict resolution and demand that their leaders achieve a two-state solution guaranteeing the end of occupation, establishing a viable independent Palestinian state, and ensuring the safety and security of the state of Israel - allowing both people to live in peace with all their neighbors. www.onevoicemovement.org

'I spent most of my teens in street gangs and I suffered serious consequences. That experience shaped who I am today. I've since turned my life around.' Shakir Kamali is now a youth worker for Peace Direct and is part of the Truce 20/20 training project that teaches peace-building and leadership skills to young people in Newham, South London, UK.

Make Peace

Choose one issue or question about personal or public life which really interests or intrigues you. And then really explore it on the internet. For most issues, you will be able to find perspectives, opinions and interpretations which are radically different from your own.

Resources

Global Citizens Network works to promote peace, justice, and tolerance through cross-cultural understanding and global cooperation. It is committed to enhancing quality of life around the world while preserving indigenous cultures, traditions and ecologies. www.globalcitizens.org

Global Studies Association Since there are more than half a million resources on the Web for 'global studies', a useful starting point is the GSA. It is a multi-disciplinary scholarly association set up to address the vast social, political, and economic transformations of global scope impacting the world today. The GSA provides a forum for scholars to collaborate and explore shared responses to such phenomena, particularly in the context of globalization. www.globalstudiesassociation.org

Global citizens, unite!

Since governments seem handicapped in what they are able to agree on our behalf, we need to work with others in geo-partnerships. The best way to learn is to find a partner and get to work. Learning how to collaborate with other human beings around the world is the ultimate test of our global intelligence. Everywhere, we experience this yearning to connect beyond the borders that divide us.

Be inspired

AVAAZ, with the tagline 'the world in action', has become the fastest growing progressive network organizing action on key global issues. In less than three years, they have grown to over 4 million engaged citizens in every country of the world - operating in 14 languages - and have begun to make a real impact on global politics. Their petitions, rallies, and lobbying campaigns have helped people all over the world to mobilize, rapidly and effectively, in the interests of the greatest needs and concerns of all human beings.

The Economist writes that Avaaz is poised to deliver 'a deafening wake up call' to world leaders, the Indian Express welcomes 'the biggest web campaigner across the world' and Nobel Prize winner Al Gore says 'Avaaz is inspiring, and has already begun to make a difference'. It actively and proudly 'takes sides' on what its members consider to be the key moral issues of our time.

www.avaaz.org

Make Peace

Wherever we live, let's find our global neighbours. Let us explore what we can do beyond borders that we cannot possibly do within them. Working separately, barricaded behind walls, our fate is sealed. But working together, the possibility of a truly just and sustainable global civilization has never been more alive than today. By reaching out our hands to each other, we can transform that possibility into a living reality.

Resources

Global Citizen Center The centre serves activists who share an intention to 'realign the world's social and political agenda so that problems are solved by putting the common interest of the whole world's peoples ahead of the special interest of nations, corporations, religions or individuals'. It also publishes Global Journal and hosts the blog Global Talk.
www.globalcitizencenter.net

Wiser Earth is a free online community space connecting the people, non-profits, and businesses working toward a just and sustainable world. This invaluable website includes 320 specific resources under 'global citizenship' and 2,124 for 'global citizen'. Although it is heavily North American in focus, it is nevertheless an outstanding starting point for becoming familiar with many organizations that are putting global citizenship into action.
www.wiserearth

Play sport with the 'others'

Sport is a fantastic way to get beyond
cultural, racial or ethnic differences

Be inspired

Established in 2001, Carolina for Kibera (CFK) is an international, non-governmental organization based in the Kibera slum of Nairobi, Kenya. Named a TIME Magazine and Gates Foundation 'Hero of Global Health', CFK fights abject poverty and helps prevent violence through community-based development in the Kibera slum of Nairobi, Kenya and beyond.

