

T.Y.S. Lama Gangchen
Lama Healer

To create
a peaceful
media environment

A compilation of
«Peace Times» editorials



United Nations Society of Writers
New York

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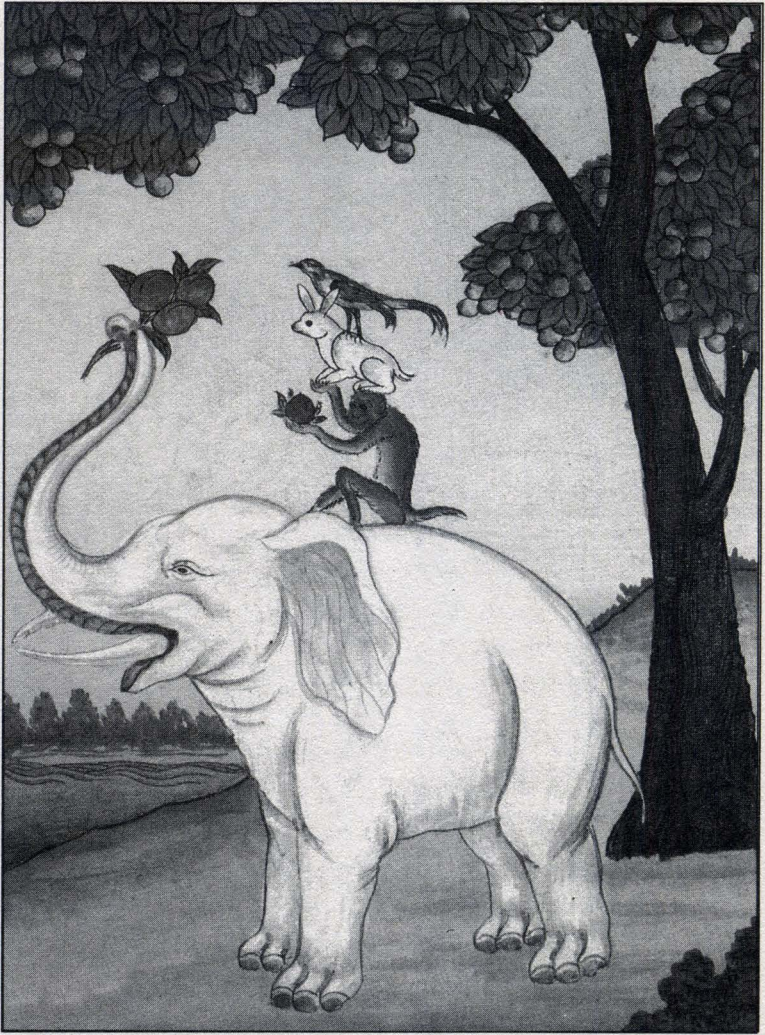
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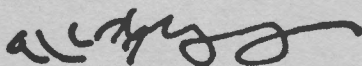
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This book comes as a special dedication on the occasion of the unveiling of the elephant bronze which is being officially presented in the name of the Republic of Kenya, Namibia and the Kingdom of Nepal, in an inauguration at the United Nations Headquarters in New York on the 5th of November, as a tribute to the environment and commitment to the preservation of the natural world: forever expressing the hope that all animals and human beings may exist in harmony and peace with nature.

Innner peace is the most solid foundation for world peace
Inner peace, world peace
now and forever
by the power of the truth
by all human beings' attention
by all holy beings' blessing

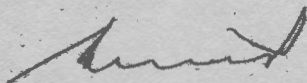


Thinley Yarpel Shresta Lama Gangchen
Lama Healer, Founder of the Lama Gangchen World Peace Foundation

Foreword

It is with great pleasure that I present this outstanding book of peace to the world. Lama Gangchen has become an icon of international understanding, tolerance, and harmony with nature.

His writings, his healings and above all his concept of a Spiritual Forum for the United Nations has earned him the respect of world leaders. A Tibetan Lama Healer of universal significance he has found the words to express the deepest desires of mankind: peace, freedom, love and happiness. This book bears witness of his spiritual power, his human thinking and his literary talent.



Hans Janitschek

*President of United Nations Society of Writers
New York*

Introduction

As we prepare to cross the cosmic gate which signals that we are part of this Planet's life in the next millennium, this book must be one of our essential companions. I must confess that my primary and secondary education, BA, MS and Ph.D., did not prepare me to address many aspects of my every day life. Despite many years of formal education, these did not contribute much to teach me how to attain peace on Earth and, more importantly, how to attain my own inner peace. That is why I believe this book is one of the most beautiful gifts that Lama Gangchen has given to humanity!

Reading this book (more than once) will enliven your hearts, as you will begin to see his clear vision of where humanity should be. This book presents in simple words his profound and unique understanding of life on Earth. It opens the holy space we all are searching for to finally live that personal encounter with the fundamental solutions to our uncertain future. A very beautiful collection of powerful messages on how to «Create a Peaceful Media Environment». Each chapter enlivens a singular aspect of our existence in ways I never thought it was possible. Reading this book felt like a masterfully crafted inner experience of becoming one's own reality and acquiring holistic self-empowerment. His thoughts will assist all of those who are trying to conquer their fears and will touch on the most intimate mechanisms of our existence.

As the next millennium approaches so rapidly, I always thought that the time has come to reflect on our achievements. It seems fundamental to evaluate our actions in relation to what we have accomplished as we attain different (hopefully higher) levels of welfare. However, after reading this book, more than once, I came to the realisation that such evaluation is not sufficient. The perspectives of Lama

Gangchen call also for an evaluation of the legacy we are leaving behind, as our societies get (hopefully) better off. In essence, it is not a matter of what one has accomplished (as a person or as a society), but of what we have left for future generations.

Let us look at the record. From the point of view of our achievements, there seems to be a consensus that the «material» balance sheet of the world is much better than ever before. In terms of literacy, life expectancy, access to essential material goods and services, and the like, the last generations have not done so bad. Technological change has been one of the essential ingredients, allowing us to shorten distances; to communicate better, faster and cheaper; to understand life here on Earth and in other planets; to eliminate major diseases; to increase the productivity of our lands and avoid unnecessary famines, and so on.

However, in terms of our legacy, we see something more disheartening. Specifically, we see that in spite of the billions of dollars spent in the name of economic development, there are still 1.3 billion people who live with less than a dollar a day, and more than half a billion people who suffer from severe malnutrition. Furthermore, there are approximately 600.000 women who die every year of complications during pregnancy and childbirth because they do not have access to health care, and there are thousands of children who die every day of diseases whose cures are well known. This is a century that will be remembered as one that left a legacy entitled «poverty».

The same fragile balance permeates our natural environments, as the tropical rain forests are being depleted at alarming rates, wildlife and other bio-diversity resources are not sufficiently managed or protected, water and air pollution of many sorts are at their highest levels... This is a century that will be remembered as one that left a legacy entitled «environmental destruction».

But, there is another dimension of this legacy: our inability to attain peace and social stability on Earth. And, this is where the book becomes mandatory to all of those who are engaged in decision-making. When historians begin to look back at the 20th Century, they will not only report on World War I and II - where so many people were killed and so many nations destroyed. In addition, they will report on the more than 100 wars or civil strifes that have taken the life of nearly 30 million people.

This will not be remembered as the century of peace. This century did not look at peace as the source of empowerment for humanity; on the contrary, empowerment has been sought through an arms race of alarming proportions that has become the most important threat to life on this planet. There has been the arms race by all nations - not only the rich nations - which has been used as an instrument of peace and stability. An approach that could not be farthest away from the sources and foundations of peace!

