

**Luang Phaw Dhammajayo** was born in Singburi Province, Thailand in 1944. Backed with deep interests in Buddhism and meditation, he was ordained as a Buddhist monk at the age of 25 at Wat Paknam Bhasichareon.

Today, the Venerable Dhammajayo is the abbot of the Dhammakaya Temple in Khlong Sam, Thailand and has received an Honorary Doctorate Degree in Buddhist Studies from the Maha Chulalongkorn Raja Vidyalai University.

An individual who is dedicated to advocating world peace through inner peace via meditation to bridge and reconcile the differences between people from different countries, religions and cultural backgrounds, he has been active in teaching the general public in Thailand and in over 60 countries globally.

In recognition of his peace advocacy work, the Venerable was the first Thai Buddhist monk to receive the Mahatma Gandhi Peace Award from the All Indian Gandhian Worker Society, India, in 2005. He also received the Universal Peace Award from the World Buddhist Sangha Youth, Sri Lanka, in 2006.

## Tomorrow The World Will Change

Luang Phaw Dhammajayo

“The dream of world peace will never come true if the dreamer is unable to find his or her own inner contentment. Once everyone experience inner happiness, true world peace will occur.”

What would a world of peace be like?

In the light of never-ending conflicts, wars and terrorist threats, peace is something that seems unattainable. Constantly wrought with uncertainty and hostility, life on this planet sometimes does seem lacklustre and lacking in joy; much less peaceful.

While most of us would think that the dream of world peace coming true is akin to catching the wind with our bare hands, Luang Phaw Dhammajayo, abbot of Dhammakaya Temple and president of Dhammakaya Foundation, brings an encouraging message: that world peace is within reach ... and all it takes is a simple practice.

Through the act of meditation – stilling the mind and focusing the mind at the centre of the body – every individual, regardless of race, culture and religion, can experience inner happiness that will ultimately perpetuate goodness and harmony on earth. Innate happiness, through meditation, has the power to purge inner demons such as greed and anger – the root cause of strife on earth – from the hearts of humanity.

Discover how you, as an individual, can gain a deeper understanding of life to combat the negativities of this world by first reaching an inner calm. *Tomorrow The World Will Change* not only gives you an overview on how meditation can make you a better person; it teaches you how to master meditation through its step-by-step meditation guide.

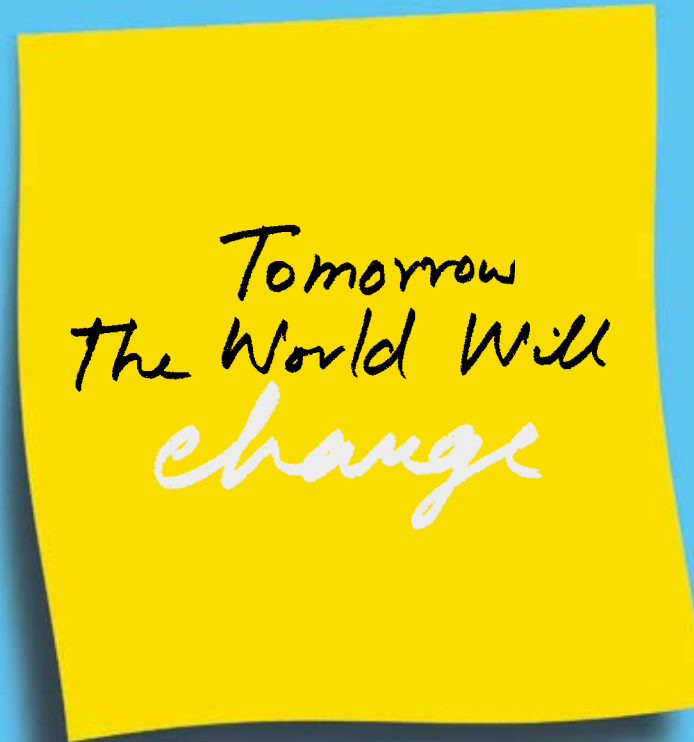


TAWANDHAMMA FOUNDATION



Tomorrow The World Will Change

Luang Phaw Dhammajayo



*A Practice for all Humanity*

Luang Phaw Dhammajayo

## Tomorrow The World Will Change

Luang Phaw Dhammajayo

Are you constantly feeling stressed up and frustrated?

Feeling tired of the constant strife and rivalry that never seems to cease in this noisy world?