Run by Kenyans and advised by American and Kenyan volunteers, CFK's primary mission is to promote youth leadership and ethnic and gender co-operation in Kibera through sports, young women's empowerment, and community development. The CFK Youth Sports Programme runs the only all-girls soccer tournament in Kibera, and each CFK soccer team is required to be ethnically diverse. In this way, CFK has materially helped to assuage the ethnic tensions that brought Kenya to the brink of civil war in 2008.

Make Peace

Group projects are a great way of encouraging teamwork and co-operation. Working together towards a common goal can forge vital friendships and mutual understanding. Teams or groups comprised of members of diverse ethnic origins and mixed genders are a proven way to bring members of society together. Local schools and youth groups can form sports teams or take on decoration or gardening projects in the community.

Resources

The report below briefly describes two case studies on how, by 'Giving youth a sporting chance', which is the motto of the Mathare Youth Sports Association (MYSAs), it is also possible - as John Lennon famously wrote and sang - to 'Give peace a chance'.

www.playthegame.org/uploads/media/Bob_Munro_-_Sport_for_peace_and_reconciliation.pdf

Build bridges

South Africa's Truth and Reconciliation Commission (TRC) is an inspiration to any community or country that has been through the trauma of violence and cruelty.

Be inspired

Pumla Gobodo-Madikizela is Senior Consultant for Reconciliation at South Africa's Institute for Justice and Reconciliation. She also developed the TRC's first outreach programme, giving victims of a chance to speak publicly about their abuse. The large majority of witnesses were women who were determined to foster healing at both individual and community levels. The most profound experience of Gobodo-Madikizela's time with the TRC was witnessing the forgiveness between victims and perpetrators. The desire of victims to meet their perpetrators was something she had not imagined. Witnessing victims reaching out with forgiveness to perpetrators who had shattered their worlds filled her with hope.

Make Peace

In a decade of working in conflicts all over the world, we have witnessed such acts of forgiveness among women who say, simply, 'All mothers cry the same tears' as they band together across conflict lines to search for their missing sons and husbands. If they can do that after such horrific loss, surely we can also stretch out a hand, or cross a bridge?

Resources

In *A Human Being Died that Night: A South African Story of Forgiveness*, 2003, Dr. Gobodo-Madikizela reflects on a series of prison interviews with Eugene de Kock, the commanding officer of apartheid death squads:

"What enables some victims to forgive heinous crimes? In addition to an external context that makes reconciliation normative through the language of restoration – a truth commission, for example, a counselling agency that focuses on victim-offender encounters, or a national dialogue that begins to put in place the symbols and vocabulary of forgiveness and compromise – there are internal psychological dynamics that impel most of us toward forming an empathic connection with another person in pain, that draw us into his pain, regardless of who that someone is. The possibility of making an empathic connection with someone who has victimised us, as a response to the pain of his remorse, stems significantly from this underlying dynamic. The power of human connectedness, of identification with the other as 'bone of my bone': through the sheer fact of his being human, draws us to 'rescue' others in pain, almost as if this were a learned response embedded deep in our genetic and evolutionary past. We cannot help it."

www.swaneehunt.com/articles/Moving_Beyond_Silence.pdf

Ask questions that stretch your mind

Here are three mind-stretching, heart-opening questions that can challenge our global intelligence:

How would you control the spread of nuclear weapons?

Ever since 1945, when the first atomic bombs were dropped at the end of World War II, the question of how to control nuclear weapons has been at the front of humanity's negotiating table. Russia and the USA have more than 90% of the world's nuclear weapons and most of the rest of the world wants them to decrease their stockpiles. These two nations (in their own particular national styles) want other non nuclear nations to sign and ratify an agreement not to develop nuclear weapons first. How would you negotiate a breakthrough on this stalemate? And how you would do it soon before the spread of nuclear-generated electricity makes almost every nation a potential producer of these diabolic weapons – and makes it easier for non-state terrorist groups to access them?

How would you reduce poverty while protecting the environment?