This is a century that will be remembered as one that left a legacy entitled «social deterioration and instability».

As one understands better the demographic projections regarding our future (e.g., population and urbanisation in the world), it is now clear that we will see the doubling of the world population in the early part of the next millennium. Thus, there will be a very large number of crowded cities, particularly in developing countries, and we are seeing that the risks of increased crime, drug addiction, social deterioration, unemployment, and the like, are extremely high. Therefore, it will not be unreasonable to expect a world with a large mass of younger people looking for work and an equally large group of elderly persons to whom the «productive» strata of the population will have to take care of.

All the economic, financial, social, ecological and political crises of today are the mirror images of the major spiritual crisis that the world lives today.

Good economics is only a necessary condition to eradicate the economic crises. By the same token, all the good financial, social, ecological and political practices within our societies seem to be several steps removed from the real and sustainable solution to their problems. And, it is no surprise then to see a number of paradoxes facing humanity today (e.g., food production is significant while malnutrition still exists, growth of material welfare is at its peak while poverty continues to increase). In the final hour of the day, actions confined to the economic, financial, ecological, social and political fields are just short-term palliatives. Lama Gangchen's message is clear in this respect: the real solution to major world problems requires us to adopt a set of «superior» values and goals that can only be developed and sustained within the inner space of our lives.

This book tells us that there is only one way out from these crises: peace. And, that peace is the sharp and shining diamond that must be used to carve a real and lasting prosperity on Earth.

Now is the time to reflect upon our existing approaches to development and social change. We should ask ourselves if these are effective or even suitable to address the above mentioned legacies.

This book teaches us that major transformations need to take place, and that these have their origin exactly in the opposite «space» we have been using and relying upon in the past. The major lesson today is that the transformation process must start with *inner change rather than with outer change. This is to say that: the source of peace and security is rooted in ourselves; the roots of change will not come from changing the outer notion of our lifestyles, but rather as a result of higher levels of consciousness and behaviour; and the quality of development and change will depend mainly on the quality of our decisions and our choices, all of which are a mirror image of our inner souls.*

At the foundation of Lama Gangchen's message there is a key principle I fully

share: that peace is the only source of (material and non-material) wealth and prosperity, environmental healing and conservation, and social stability.

The messages in this book show that a single-barrel approach to the creation and distribution of material wealth - enhanced through economic, social and political decisions anchored in the outer world - is not enough to resolve the fundamental problems we will face in the next millennium.

It is a fact that today's global problems need a different set of solutions. We have reached some level of «economic and financial fatigue». We have also reached «political fatigue». The world cannot depend only on such outer mechanisms, without understanding fully that at the root of markets and governments lies each and every one of us. We are the pillars of all the instrumentality we see «outside» us.

This book teaches us another way of making decisions: it teaches us that there are inferior and superior instruments to pursue progress or welfare enhancement and that we seem to be using inferior instruments to achieve superior states of human welfare; it teaches us that «peace» is a superior form of human welfare, and superior to any other objective we may articulate in the context of economic and social development. As long as we delay bringing peace to the core of decision making, the puzzle will always lack in essential pieces to make this a different world.

The beauty of Lama Gangchen's principles and philosophy is its simplicity. Our reality is essentially simple. Our life is simple. The truth is simple. He teaches us that fear, misunderstanding of who we are, our misconstrued attitudes towards money and wealth, our language and behavioural patterns, and some parts of our value and belief system have become the most effective blindfolding mechanism of our hearts and souls. We are the ones who make every aspect of life complicated! Within this context, Lama Gangchen: focuses on non-formal education as a centrepiece for teaching the real foundations of peace; assesses the media and its importance for peace making and peace loving; points out who is responsible for peace - all of us!! -; sees how even sports can be a source of peace or of its destruction; shares his vision of inner transformation and self-healing which begins not in the science but in the intuition and feeling level of humanity; assists us in walking from separation and duality - the here and there, the outer and the inner, the matter and the non-matter - to the essence of who we really are: oneness (one in all and all in one).

The most powerful realisation comes when the heart begins to read the book rather than our eyes or our brain. As the heart takes over, one begins to really understand peace environment, peace economy and peace development and progress. The boundaries between individual and collective actions or between individual and collective responsibilities begin to disappear, to enter into our world with total unity in purpose. Where, for example, the meaning of the word «globa-

lisation» goes far beyond simple notions of trade and finances; rather, it penetrates into the foundations of who we really are and into our collective mission and responsibilities. Thus, a person's pain from the negative impacts of globalisation becomes the pain of his or her community, the pain of the community becomes the pain of the nation, and the pain of any nation becomes our collective suffering. The book brings Lama Gangchen's gift of transformation, from a paradigm of «to fit or not to fit» or «to win or not to win», to what was expressed so well by William Shakespeare: «to be or not to be». It is a call for bringing the economic, social, environmental and political structures we are so involved in these days into the «peace» and «being» dimensions of our lives, and for addressing inner violence as the source of our destruction as a civilisation. It teaches us that the solution to most of our «outer» problems begin with inner growth and evolution. The book presents the naked expression of the laws of nature, the laws of non-violence, and the laws of human rights, all inserted in the most beautiful constitution of the universe.

Thanks, Lama Gangchen for bringing to us the real message of peace on Earth. But most importantly, thank you for being the essence of peace!

A handwritten signature in black ink, appearing to read 'Alfredo Sfeir-Younis', written in a cursive style.

Alfredo Sfeir-Younis
*Special Representative at the United Nations
of the World Bank, New York, USA*

Preface

The book you are holding in your hands is a unique compilation of writings from a unique person. The Tibetan world healing teacher, Lama Gangchen, is one of a small but growing number of people on this planet who have dedicated their lives as a living witness to the power of the spiritual dimension to resolve our current problems. Media - mediation - medicine - meditation. All these four words come from the same etymological root, and all have the meaning of finding the middle way, of finding balance, and through balance, harmony, and through harmony, wellness, inner peace, reconciliation, and truth.

MEDIA: To combat the atmosphere of cynicism and petty real-politik which too often surrounds the media it is vital that there are living examples of spiritual teachers, wisdom holders, visionary educators - who are prepared to roll up their sleeves and stay involved with the real world of news print, of radio bulletins, of television production schedules. Fortunately, Lama Gangchen is one such - whose feet are as firmly planted in the real world, as in the atmosphere of transcendental mysticism. As this book can help illustrate, each media worker by definition is also called to be a healer - a practitioner of medicine through the power of the arts of communication. Each media worker is also called to be a mediator - between the diverse pressures and conflicting truth claims of the various sectors in society. As in the ancient fable of the elephant, where the assembled group of blind people feeling the various parts of the elephant all think they have identified what the

animal in front of them is, so too each of the various public interest groups and professional groups lobby and canvass through their respective media organs for their own self-interests to prevail - be they industrialists, labour organisations, political groupings, NGO's, environmentalists, peace movement groups, religious organisations, cultural movements, educators, military and national sectors. Each part of the great jigsaw of humanity has some part of the truth, holds some part of the knowledge of the elephant. But these representations of truth are all concerned with some particular point of view.