Take heart... peace is not far away from your reach. In the pages of *Tomorrow The World Will Change*, Luang Phaw Dhammajayo shares an age-old method in which you can experience inner happiness that radiates from within. Through the simple act of meditation, conflicts and differences can be dissolved. When the mind is calmed, the happiness from within us has the power to purge the root cause of strife – greed and anger – from the hearts of humanity. A calm mind is the wellspring for peace, wisdom and infinite happiness.

If you believe that life should not be subject to never-ending conflicts and violent wars, this is the book for you. The world can, and will, change for a better tomorrow when individuals experience the power of inner happiness that will perpetuate goodness and harmony.

Tomorrow  
The World Will  
*change*

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*to*

All Mankind Who Will  
Change the World  
Peacefully

## Foreword

*We all wish we live in a better world  
Some believe war is the mighty way  
Only to find victory sours to revenge  
And misery, so we doubt  
True peace can ever be  
Awards and rewards we present  
But greed and hatred seem more dominant  
Let us return to the simple way  
That people of all ages can obey  
Our wish may yet come true  
Such a simple thing to do  
To close our eyes and relax through and through  
To still your mind at the centre  
Until cool brightness freshens you  
Encircling with the best of happiness  
Blessing others with love and kindness  
Conflict and difference then dissolve  
Tomorrow the world will evolve  
Changing through this simple way  
A secret I share with all of humanity.*



*Luang Phaw Dhammajayo  
1 July 2006*

## Introduction

**Peace.** This is a word all of us know. We have heard it spoken countless of times in the media by politicians, but it is a word rarely uttered by common people. It is as if the notion of peace is far removed from our day to day existence. For most people today, 'peace' conjures the image of an international conference centre with hundreds of national flags fluttering in orderly rows, with sombre leaders and representatives of countries, all dressed in formal attire, delivering impressive speeches under a spotlight and shaking hands on the world stage to reverberating applause. We take for granted that the process of achieving world peace must follow the channels of politics, international compromises and signed treaties. We think that peace is the responsibility of world-class organisations like the United Nations, national governments and non-governmental

organisations. We have come to believe that creating peace is not our duty but the domain of someone else who has power, holds a governing position, has budgets, and is somehow more organised than the average citizen. So our home is left to endure wars and political, economic and religious conflicts. Establishing world peace seems as unattainable as catching shadows in one's hand. The dream of global happiness seems to deteriorate with the news of each bomb explosion, each person senselessly killed, each hateful word uttered.

Although peace is profoundly complex and deeply important to all humanity, let us define it simply for now as a sense of happiness and well-being. Indeed, peace can exist everywhere – within your heart, your family, your neighbourhood, your society and nation; even encompassing the entire world. The term 'world peace', then, can be generalised as 'the world's happiness' in which

everyone on the planet experiences and shares this sense of contentment. We all long for it, yet a vast majority of us have not realised that we are the most significant and essential element in which peace can flourish. Changing this world into a place of true peace is the responsibility of all of us. Born as intelligent beings who inhabit this earth, are we then not responsible for world peace – a happiness belonging to the world as well as to ourselves? We cannot claim that peace-making is the work of the others.

In concert with the efforts made by national governments, organisations and dedicated individuals who tirelessly seek ways to cure the ills of wars and conflicts through technology and strategies, Luang Phaw Dhammajayo, the Most Venerable Phrarajbhavanavisudh, the abbot of Dhammakaya Temple and president of Dhammakaya Foundation, offers his distinctive solution. Ordained since 1969, he is dedicated to

immersing himself in the study and practice of the Buddha's pure teachings. For almost 40 years, he has always emphasised to the thousands of those who follow his teachings at the Dhammakaya Temple, branch centres and homes worldwide that "world peace needs to stem from inner peace".

"Everyone has an important role to play in changing this world for the betterment of humanity. Although the task is difficult, it can be attained through a method so simple that it is often overlooked".

Luang Phaw Dhammajayo's teachings are not merely based on an ideal concept shaped by philosophical thoughts. His teachings are truths of life that he had experimented upon and proved to be true by his own practice, and corroborated by the experience of others. This path brings about great willpower to abstain from bad deeds and to practice good deeds, as well as to keep one's

mind pure and energetic. He has been successful in conveying these practices to his students so that they may change and improve themselves. Practitioners of his method, who attained inner happiness, have themselves become beacons of kindness and peace in their families and communities. They are capable of banishing dark thoughts that taint their minds and they share their happiness with others. These testimonies from people from all walks of life prove that Luang Phaw Dhammajayo's guidance is capable of transforming lives for the better – for the individual, the family and society and the world at large – bringing about a movement towards peace in a non-violent, non-political way.