If you have access to the web, please put the words 'bottom of the pyramid' in your browser and scroll through some of the more than one hundred thousand entries. Doing so will give you direct access to many of the thinkers who are currently grappling with the plight of the billions of people living on two dollars a day.

Challenge yourself to think about how these neighbours of ours in the global village can raise their standard of living, and how they can

do so in ways that will not destroy the natural environment on which they depend. How can impoverished families improve their standard of living in sustainable ways? And what is the ethical responsibility of the more affluent to assist them?

How would you prepare for the intensifying water shortage?

Today one billion people lack safe drinking water. With population increase and climate change, that number will skyrocket. In Asia, for example, more than two billion people depend on their fresh water from the Himalayan watershed. If, as predicted, the glacier ice is reduced by 80 per cent by the year 2030, those two billion people will be in particular peril. Given the near certainty that conflict over water will be a vital issue in the coming decades, what would you do to deal with this looming crisis on the horizon?

Make Peace

If these three questions intrigued you, search out other questions that open your mind. Seek questions that are challenging enough to inspire you to learn, but not so challenging that they make your mind turn off. Remember: the goal is to stretch your mind – not overwhelm it.

Resources

The Association of International Educators, the European Association for International Education and the Asia Society are three of the many organizations that are working hard to transform the experience of learning to include global perspectives, not just national agendas. Please explore in your own country what institutions are working to enable learning to extend 'beyond borders'.

www.nafsa.org / www.eaie.org / www.asiasociety.org

World Café is an innovative and simple methodology for hosting conversations about questions that matter in large group settings. The website provides educational material, stories and connections to World Café guides around the world. www.theworldcafe.com

Nayan Chanda, *Bound Together: How Traders, Preachers, Adventurers, and Warriors Shaped Globalization* (New Haven : Yale University Press, 2007) Read this book and it will trigger many questions about how the world became so interconnected, who is being hurt and helped by that connection, and why we must accelerate our global learning in order to deal with the issues that globalisation raises.

Do it across borders

Engineers do it. So do architects, news reporters, and teachers. So do clowns, rock bands, and - as evidence by the Nobel Peace Prize awarded to Doctors Without Borders - physicians. As different as these professions are, they can all be practised across borders. In order to emphasize that their profession is made up of global citizens whose responsibility does not stop at the borders of their respective countries, they have created organizations called Engineers Without Borders, Bands Without Borders, Philanthropists Without Borders, Médecins sans Frontières, and others. Once a profession goes cross-boundary, it changes. Engineers Without Borders, for example, point out that 90 per cent of their profession is focused on problems that affect only 10 per cent of the world's population. Because these organizations work across borders, they do not get trapped in one culture's definition of 'medicine' or 'engineering.' Instead, they work for the whole.

Be inspired

'Good Water Neighbors' was established in 2001 by Friends of the Earth Middle East (FoEME) to raise awareness of the shared water problems of Palestinians, Jordanians and Israelis, utilising their mutual dependence on shared water as a basis for developing dialogue and cooperation on sustainable water management.

Israeli, Palestinian and Jordanian communities partner with a neighboring community on the other side of the political divide to work on common water issues.

In July 2007, they organized the 'Big Jump' when Jordanian, Israeli and Palestinian mayors of the Jordan Valley all jumped into the polluted waters of the River Jordan, making headlines in international media and highlighting the importance of water for all the peoples in the region and for all three religions. FoEME's Directors were honored by TIME Magazine as 'Heroes of the Environment' in 2008.

Make Peace

Check out how you could link up with those in your field of work in other countries, focusing on issues that could be resolved if you worked together across borders.