MEDIATION: Lama Gangchen's writings however are concerned with the overview, with the transcendental knowledge of the elephant as it is in itself, in its entirety, as Kant would say. They also relate directly to the urgent need to preserve the elephant's forest as a whole, and for this it is imperative that those of us working with aspects of the media, should come together, link up, network, and unite, above racial, religious or geographical distances. The United Nations has a vital role to play here, which is why Lama Gangchen has tirelessly been calling for the convening of a World Spiritual Forum for World Peace to be established directly under United Nations auspices, as a spiritual complement to the vital work of the General Assembly and the Security Council, and also the less formal NGO meetings. This is why Lama Gangchen is also working with the Multifaith and Multicultural Mediation Service to help bring peace and reconciliation to conflicts which have religious or cultural dimensions, as this is something which the conventional political mediation diplomacy has hitherto neglected or proved unable to solve - and such conflicts are everywhere these days! As a Tibetan Buddhist Lama, Lama Gangchen has spent many years mediating informally in disputes involving peoples complex lives, or in religious communities - now he is able to share the fruits of this experience with the more formal mediation approach to interfaith peacebuilding and conflict resolution.

MEDICINE also comes from the same root as «media», meaning the art and science of finding balance and inner health and wellness, both on a personal level of healing and also on a planetary level of global healing. In his self healing practices and his tireless work to promote the need for formal scientific medicine to engage in creative dialogue and practice with alternative and complementary medicine, Lama Gangchen has been spreading hope and vision for all those who seek for health at a deeper level of personal and global awareness. The Lama has also been working with indigenous cultures and their healing knowledge to help solve the power imbalances between local spiritual cultures in areas such as the Amazon rainforest, or among the

Celtic Druid traditions of the British isles, where the local shamans are often the medicine people who know the keys to healing local problems in a global context. The Lama's mission here is to travel around the world and to stimulate local cultural spiritual leaders to effect the self-healing of their own cultures in their own contexts and ways.

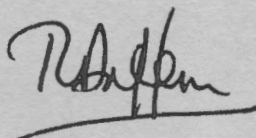
MEDITATION: Finally, meditation is at the root of the Lama's spiritual message to the world's media - for without meditation and spiritual practice of some sort - prayer, contemplation, study, dialectic, discourse, inner discovery, true scientific inquiry - the fire would go out at the heart of humanity. But here again the Lama is someone who interlinks complex issues with a magical waive of his hand - for meditation without healing energy, without joy, without music, without poetry, would be a merely formal repetition of the old. The Lama's mission is to reclothe the essence of ancient wisdom in new costumes, uniting the beauty of the ancient ways with the beauty and life energy of the new. Thus his mantras are sung, his prayers are poetry, and his meditations are multidimensional explorations of many diverse energies - and all this in the focused service of the light of peace. It is to ensure that this inner light keeps shining for us all that the Lama continues his vital message of peace, through his many books and teachings, and through the excellent quarterly publication «Peace Times» edited from his centre in Milan, Italy. May all who read this book benefit from it! And, as the Lama would add in his endearing way - please! (Perhaps it should be renamed: «Peace Times Please!»)

Remember, finally, the inner Lama, the inner teacher, is within us all, at the place of each one's own enlightenment, at the place of final remembering, at the place of the Elephant which never forgets, or as an academic might say, at the place of Mnemosyne, the mother of the 9 Muses. For as the Lama also knows, it is perhaps above all in the sphere of feminine intuition and wisdom that the salvation of the planet lies, from too much detailed knowing, too much cleverness, too much of the wrong kind of science..... It is now essential to reconnect with the stored memory of goodness within us all, to remember the whole, to remember how to love again - both to love what we know, and to know what we love. In this way we will find again a peace which satisfies both head and heart together. It is essential to find the inner elephant within us all, the elephant who never forgets!

May all who henceforth pass the Elephant outside the United Nations headquarters in New York remember to reach out through the darkness into the

light of love, which alone understands the whole. May all become wise and happy and free from illness, stress and suffering as a result! May all beings henceforth remember their original unity, their original capacity for love....

Please !

A handwritten signature in black ink, appearing to read 'T. Daffern', with a horizontal line underneath.

Thomas Daffern,

*Director International Institute of Peace Studies and Global Philosophy
Multifaith and Multicultural Mediation Service, United Kingdom*

Voices of peace

*A third millennium challenge to the media «become messengers of peace».
Cultivate attitudes of non-violence by spreading positive messages.*

Millions of newspapers are published throughout the world: all engrossed in printing bad news, offering bad examples, emphasizing violent acts, amplifying vulgar small talk. In order to offer an alternative to these negative informations and to contribute towards the transformation of a culture of violence into a culture of peace, I wanted to see the birth of «Peace Times». Published quarterly, its focal point and strength will be in spreading news that yield good feelings. It shall primarily offer information about the Lama Gangchen World Peace Foundation's activities, which are the very testimonies of my efforts in showing how relevant the teachings of Buddha Shakyamuni and Lama Tsongkhapa still are today, and how they can be integrated into our daily life. «Peace Times» will however also be committed to reflecting the realities of other associations, foundations and spiritual traditions working for inner development and world peace. It will always be a product of the «good thought supermarket».

«Peace Times» sees the light in Milan, Italy, and takes up the challenge of educating people to cultivate inner peace in order to enjoy world peace, and to practise the Ngalso Self-Healing methods. It aims to go from strength to strength. I am convinced that newspapers can be a fantastic peace messenger, and that everyone needs inner peace to be happy: if we allow ourselves to be devoured by anxiety, anger, jealousy and hate, we will suffer, even if we are rich, beautiful and loved.

This publication, already destined to double in size by the next issue, to be printed in January, will inform you about the development of the proposal to create a permanent Spiritual Forum within the United Nations, and elaborate a global system of peace education. This is my gift to the generations of the third millennium. We will keep you informed on the progress of Peace Publications and Peace Radio. We will of course not forget the Global Open University, the Lama Gangchen International Peace Association and the Himalayan Amazon Andes Healing Arts Association which spread environmental culture with the use of tantric practices; nor will we forget about the World Peace Services Association which, in Milan organises dharma courses, Self-Healing courses, the art of sacred painting workshops, as well as traditional Tibetan medicine, astrology and massage courses. It further orga-

nises art exhibitions and concerts with, among others, the United Peace Voices who re-elaborate the antique Tibetan tradition through the sounds of modern world music; or still the Kunpen Lama Gangchen Institute successfully appealing to the public and finding generous people sponsoring the education of needy Tibetan children, as well as economically helping various monasteries, schools, medical dispensaries and hospital in India, Nepal and Tibet. The Institute further finances fund-raising tours in Italy for groups of monks specializing in Cham dancing and the construction of sand mandalas. «Peace Times» will also share with you the experiences of the pilgrimages made throughout the world by the Foundation's group of peace messengers, and inform you about forthcoming pilgrimages. Even if until now, we have not had time for peace, the time has come for us to take on the commitment to heal ourselves, our society and the world by the power of the truth.

(Peace Times 1, October 1996)

Peace Media

Transforming violent media into non-violent media

Peace culture
Peace television
Peace radio
Peace newspapers
Peace magazines
Peace films
Peace internet
Peace entertainment
Peace music
Peace clubs
Peace songs
Peace dancing
Peace fashion
Peace art

Please
Peace with everything
Everything with peace

Defeat fear, make peace triumph

Abandoning aggressive and self-destructive behaviour to live in harmony. Become a spiritual gardener and cultivate the positive by following the principles of non-formal education and non-violence.

There is one solitary battle to fight: against fear. The fear to err; the fear of past mistakes; the fear of delusion; the fear of something unpleasant happening to us; fear manifests in a thousand ways. If we take a closer look even jealousy and pride are faces of fear. We are afraid of the street and we are afraid in the house with our wife or husband, with our children, with our parents. We are afraid to stay in a crowd and we are afraid to be alone. We are afraid in the face of scholastic education as well as ordinary education. We are afraid to be without money and we are afraid if we have a lot of money. We are afraid even of love. We are at the mercy of fear.