Resources

The e-Parliament exists to share 'good policy ideas among the democratic parliamentarians of the world, and to help build broad coalitions to implement those ideas.' It has gathered a database of eighteen thousand members of parliament from ninety-seven countries.
www.e-parl.net

Global Action Networks Like Doctors without Borders and e-Parliament, Global Networks (GANs) are a leading innovation for scaling impact to address issues of common good globally. GANs are a specific type of innovation that brings together five strategic qualities: they are global; focus on issues of common public interest (not profit-seeking); develop interdisciplinary action-learning with real-time experiments to address novel and enduring challenges; create a diverse network of organizations of stakeholders in their issue; generate systemic change by creating cross-sectoral (business-government-civil society) actions. www.scalingimpact.net/gan

Paula Rothenberg, Beyond Borders: Thinking Critically About Global Issues
Beyond Borders provides a series of articles drawn from a variety of disciplines, written by scholars, activists, and policymakers from around the world 'exploring the dynamic complexities of life in our global villages'.



6

Show respect...

- try to step out of your relationship with the person as an opponent and see them as a person
- make a request or suggestion that could help to heal the feelings of hurt
- find a way to demonstrate your respect for the other person
- if this is hard, try to find one quality in the other person to appreciate and put that appreciation into words.

Recognise others

Many of the world's worst conflicts, and vast suffering, have been caused by our inability to recognize others as human beings with feelings exactly like our own. Perhaps the best known examples are the slave trade, and apartheid in South Africa, but forms of discrimination occur in almost every society.

Be inspired

In 2008, the Australian Parliament united in a wholehearted apology to the Stolen Generations – the Aboriginal men and women removed from their families as children in a cruel and misguided attempt to assimilate them into white Australian society. The newly elected Prime Minister, Kevin Rudd, detailed a multi-billion dollar programme aimed at transforming the social condition of Aboriginal Australia.

Make Peace

The key factor was community action. Many in the Australian community were shocked by the Government's refusal in 1997 to acknowledge the harm caused by the removal policies, and decided that, if the Government would not apologise, the Australian community would do so instead. They organised a Sorry Day, the media took the idea nationwide, and a million Australians took part.

The Stolen Generations were deeply moved by this expression of community solidarity, and they invited all Australians to join a Journey of Healing. Over the next decade, hundreds of community events took place every year, bringing together Aboriginal and white Australians in initiatives aimed at healing, and justice for the Stolen Generations.

When the Rudd Government was elected, the party of John Howard abandoned its decade-long policy and joined the new government in the apology. It was a significant step towards reconciliation between Australia's original inhabitants and those who have settled there since 1788.

Resources

For more information on Sorry Day, see www.sgalliance.org.au

Bringing Them Home, an enquiry into the policies which created the Stolen Generations – the tens of thousands of Aboriginal people who were removed from their families as children

'Media Values', by the International Communications Forum, contains a collection of stories on how the media can be a force for good.

Think both profits and values

Corporate global intelligence will rise much faster if our businesses operate with a triple bottom line: not just profits, but also people and planet. By thinking not just economically, but also socially and environmentally, global citizens in business will raise their game - and their revenues as well. In the words of Google's former executive director Larry Brilliant: don't think in terms of 'traditional profit', but rather of 'social profit'.

Be inspired

During the early years of the AIDS crisis pharmaceutical companies were attacked by activists for their refusal to lower prices from levels that condemned many African patients to unnecessary suffering and death. Fortunately, thanks to intervention by the Clinton Foundation and other third parties, CEOs of the pharmaceutical companies realized they could lower prices to a 'no-profit' level in poor countries while maintaining their patent-protected prices in high income markets. After Merck pharmaceuticals took this step, employees in the company responded with renewed enthusiasm and, according to their CEO at the time, Ray Gilmartin, the company experienced its biggest boost in morale he had ever seen.

Make Peace

This response should not surprise us. As powerful as the incentive of money can be, it is nowhere near as powerful as money multiplied by meaning. If given a chance to work for - or buy from - a company that offers both money and meaning, global citizens will choose that brand every time. Be a conscious consumer.