Fear is our number one enemy, capable of generating violence in us and in society: we are afraid of others and therefore we use violence to protect ourselves; we are afraid of not being liked, of losing our beauty or our good fortune and so, violence runs wild inside us. We continuously live our lives finding ourselves swaying between aggressivity and self-destruction.

There is, however, a way to defeat fear: we can do it by cultivating inner peace. You may ask how? By transforming ourselves into humble, spiritual gardeners, passionately dedicated to yielding beautiful flowers of pure energy in the deep of our body and mind.

We start by purifying our inner ground, physical, mental and emotional. We then sow the seeds of peace. We tend them. And when our garden is in full bloom, we will have finally dispersed our fear and the other negative emotional bonds we are carrying inside, everything will be easier both in our daily life and in society.

Peace does not reign in the world because it does not reign within us. It is the inner peace of each living being which creates the base for universal peace.

In order to live in peace, we must educate ourselves to live without fear. Peace education is the only education which teaches us how to live in happiness; it is a non-formal educational method of positive thought and non-violence, and we all need it. Scientists need it just as politicians need it and so too psychologists, children, teachers and students... peace is the one morality that society needs, and it is the only thing which can help us to live even the

most difficult situations without suffering.

Governments' efforts to overcome the various causes for social violence are not enough. I propose to launch peace education programmes, mainly in elementary schools: men and women of the future could learn today to listen to their inner world and to transform emotions into positive thoughts and actions.

(Peace Times 2, January 1997)

Inner Peace

Transforming violent minds into non-violent minds

Peace emotions

Peace feelings

Peace thoughts

Peace wishes

Peace memories

Peace hopes

Peace experiences

Peace mindfulness

Peace attention

Looking peacefully

Listening peacefully

Touching peacefully

Moving peacefully

Thinking peacefully

Peace relationships

Peace therapy

Peace union

Peace marriage

Peace separation

Peace divorce

Please

Peace with everything

Everything with peace

Choose non-violent culture

Renounce the aggressivity and self-destruction of modern society.

Stop fighting for enjoyment and rediscover a new possibility for your life through non-formal education.

Violence is everywhere. It is not only in the streets of big cities, but also inside our own mind. It lives inside us, continuously nestling between our thoughts and manifesting in frowns, harsh movements and angry words. It pollutes family relations, love, friendship and work; even children's games and sport activities reflect the culture of violence of modern society; we even fist fight for fun... We are so used to violence that we consider it normal.

Television, radio, cinema and newspapers continuously spread bad news, and so infiltrate our mental computers with a series of endless aggressive and self-destructive informations, to which we automatically refer to in our various daily behaviours. Consequently, our actions will be tinged with violence and negativity.

Nowadays, everything is streamlined by violence. World cultures resemble one another so much because they are all permeated with violence. Where is the ancient wisdom which made us interact in a peaceful and serene way whatever the relative reality.

We have ended up forgetting all those non-formal educational teachings, which in the past made us develop our intuitive abilities, our instinct, patience, understanding and tolerance. In a world which is so used to angry reactions, balanced on nervous tension, even to the extent of making it difficult to listen peacefully, the first step is simply to recognise the real state of affairs; change the course and travel towards a more just and more stable society, which is above all compassionate and wise. Suffice to decide no longer to live on the swing between negative emotions, prey to anger or depression and always victims of fear.

We must personally assume responsibility for giving a new base to a culture of peace, without expecting someone else to do it.

Let us turn the tables around and stop agreeing with our arrogance and selfishness: violence deserves no indulgence. Let us decide now to transform violence into non-violence, darkness into light, hate into love, just as tantra teaches us. Let us absolutely refute violence. Let us do it for ourselves - and let us be honest - we have had enough of enduring and inflicting, let us do something for the future generations who really have the right to a «possi-

ble» world to live in.

The non-formal education of non-violence contributes towards the creation of more balanced individuals, able to form a peaceful and harmonious society, with the most absolute respect for the natural surrounding environment as well as its inhabitants.

Peace education does not end after one course, it lasts a lifetime. All we need is a good and altruistic motivation, and: the first to benefit from renewed peace will mainly be ourselves; and then our wife, our husband, our children...

Everything, even the hardest experiences life has in store for us, will have the taste and delicate scent of perfect original beauty in the culture of peace and universal harmony.

(Peace Times 3, April 1997)

Peace Culture

Transforming a culture of violence into a non-violent culture

Violent times transform into non-violent times

Violent people transform into non-violent people

Violent jobs transform into non-violent jobs

Violent sports transform into non-violent sports

Violent medicines transform into non-violent medicines

Violent minds transform into non-violent minds

Violent therapies transform into non-violent therapies

Violent religions transform into non-violent religions

Violent environments transform into non-violent environments

Violent foods transform into non-violent foods

Violent travels transform into non-violent travels

Violent societies transform into non-violent societies

Violent scientific researches transform into non-violent scientific researches

Please

Peace with everything

Everything with peace

Thumbs Up non-formal education

*Let's integrate formal and non-formal education to develop inner peace.
An education to enhance our life by improving our inter-personal and working relationship.*

Some things are not taught in school. For this reason, even if we have a very high level of education, we often find ourselves in difficulty in our everyday life. The fact is that the knowledge we acquired from elementary school through to university level, does not help us to live in peace with ourselves and with others; it does not save us from the emotional vortex, it does not liberate us from doubt and from fear.

When we experience some suffering be it physical or mental, the education which we received at school confirms its limits: all of the abstract concepts we have learnt become irrelevant and we find ourselves alone with our anger, jealousy, hard feelings and pain.

Of course a scholastic education has an important and unquestionable social value. However, even more important is an education we can define as «non-formal»: it is an education aimed at deeply forming a person, teaching how to interact with instinct and feelings, deal with one's own mind in a positive way, making it clear, strong and happy in any given moment, in order to develop personal, psychological and creative potentials to their maximum.

Non-formal education is a permanent process: it begins in the mother's womb and continues day after day; it supports us in accepting ageing, or in the case of illness.

Even at the time of death, non-formal education helps us to die in peace without ever abandoning our mental continuum. It is a deep form of education and at the same time very subtle, which unleashes the warmth of love. Nothing complicated: in essence we are taught how to cultivate inner peace to live in harmony with the nature of things. Its precepts are of help in our inter-personal and working relationships; they help us deal with any life situation with serenity and awareness, even those more painful. It is reflected in our way of looking, moving, talking and naturally thinking. Learning how to think in a positive way and creating space in one's mind is both possible and necessary.

All great religions have always treasured that which can be considered the fundamental principles of non-formal education.

The holy beings of any traditions, have all taught meditational methods to

interact with one's own subconscious with pureness, as well as with that of the surrounding environment, in the name of the culture of non-violence and universal peace. Therefore, the contribution from spiritual traditions could be decisive in turning about the violent tendency which today distresses the world. Their message could be truly universal, offering new solutions to life, even for non-believers.

At the dawn of the third millennium, the challenge is to integrate non-formal education into the existing school system, and liberate learning from fear.

Moreover, in the new process of integrated learning, great merit could go to the modern systems of mass communications, as well as international institutions. If everyone learns to live in perfect inner balance, society will then also know peace.

(Peace Times 4, July 1997)

Peace Education

Transforming a violent society
into a non-violent society

Peace school

Peace nursery

Peace college

Peace university

Peace hospital

Peace police

Peace army

Peaceful prisons

Peaceful borders

Peace organisation

Please

Peace with everything

Everything with peace

New solutions for our planet

Let us take personal responsibility for healing the world eco-system.