Resources

The Ford Motor Company Center for Global Citizenship at the Kellogg School of Management at Northwestern University investigates 'the role of business and its interaction with the social and political environment'. Based on its philosophy that corporations have become 'the main agents of global social and political change', the Center helps corporate leaders deal with global issues with tools including values-based management and triple bottom line.
www.kellogg.northwestern.edu/research/fordcenter

ICLEI Local Governments for Sustainability is an international association of 1,100 local governments from sixty-seven countries committed to sustainable development. ICLEI provides educational support to build the capacity of local governments to implement sustainable development at the local level.
www.iclei.org

Peter M. Senge et al., *The Necessary Revolution: How individuals and organizations are working together to create a sustainable world* (New York : Doubleday, 2008) Of the many books about the 'greening of capitalism', this one can serve as a starting point on the journey toward sustainable development. Along with *Natural Capitalism* and *Small Is Beautiful*, it sets the stage for understanding how humanity might, just might, be able to satisfy its material wants while caring for our bio-home.

Feast...

Food has always brought people together. Preparing and sharing a delicious meal for people (whom perhaps you don't yet trust) is a powerful way to show - without words - that your mind and heart are open. It can be a simple but effective tool in resolving any conflict. Often those who have the least in the way of material wealth are the most generous in sharing the best food that they have, and this can melt the hearts of their adversaries.

Be inspired



Dekha Ibrahim Abdi is a middle aged Muslim woman who, as a schoolteacher in the eastern part of Kenya in the 1990s, managed to negotiate the end of clan wars that had claimed 1300 lives. She went on to develop a network of trained peace practitioners across the region.

When violence erupted all over Kenya after disputed elections at the end of 2007, she was called to a room in the Serena Hotel In Nairobi, where two retired UNPKF generals, an ambassador and two other civil society leaders were gathered.

She entered in her floor-length dress and veil. They pointed to an empty chair and said 'Dekha, please take the chair. We have to design a way to stop the killing.'

One of the methods they used was to ask 60,800 members of a women's organisation who had cell phones, to look out of their windows and report what they saw. The information started pouring in. So they put up flip chart sheets all over the hotel room walls. They began to plot not only the 'hot spots' of the violence but also the 'cold spots', because it was important to know where people were running to, so they could be protected. They then began to develop strategies for each spot, with the help of the local leaders they knew and trusted. In less than 3 weeks, with the help of community leaders, youth leaders, church leaders, sports personalities, police and particularly the media, these strategies brought the violence under control. So that when Kofi Annan arrived to mediate between Kibaki and Odinga, it was possible to secure a peace agreement based on a mix of 'official' plus 'local' methodologies (otherwise known as "bottom up plus top down").

Dekha's maxim is 'Feast with your enemies'. She loves nothing more than preparing great dinners and bringing together people who disagree, sometimes violently. They leave smiling.

Make Peace

Surprise someone with whom you have a disagreement – invite them to supper.
Prepare your favorite recipe.
Make your table and your home ready as for an honored guest.
Serve them.
Watch what happens.

Resources

Your cookbook
Your courage
www.peacedirect.org/tools-of-peace/cook-for-peace

Beat bullying

Bullying occurs across all geographic, ethnic and socioeconomic boundaries. Changing the attitudes of both the bully and the bullied help them make positive and lasting improvements to their lives.

Be inspired

Beatbullying works with children and young people across the UK to provide them with all important opportunities to make positive and lasting changes to their lives and outlook. In particular, they work intensively with those so deeply affected by bullying that they can barely face going to school every morning. They also work to make deep changes in the attitudes of those young people who bully - moving beyond judgement to treat their bullying as response to areas of frustration in their own lives. Beatbullying works with them to develop a sense of ownership of their actions, and build foundations for change and improvement in their life chances and opportunities. They accomplish this through a range of programmes that have peer mentoring and peer activism at their heart:
www.beatbullying.org/dox/what-we-do/what-we-do.html

Make Peace

Every local school or youth group can initiate its own system to help those affected by bullying. 'Guardian Angel' systems can be adapted to any context or environment, whereby anonymous communication can be sent by those needing help or advice, and the 'Guardian Angel' who will reply with suitable guidance and support.