In this technological era, nature is deeply polluted and so is our inner world.

Non-violence is our only hope.

We are living in times of high technology and mass communications, but on the energetic and environmental level, this is a time of degeneration. The great scientific progresses over the last decades, have been spelled out by too many choices that led to enormous damages to nature; this has now resulted in our modern global village of a thousand comforts to be on the verge of collapse.

We must urgently find new solutions to save our planetary eco-system from total destruction: let us take personal responsibility to change ways, let us recognise the preciousness of Mother Earth, and let us choose to use only those technologies which respect the environment. Naturally science can be very useful, however, we want it non-violent and clean, that is sustainable.

Nowadays, all the elements of nature are deeply upset by pollution and, through the interdependence of cause and effect which exists between the planet and the human body, our inner world is also contaminated. The mind and body of human beings make up a microcosm which mirrors the external world: the energies in both universes are exactly the same, although on a different scale. By unbalancing the planetary eco-system, we unbalance both our body and our mind. By destroying the Earth, we destroy ourselves.

If we understand the interdependence which links all phenomena, and if we analyse both the positive results as well as the negative results of our actions upon the environment, we will learn to act in accordance, and we will develop the wish and the necessary energy to purify the five elements which make up the microcosm and macrocosm.

By purifying the elements and the energies of our inner universe, we can positively influence the elements and energies of the entire cosmos. In order to heal the environment it is therefore fundamental that we recognise the existence of the inner world. To regenerate the eco-system it is not necessary for us to revert to primitive living, we simply must transform our inner attitudes, by developing an ecological vision of existence, and by facing the problems of our times without fear, but with wisdom and a great sense of responsibility. Our negative thoughts are a very powerful cause for pollution: they invariably lead us to committing wrong actions and to taking the wrong deci-

sions: fear, for example, drives us to protect ourselves by projecting aggressive behaviour around us.

The Earth is pervaded by female energy, the very energy which is the most potent medicine to heal the planet. Naturally, both men and women possess this energy: the time has now come to rediscover the positive female energy which is in us all, in order to make peace with the environment.

According to Buddhism it is possible, through the power of meditation, to transform, regenerate and heal the essence of the five elements that make up both the planet and our inner world. Of course, all religious and spiritual traditions contain the principle of respect for nature: in order to contribute effectively to the healing of the eco-system, religious leaders should reveal those ancient and secret spiritual practices which pacify the negative inner attitudes that lead us to destroying the world, by committing themselves to increasingly cooperate with scientists, with politicians and particularly in partnership with the United Nations.

(Peace Times 5, October 1997)

Environmental Peace

Transforming a violent environment
into a non-violent environment

Peace homes
Peace villages
Peace cities
Peace habitat
Peace planet
Peace elements
Peace mountains
Peace valley
Peace savannahs
Peace plains
Peace forests
Peace rivers
Peace oceans
Peace animals

Please
Peace with everything
Everything with peace

Peace & money

How to win over economical instability.

No more fear and increased profitable business with a clear and stable mind.

Money is one of life's great preoccupations, whether we have a lot of it or too little: we are afraid to lose it just as we are afraid of being unable to have enough. We are all practically slaves of money, and some go as far as considering it the only true god. We tend to identify ourselves with our bank account and so, when its balance goes down, so too does our self esteem. Not only do economic difficulties destroy our homes, unfortunately they can also destroy our friendships and our family; this is the work of our mind. If the stock market crashes or inflation gallops, our material riches immediately dissolve and as a result, the stability of our lives is at risk: our mind increasingly weakens, crushed by fear, anger and frustration. On the other hand, we cannot think to control at will the innumerable factors which influence the economy and the working world. That which we can certainly do instead, is to develop our inner qualities, which are not subject to the financial market's oscillation... in this way we can learn to keep our minds stable and peaceful in any circumstance. With a stable mind, we will know how to increase our business even more, or sustain it in case of a drop, because peace makes us fearless.

There are those who think that peace makes one less strong. Not true. Quite on the contrary, it is a powerful font of energy which can be used to promote one's own social image and increase income. Do try and organise your business according to the ethics of non-violence towards others and the environment: you will realise that peace pays, and how. He who points to aggressivity to better sell his own work is the one who is mistaken. One is by far more intelligent when one uses positive non-violent energy, and it is human warmth which generates a top quality product. In those dark moments it will be much easier to discern the solutions from the problems with a still, clear and calm mind. To face stress and the fear of losing one's acquired social status - the uncertainty and alienation from work - only becomes possible if one develops love and compassion; qualities which are more useful than degrees when one is in difficulties. To reconcile ourselves with money, let us begin by rejecting any non-ethical work and investments. Let us educate ourselves and both our administrators and employees into a management of money according to the law of non-violence, as well as in the name of cooperation,

tolerance, patience and compassion. Any business nurtured by inner peace energy and a happy and altruistic attitude, is destined to be successful and automatically become more stable and stronger.

Let us «finance» our inner peace. It is the best investment there is. Peace is a commodity which will never crash and will always be in fashion. Let us make peace with money.

(Peace Times 6, January 1998)

Peace Economy

Transforming violent jobs into non-violent jobs

Peace office

Peace work

Peace business

Peace management

Peace workplace

Peace organisation

Peace corporation

Peace cooperative

Peace money

Peace investment

Peace insurance

Peace taxation

Peace pension

Please

Peace with everything

Everything with peace

Spirituality belongs in everything

*Reflections upon daily life to transform the violent tendencies of society.
The key to peace is held within the precious teachings of all religions.*

The search for inner peace is the spiritual practice which each one of us can dedicate ourselves to in everyday life with awareness. It does not matter whether we are Buddhist or Catholic, Muslim or Jewish; nor does it matter in which god we believe or whether we are atheist: peace is the essence of every religion and every spiritual tradition; moreover, it is a lay value which is universally recognised. All - believers and non - agree that peace is necessary in order to live happily.

To triumph upon the earth, peace must first of all affirm itself in our inner world. To cultivate inner peace means to commit oneself to disarming the mind in order to rediscover its pure original nature, by purifying it from prejudice, greed and hate, as well as from all the negative emotions which pollute it and render it reactive, aggressive and «small».

Each thought, glance, gesture and action can be governed by the pure spiritual energy which sustains life. Prayer and labour of course, but also song, dance and games: everything becomes a means to practise peace. To bestow spirituality upon our precious human life, it is not necessary to stay in a monastery or spend the day in rigorous meditational exercises: that which is indispensable is to remember to sow peace within us and around us every moment, in every situation and in every place.

By committing ourselves to opening the flowers of harmony, generosity and joy, we will fill the garden of life: we will all rejoice as a result - including the planet - and even future generations will draw benefit from it.

Whoever and wherever they are, anyone can become a trainee spiritual gardener: teachers and business people, students and old age pensioners, house persons and athletes... Of course, it is a job which requires will, humility, perseverance and patience, but it gives infinite joy and is the only job able to lay solid bases for the realisation of peace in the world. Our inner ground needs taking care of from the moment we awake, with simplicity and love: we begin every new day by purifying the mind of dark thoughts and by deeply strengthening our motivation to transform negative into positive. The strong determination to choose a culture of non-violence in order to become messengers of peace, and do our best both for ourselves, for our family, for our country and for the entire universe, will make every moment of our day

a continuous moment of authentic spiritual practice.

We must train hour after hour to live in peace, at home, in the office, in the bar, the school, whilst we are driving, whilst we are concluding business, when making love... On the threshold of the third millennium, we must decide to invert the violent tendency which permeates and spreads across all of our lives and the cultures of this world. Even scientific research and medicine can be violent, and so too can sports and entertainment, just like the mass media which assaults us increasingly by emphasizing cruelty and horror. We are the first to be violent even with those whom we love as well as ourselves: we attack to defend ourselves, we self-destruct out of fear, and this continuously. Degeneration is global and we are all partly responsible: let us immediately change course, let us invest in peace.

Religions have always taught how to sow, cultivate and stabilize inner peace. The practice of any of those powerful wisdom methods is suitable even for those who do not have - or believe not to have - anything to do with spirituality. Because, in these times of confusion and pollution, peace is the only possible morality left, able to bring together religious people, lay people, politicians and scientists in the name of life.

(Peace Times 6, January 1998)

Peace Spirituality

Transforming violent religion into non-violent religion

Peace company
 Peace monastery
 Peace missionary
 Peace messenger
 Peace life
 Peace birth
 Peace ageing
 Peace sickness
 Peaceful suffering
 Peaceful acceptance
 Peaceful death
 Peaceful transformation
 Peaceful illumination

Please
 Peace with everything
 Everything with peace

Choose Peace Sports

Reflecting on physical activity and aggressive behaviour.

On the eve of the World Cup, let us kick off with loyalty and propriety in mind to enjoy a non-violent competition, please!

Nowadays sadly, even sports have tuned into a culture of violence. The same sports which since «Magna Grecia» used to exalt the virtues of loyalty, propriety and non violence - aside from physical fitness - we find today denatured and virtually drained of their deepest meaning. The historical field slogan: «participation is more important than winning» - sounds rather anachronistic and out of moded, in a world where everyone wants to win at all costs, and no one recognises neither their own limits nor the merits of others. The motto: «mens sana in corpore sana» (healthy mind in a healthy body) - already dear to ancient Romans - no longer seems to make much sense, if athletes are willing to violate their own body by taking chemical substances to increase their chances of standing on the podium.

Competitive sport has come down with the violence sickness, as the numerous publicised cases of doping testify. Upon closer look, even recreational sports have unfortunately revealed themselves ratified by a culture of violence: the scope of physical activity should be one of health and pleasure, to strengthen the body and optimise one's own psycho-physical abilities. Instead, as we near the end of the century, fashion dictates that bodies should resemble top models and Hollywood actors, and so we find ourselves practising that which should be healthy physical exercise, with the paranoid vision of fanatical fitness.

We need to educate our children in choosing to practise and follow only those sports that go hand in hand with living in peace.

It has become of paramount concern that people should give growing attention to extreme sports, which are based on violent confrontations and danger: violent behaviour not only affects those performing, but also those who spectate: suffice to think about the terrible and frequent explosions of anger between opposing fans which plague football stadiums all around the world.

The time has come for an urgent and sincere in-depth examination of the reality of sport and associated violent behaviour. As the World Cup is about to kick off in June, this is surely an opportune moment for everyone to reflect and meditate upon their own sporting behaviour.

Let us rediscover the true values of sport. Enough with violence on the field.

Let us transform violent sports into non-violent sports. And let us give ourselves whole heartedly to peace sports.

(Peace Times 7, April 1998)

Peaceful Sports

Transforming violent sports into non-violent sports

Peaceful martial arts
Peaceful competition
Peaceful shooting
Peaceful boxing
Peaceful games

Please
Peace with everything
Everything with peace

On holiday with peace

Depart for the holidays with the motivation to take advantage of the time for inner growth.

Far away from the daily stress of work, dedicate yourself to living every moment with a peaceful and altruistic attitude.

Free. Light. Without stress. Without problems. Holidays, by definition, are for resting and enjoyment. But, they can also be used for something much more important. Far away from our normal daily commitments, which are marked by the relentless ticking of a clock, we can dedicate ourselves with tranquillity to opening our mind: overcoming our prejudices and enriching our inner life through reading good books, intelligent company and meditation.

It is not by chance, that the word «holiday» can be split - into «holy» and «day» - allowing us to discover the spiritual vocation of this time of year, in which we are allowed to stop work and enjoy a well earned rest... Our minds are very much attracted by the mountains, beaches and forests: contact with nature automatically makes the mind more aware of the interdependence of life and phenomena, making us feel more calm and satisfied.

During a holiday, we feel more stimulated and creative, and also more inclined to thinking positively. It is for this reason that, during this time we can learn with ease many new things regarding the world, other people and ourselves. Visiting distant places and speaking with different people makes us without a doubt more educated, experienced and wise: examining our reactions helps us to achieve a new awareness about ourselves, and to rediscover the original nature of our mind which is pure like a crystal.

We can also use travel to overcome, one by one, our inner-most fears, our most profound hates and jealousies. In every place that we arrive, we can meditate on our particular torments and problems, but at the moment of departure we should leave them behind - simply abandon them.

We have to put our «ego» under the spotlight to discover that we ourselves are generating our own suffering and unhappiness, and that the true enemy inside of us is exactly the same negative force which continuously pollutes our mind, makes our body weak, and causes violence in our gestures, in our speech and in our looking - putting all our relationships at a compromise.

Now, as we approach the moment of departure, between our bikini or thermal mountain socks, we should not forget to pack in our luggage the aim to

live each moment of our holiday with an altruistic and peaceful attitude. In this way it will be a really profitable holiday.

(Peace Times 8, July 1998)

Peace Times

Transforming a violent time into a non-violent time

Peace morning

Peace night

Peace sleep

Peace dreams

Peace awakening

Peace second

Peace minute

Peace hour

Peace day

Peace week

Peace month

Peace year

Peace decade

Peace century

Peaceful third millennium

Peace future

Please

Peace with everything

Everything with peace

Peace with the animal world

Learn from the animals how to offer a better future for the children of the third millennium. Let's use our intelligence and knowledge to live peacefully with the animal kingdom.

Without birds, without fish, without insects... without animals of every form and size, the world would certainly no longer be the world. Helping animals to live, cancelling the risk of extinction, has got to be the aim and common task of all human beings at the dawn of the third millennium. It is our turn - animals of the human species - to assume the enormous responsibility of taking care of other beings, who like us, live on Mother Earth. By saving the fauna and flora of our planet, we save not only our present but we also offer the possibility to the children of the future to live in a better world. Due to the laws of interdependence that govern all phenomena, there is no doubt that if all the animals disappeared from the face of the Earth, we humans and the whole world would also disappear.

The national and international laws that have been approved, with the aim of protecting animals and their habitat, are of course important but they are not sufficient to fully realise this objective. We all need to learn as individuals to respect all living beings that are different from us, learning to relate with their needs in a peaceful way. We love our domesticated dogs, cats and canaries, treating them in all ways like sentient beings - as our true brothers and sisters, whilst this is wonderful it really does not have much sense if we continue to ignore the fact that the animals in the Amazon are everyday in greater danger of extinction.

We human beings believe that we are decidedly better than other animals. We feel superior because we consider ourselves gifted with intelligence, one which allows us to speak and express our will inside our democratic societies. Therefore, we are convinced that our rights are more valuable than those of animals - completely forgetting our true origin which is well known in both eastern and western cultures. We think that we are so intelligent, but at the end of the day we use our intelligence, of which we are so proud, to commit huge errors and create negative situations - the results of which fall upon other forms of life on the planet. The animals, that we judge as so inferior, live simply without imposing anything that is not their natural instinct. All of them have extraordinary qualities and over time they have demonstrated that they know how to do something which we humans do not: they do

not harm the environment in which they live.