Resources

Education World offers 'ten lessons designed to teach students to respect diversity and resolve ideological differences peacefully':
www.educationworld.com/a_lesson/lesson/lesson191.shtml



7

Support yourself

- you are likely to face resistance, from all angles
- conflict often becomes a way to reaffirm our identity, a basic human need
- the will to resolve conflict redraws the boundaries between groups
- support yourself carefully – by reading, by creating a support network
- looking for a peaceful outcome requires courage, but courage is easier with the right support.

Understand why conflicts escalate

Conflict is in fact an opportunity. If we can understand why we're in a fight, we have more chance of getting out. We can ourselves be transformative peace-builders, on the frontline in everyday life

Be inspired

A group of experienced peace-builders got together and set up one of the first training courses in how to transform violent conflict, at Woodbrooke College in Birmingham, UK. Led by Simon Fisher, they produced what has become THE manual for people worldwide to use as a framework for analysis of conflict, violence and peace.

Make Peace

Take a short or a longer course at Responding to Conflict, Woodbrooke College, Birmingham. They provide advice, cross-cultural training, and longer-term support to people working for peace in societies affected or threatened by violent conflict. These cover:

- the many faces of hurt and fear: inner and outer
- conflict as transformative: building new relationships for justice and peace making the most of the opportunities conflict offers – and minimising the risks
- warm peace or cold peace: what are we working for?
- the cycle of conflict: choosing appropriate interventions for different stages
- mapping for needs and fears
- the importance of including different perceptions and narratives
- exploring our personal styles: expanding our options for engagement
- the range of conflict-handling skills and competencies: introduction to conflict-handling self-assessment tool.

Resources

Simon Fisher et al, Working with Conflict, available from Responding to Conflict, Woodbrooke College, Birmingham.
www.respond.org

Get the power

The healing of historical wounds requires forgiveness, reconciliation, acknowledgment of responsibility, contrition, letting go, reaching out, listening, making apology and amends. These activities, for whatever reason, are difficult for us, so when we see them in action, they touch us powerfully.

They represent the power of the spiritual warrior, so much needed today.

Be inspired

The movie *Invictus* shows us the power of social healing writ large. The protagonist – the captain of the South African rugby team, a symbol of white apartheid hubris and privilege – ponders, in a moment of awe while measuring Mandela's cramped prison cell on Robben Island with his outstretched arms, 'How can you spend thirty years in a tiny cell and come out ready to forgive the people who put you there?' That ability to forgive, the resoluteness with which Mandela led South Africa beyond inclinations for revenge, that demonstration of moral imagination to see the larger vision of what could be possible in human relations outside the limitations of 'pay-back' mentality – this is the heart of humanity at its best. They not only inspire us to open our own hearts but also strengthen the fabric of the nation, as South Africa and Mandela have so nobly shown.

Make Peace

Leaders like Mandela do not just appear, they train. They train like Olympic athletes. If you want to get this power of leadership, you have to get fit, and then get more fit. There are now literally thousands of training courses in leadership, and you will find the one that suits you.

Resources

Mark Gerzon, *Leading Through Conflict*, (Harvard Business School Press, 2006)
The Greenleaf Center for Servant Leadership is an international non-profit organization headquartered in Indiana, USA. The Center promotes the understanding and practice of servant leadership, and works closely with centers in UK, Singapore, Iceland, and the Netherlands.
www.greenleaf.org/aboutus

The Global Systems Review is a periodic e-newsletter that explores critical world issues through the lens of whole systems thinking. In *The Global Systems Review*, issue 12 Vol. 2 January 2010: *The Heart of National Security* – explores heart-power as an essential ingredient in leadership and in national security.
Global Systems Initiatives:
www.globalsystemsinitiatives.net

Take risks

We all admire those who risk their lives in a moment of heroism to save others. But each one of us can reach that level of heroism by being really present to what other people need, on a minute-to-minute basis. This happens for example in care homes, in children's homes, and in hospitals, all over the world, day in and day out.