We live in our great cities, where we find it difficult to recognise even the seasons, and which do not help us at all to feel less lonely or isolated. And, if we really wanted to be sincere, we would also recognise that the fear we experience every time we leave the house, is far greater than that our ancestors experienced when they left their caves to confront the ferocious and poisonous animals of the forests. It is time that we learnt to use our intelligence and the great knowledge that we are blessed with to free ourselves from all violent behaviour.

May peace triumph for all the animals that live in the high mountains, in the dense forests, in the dry deserts, in the sweet waters of lakes and rivers as well as in the salty water of seas and oceans, for those that fly in the air and those hidden underground. Let us save the animals and their natural habitats!

Peace Times 9, October 1998

Peace Fauna

Making peace with animals

Peaceful mountains

Peaceful forests

Peaceful rivers

Peaceful oceans

Peaceful sky

Peace birds

Peace insects

Peace fish

Please

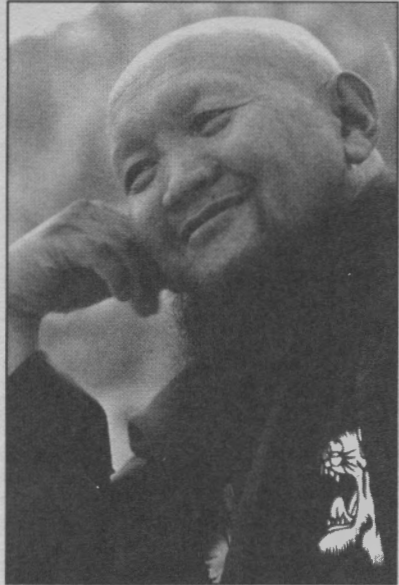
Peace with everything

Everything with peace

Peace Advocate

*T.Y.S. Lama Gangchen's activities
to promote Inner and World Peace Education,
Non-Formal Education, Tantric Self-Healing and Environmental Care*

Lama Gangchen was born in western Tibet in 1941. He was recognized at an early age to be a reincarnate lama healer and was enthroned at Gangchen Choepeling monastery at the age of five. When he reached the age of twelve he received the «Kachen» degree which is usually conferred after twenty years of study. Between the ages of thirteen and eighteen, he studied medicine, astrology, meditation and philosophy in two of the major monastic universities of Tibet: Sera and Tashi Lhumpo. He also studied in Gangchen Gompa, Tropu Gompa, and Neytsong Monastery.



In 1963, he went into exile to India where he continued his studies for the next seven years at the Varanasi Sanskrit University (Bishwa Vhidhyiana) in Benares. In 1970, he received the Geshe Rigram diploma from Sera Monastic University situated in South India. After his graduation, he worked as a lama healer among the Tibetan communities in Nepal, India and Sikkim, during which time he saved the lives of many people and was named private physician to the Royal Family.

In 1981, Lama Gangchen visited Europe for the first time and has since become a resident and Italian citizen. In the same year, he also established his first European centre: Karuna Choetsok in Lesbos, Greece, where he is known to have planted a bodhi tree in the «Buddha Garden», and in the centre of which he consecrated what was to become the first of a long line of World Peace Buddha statues, thankas and images.

Since 1982, he has travelled extensively, both healing and teaching worldwide, leading many pilgrimages to some of the most important holy places of different religious and spiritual denominations in the world.

In 1988, he opened his first residential dharma centre outside of Asia: «Shide Choe Tsok Peace Dharma Centre» in Saõ Paulo, Brazil. At present he has 100 Inner Peace Education Centres for better living worldwide. Since coming to the West in 1982, Lama Gangchen's activities have taken on an ever increasing worldwide scope towards the achievement of World Peace.

Chiefly, it began with the founding of :

The Kunpen Lama Gangchen Institute for the propagation and preservation of the Tibetan medical tradition in Milan, Italy in 1989. Here Lama Gangchen has initiated the first extensive programmes of Himalayan medical and astrological studies for western students. Also concerned with the preservation of the Himalayan culture, the centre holds courses in buddhist philosophy, thangka painting and other arts; inviting many groups of Tibetan monks from India and Nepal to Europe to make sand mandalas and perform sacred Cham dances, all of which are dedicated to world peace.

The Institute is also the Western Headquarters of Lama Gangchen's activities and his western residence.

The Lama Gangchen World Peace Foundation (L.G.W.P.F.) - United Nations Affiliated NGO, International Friendship for the Support of Himalayan Healing Medicine and Non-Formal Education: Inner Peace Education, Environmental Care and Self-Healing towards a culture of peace in the third millennium and for world peace, established since 1992, following an International conference of professors, philosophers, scientists, doctors, healers and therapists held in Milan, Italy. The Foundation was officially recognized by the Spanish Ministry for Culture in November 1993.

Each year, the L.G.W.P.F. holds annual International congresses in Madrid, Spain and in Kathmandu, Nepal, to provide a forum for discussion between scientists, doctors, therapists, educators and philosophers. One of the major aims of the Foundation is to promote exchanges between East and West, showing evidence as to the benefits of ancient Himalayan healing methods, other natural healing methods and the energetic qualities of spiritual healing. The Foundation also gives a base for constructive dialogue between different cultures in order to create and promote non-formal education methods for better living and to develop inner peace and world peace.

The Himalayan Healing Centre in Kathmandu, Nepal, provides minimal cost

western medical care alongside the Himalayan traditions, for local inhabitants, offering many different facilities enabling the use of various therapeutic systems. Moreover, the centre created a space to hold residential courses in traditional Himalayan medicine, lectures, conferences and so on, with the aim to create a base for the exchange of verbal information and clinics for the actual medical practice between the eastern and western medical sciences.

Several project branches of the Foundation have been established over the years, namely:

In 1993, «Lama Gangchen Kiurok Tsochun - Help in Action», which mainly supports Tibetan families living in exile through a programme of adoptions at a distance, and at present counts over 800 sponsors. It also financially supports the construction and upkeep of schools, clinics and monasteries in India, Nepal, Mongolia and Tibet, supplying them with different therapy systems, trained western doctors and facilities, materials and medicines.

In 1994, Lama Gangchen Peace Publications, situated in Milan, Italy, born with the aim of spreading positive information about Inner and World Peace Education, Self-Healing, self-responsibility and self-morality; natural therapies, environmental awareness and inter-religious cooperation.

In Brazil, he founded the Himalayan Amazon Andes Healing Arts Association to help the indigenous people of the rainforests regain a healthy and safe environment by regenerating the elements which sustain life at all levels, to create inner and outer harmony.

In 1996, the Lama Gangchen World Peace Service Association, run on a voluntary basis to assist the community at large and which runs the Western headquarters of the Himalayan Healing Centre, housing the school of traditional Tibetan Medicine; as well as the United Peace Voices, a music therapy group of female vocalists and male instrumentalists, to promote the ancient Himalayan healing methods - which for centuries has used sound and music as a means to transmit profound messages, as well as to transform inner and outer energies - through music and arts, with the particular aim of spreading positive information on Self-Healing, inner and world peace and environmental care.

In 1997, the Global Village in Bagni di Lucca, Tuscany, Italy - for healing

body and mind: with its hot springs and thermal baths.

In 1998, the Global Open University for World Peace in Bagni di Lucca, Global Village; the World Peace Radio broadcasting from the Himalayan Healing Centre in Kathmandu, Nepal, as well as the Gangchen Services Association for poor and destitute children.

Since 1995, the World Peace Prayer Society has kindly invited on many occasions the Foundation to collaborate in the participation of flag and peace pole ceremonies such as those held in New York, Italy, England, Brazil, Nepal and India, to promote worldwide the hope «May peace prevail on Earth»

Peace awards

1992

- Honorary President of the Academy of Energy and Informative Sciences, Moscow, Russia.

1993

- Honorary citizenship of Campos do Jordao, Prefeitura Municipal da Estancia, Campos do Jordao, Brazil.

1994

- International San Francesco e Santa Chiara d'Assisi award for inter-religious dialogue, Centro Francescano Internazionale di studi per il dialogo fra i popoli, Massa Carrara, Italy.

1995

- Pax Mundi Medal, Open International University for Complementary Medicines, Sri Lanka (reg. with UN).

- Academia Diplomatica de la Paix Award, under the patronage of the Dag Hammarskjold Awards Committee.

- Gold Medal for Alternative Medicines, Indian Board of Alternative Medicines, India.

- Certificate of Fellow Concili Scientiarum (F.I.C.A.), International Council of Ayurveda, Ludhiana, Punjab.

- Fellow of Foundation of Integrated Medicines, Prashanti Medical Care Institute, Benares, India.

- Sewa Chakra Award, presented by the Governor of Orissa, Dr B.S. Reddy, on the occasion of World Health Day, Calcutta, India.

- Gem of Alternative Medicines, presented by Mother Teresa, Calcutta, India.

- Shree Jagatguru Shanti Muni, Supreme World Guru of Peace, Oriental Research Academy of Occult Religion, Astrology, World Peace and Universal Brotherhood, Bombay, India.

- Doctor of Naturopathy and Natural Home Remedies, Cosmo Medico Healers Research Association (linked to Academy of Naturopathy, Atlanta, Georgia USA), Bombay, India.

- National Capital Territory of Delhi Civic Reception, on the occasion of World Earth Day, Delhi, India.

- Doctorate of Holistic Medicine, International Institute of Polypathy, Delhi,

India.

- Fellow of Environment, Indian Institute of Ecology and Environment, Delhi, India, (in association with its collaborators such as: University of Witten Herdecke; University of Central Florida; University of Wyoming; Napier University; Russian Academy of Sciences; Lucknow University; Delhi University).
- Eco-Peace Award, Indian Institute of Ecology and Environment, Delhi, India.
- Fellow of Foundation of Integrated Medicines, Indian Foundation for Development of Integrated Medicine, affiliated to World Association of Integrated Medicine, India.
- Doctor of Naturopathy, Cosmo Medico Healers Research Association (affiliated to the Natural Home-remedies Academy, Atlanta Georgia, Usa).
- Appointed Professor of Holistic Health Sciences and Head of the Department of Buddhism, East-West University, Missouri, Usa.
- Fellow of the International Holistic Medical Society of the United States, Missouri, Usa.
- Doctor of Science, Open International University for Complementary Medicines, Colombo, Sri Lanka.
- Appointed Vice-Chancellor, for 5 years, Open International University for Complementary Medicines, Colombo, Sri Lanka.
- Ancient Royal Order of Physicians of Sri Lanka, Colombo, Sri Lanka.

1996

- National Record of Award and Appreciation, for the activities of the Global Open University project, India.
- Fellow of Non-formal Education, Dr Zakir Husain Institute for Non Formal and Continuing Education, India.
- Albert Schweitzer Gold Medal, International Institute of Universalistic Medicine, Poland.
- Doctor of Philosophy, International Independent University of Ecology and Politology, Moscow, Russia.
- Doctor of Energetic Medicine, International Foundation for Energetic Medicine, Ann Arbor, Michigan, Usa.

1997

- Love and Compassion Services, International Bodhi Club, Patna, India.
- National Appreciation and Civic Reception, by Sahib Singh, Chief Minister of New Delhi, India.
- Honorary Chancellor Emeritus, Open International University for

Alternative Medicines, Calcutta, India.

- Honorary President, Buddha Institute of Technology, Delhi, India.
- Distinguished Service Award, Sports Science Research Foundation, Delhi, India.
- Bihar Citizens Association Award of Honour, Bodhi International and Rotary Patna South, Patna, India.
- World Peace Leader, Institute of Universal Consciousness, Delhi, India.
- Gem of Peace, Acupressure Parishad, Patna, India.
- Fellow of International Management, Indian Institute of Business Management, Patna, India.
- Fellow of Non-Violence, Dr. Zakir Husain Institute for Non-Formal and Continuing Education, Patna, India.
- Fellow of Polypathy, International Institute of Polypathy, Delhi, India.
- Fellow of World Association of Integrated Medicine W.A.I.M., Delhi, India.
- Global Peace Ambassador, New World Academy, London, UK.
- Sanskrit Award, Delhi, India.
- Royal Order of Physicians Medal Award, Sri Lanka.
- Doctor of Theology, Open Intercultural University, Opeinde, Holland.
- Director of the Global Peace University, Opeinde, Holland.
- Certificate of Merit, Academic Council for Cultural Integration of India, Spain.
- Certificate of Honour, South Asian Federation Games, India Olympic Association, Spain.
- Professor at the Open International University for Complementary Medicines, Colombo, Sri Lanka.
- Honourary Membership of Mamba Datsan, Institute for Traditional Mongolian Medicine, Ulaan Baator, Mongolia.
- Appreciation by the Beijing Argus Culture and Science Developing Center, Beijing, China.
- Certificate of Supreme Healer, Tashicholing Monastery, Ulaan Baatar, Mongolia.
- Rector Advanced Buddhist Studies in Tibetan Language, Chinese College.
- Healer of the Environment Award, Aquiterme, Italy.
- Board of Directors, East-West Combined Medical Association, Lahore, Pakistan.
- Appreciation Award by SanaArte Foundation, Caracas, Venezuela.
- Diploma for developing a Culture of Peace, Catedra Unesco Planeta Libre, Caracas, Venezuela.
- Indian Traditional Order of Pandit, Indian Council of Natural Medicine and Research, Bombay, India.

- Award of Appreciation, Zoroastrian College, Bombay, India.
- International Advisor of the World Association of Integrated Medicines, Varanasi, India.
- Mahavajracarya of the Universal Life Buddhist Association, Boston, Usa.
- International Felicitation, Indian Institute of Ecology and Environment, Delhi, India.

1998

- Certificate of Excellence of the Ancient Royal Assyrian Order of Merit, Kathmandu, Nepal.
- Certificate of Appointment as Honorary Chancellor Emeritus of the Open International University for Alternative Medicines of Calcutta, India.
- Certificate of Appointment as National Chancellor for Italy of the International Association of Educators for World Peace, Kathmandu, Nepal.
- Honorary member of the University Association of Yoga Masters, Scientific European Union of Yoga Masters, Madrid, Spain.
- Patron and Honorary advisor of the National Foundation of Holistic Health Sciences, Khulna, Bangladesh.
- Honorary President of R.O.C. Dha Jin-Buddhist Headquarter, Taiwan.
- Trustee and executive board member, Sleeping Elephant Trust, New York, Usa.
- Fountain of Universal Peace Award, IAEWP, Sao Paulo, Brazil.
- World Peace Recognition, World Peace Academy, Sao Paulo, Brasil.
- Albert Einstein Award, International Association of Educators for World Peace, Rio de Janeiro, Brazil.
- UN Plenipotentiary Envoy for IAEWP.
- Executive Board of Directors for IAEWP.
- Premio Cycrus '98 per la Pace, New Age Cultural Association, Casino Municipale, Sanremo, Italy.
- Honorary Member, New Age Cultural Association, Casino Municipale Sanremo, Italy.

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- Peace Radio - HHC, Kathmandu, Nepal
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