Be inspired

D.R.Congo is a terrifying place to live. 5 million people have died there in the last fourteen years. Civil wars, a bloody coup, and the emergence of thousands of localized militia groups have created a state of lawlessness in a country the size of Western Europe. Every day Henri Bura Ladyi risks his life to protect his community from further suffering. He goes deep into the bush to liberate child soldiers by exchanging one goat for one child. You can read more about Henri's story on

www.makeyourpeace.org.uk/toolkit/henri.htm and

www.independent.co.uk/news/appeals/indy-appeal/africas-schindler-1835510.html

Make Peace

Spend a few moments dreaming about what you would really like to contribute to the world. What skill could you offer? What knowledge could you share with people who have little? Thousands of people have changed their lives and perspectives by using the internet to find out how they might offer their qualities, knowledge or skills to others – others who might be down the road, or even across the globe.



Resources

The Makhad Trust The word 'makhad' in Arabic means 'a meeting place'. The Makhad Trust organise journeys and nurture practical projects, in the Sinai desert and in Tibet, during which ideas are exchanged between guests and their hosts and friendship is created. The aim is to assist nomadic people who wish to restore their ancient connection to their land. Local entrepreneurs work with visitors on projects to promote sustainable living and protect their traditional culture. This includes building dams and other irrigation projects, setting up a school, initiating a dried vegetable enterprise, and supporting Bedouin women to weave the largest goat-hair tent in the world.

www.makhad.org/new/ourvision.html

www.exchanges4peace.org

www.besom.com/giving/skills

www.amalafoundation.org/Serving_Youth.html



Your Notes:

Thanks to...

This Toolbook was prepared for the World Peace Partnership by **Scilla Elworthy PhD.**, with great thanks to:

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Scilla Elworthy Ph D founded Peace Direct in 2002 to fund, promote and learn from peace-builders in conflict areas, and the Oxford Research Group in 1982 to develop effective dialogue between nuclear weapons policy-makers worldwide and their critics. Awarded the Niwano Peace Prize in 2003; three times nominated for the Nobel Peace Prize. Adviser to Peter Gabriel, Desmond Tutu and Richard Branson in setting up 'The Elders'. Organiser of Leadership in the Middle East – a conflict transformation course to run concurrently in Egypt and Israel; member of the World Future Council.

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Peace starts within ourselves. When we cultivate inner peace, we create a calm mind and an open heart. A calm mind creates positive inner qualities such as love, joy and optimism. An open heart is fertile ground for positive social experiences that extend far beyond ourselves. When we all cultivate inner peace, world peace becomes inevitable.

There is an old Chinese saying that „in a peaceful house, ten thousand things prosper“. The Seven Steps in this book are equally applicable to working and personal life. Effective teams require healthy conflict. Only when there is healthy conflict will there be commitment, accountability and results.

Each one of us can be both a maker and a beneficiary of world peace. For me, there are very few things in the world more important. That's why the World Peace Partnership is creating a global community of peace builders - online and in the real world. I'm inspired by their efforts and honored to call them my friends.

Chade-Meng Tan
Head of Personal Growth, Google

"I believe conflict resolution is not always just a question between war and peace but rather it begins with you and me. Sustainable peace is how we resolve problems day by day. In every action and decision I make I try to ask myself whether it is Fair, Honest, Positive and Creative. In the company I lead, PUMA, these 4Keys also guide, evaluate and elevate our actions as my team and I strive to leave a better world for generations to come. Peace is built with these types of tools that guide our choices each moment of each day. The tools in this booklet will help to develop our ability to turn conflict into a positive and non-destructive force. I strongly believe that the tools we use and choices we make can leave a positive contribution to the world and that our legacy can build a long lasting monument to peace."

Jochen Zeitz
Chairman and CEO, PUMA.