On the occasion of Luang Phaw Dhammajayo's nomination for the Mahatma Gandhi Peace Award from the All Indian Gandhian Worker Society in India in 2005, the Universal Peace Award from World Buddhist Sangha Youth in Sri Lanka in 2006

and the Atish Dipankar Peace Gold Award from the Bangladesh Bouddha Kristi Prachar Sangha in 2007, I, with dedicated students across the globe, would like to take this opportunity to express our delight in compiling his valuable teachings into this book. Our hope is to share our pursuit of peace with the countless peace-seekers of the world who long to create better lives for themselves, their families, society, nations and the whole world.

May the teachings in this book give you the knowledge and strength to attain inner joy and to become a champion of peace on earth. May peace prevail on earth forever.

*Anant Asavabhokhin.*

Mr. Anant Asavabhokhin

On behalf of the Publication Committee and Luang Phaw's disciples worldwide

Best CEO of the Year, 2004

Star of Asia, 2003

President of the Building Committee for the Dhammakaya Cetiya

3 March 2007

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Chapter *1*

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The Mind as the  
Origin of  
Peace and War





The human experience is composed of two important parts, the body and the mind. These two elements communicate back and forth with each other from the moment of birth until death. We recognise the fact that the conscious mind controls how we think, speak and act in most situations. Sometimes these actions are admirable, even noble, but at other times they can be shameful. For this very reason, our minds can be the starting point for both war and peace in the world. If a person's mind is infected by greed, anger and ignorance, thoughts that lead to conflicts arise. Like the flame of a tiny matchstick that is capable of completely consuming houses and even cities, all the wars and strife happening

across the world, causing enormous suffering for millions of people, are ignited by a flame within the mind.

Just as the mind can be the source of suffering, a calm and aware mind can be the wellspring of wisdom, peace and infinite happiness that will envelop the individual, his family, the community, society and all the people of the world. From this beginning, world peace can happen – once we realise that the mind is an important instrument that can spark wars or perpetuate peace.

Throughout history, we have fought one another, whether on a large scale like World War I and World War II, on a smaller scale such as civil wars, or as confrontation between individuals. The human race has never once stopped fighting. While we sleep at night, on the other side of

the world where there is sunlight, conflicts are constantly taking place between nations and between individuals. When it is daylight for us and the other side of the world is blanketed in darkness, we reverse roles in a cycle of endless killing and violence.

These never-ending wars and battles originate from clouded and misguided minds of people. In some instances, the people who initiated war will reason that they are really fighting to establish peace. The truth of the matter is that war causes physical and psychological damage, more suffering and death. To argue that war brings peace is to argue that the best way to put out a fire is to douse it with a bucket of gasoline. Wars only serve to fuel the hostility and hatred between the combatants and multiply the atrocities – moving the possibility of peace even further away from our grasp.

Worldly conflicts have never been able to bring lasting happiness to anyone. The victorious may one day be defeated. The conquered, instead of accepting defeat, allow resentment and revenge to fester in their hearts. Mutual distrust and hatred bind the conqueror and the conquered together in misery long after the actual war is over, and both sides will suffer the consequences of their hostility, generation after generation.

In some countries, people live in dread under the constant threat of terrorism. Never knowing when the next attack may take place, they are neither happy nor secure. To eliminate this constant threat of attack, they strike preemptively at their perceived enemies. Instead of reprieve, they find themselves at the centre of a cycle of revenge, with consequences that are more dire than they can understand because what they fail to comprehend is how long the hatred and malice, caused by their

actions, will perpetuate in the hearts of millions of people. History has demonstrated that instead of peace, wars only beget great pain, planting the roots of suffering and hatred deeply into the bodies and minds of everyone involved.

If we can reflect with a mind devoid of any ill bias, we will come to realise that all people are our siblings. We breathe the same air. We drink water from the same rain clouds. We gaze upon the same sun, moon and stars. We inhabit the same earth from birth, until the last seconds of our lives. We all must endure the process of suffering, birth, aging and death. We all are slaves to evil which seizes every opportunity to invade our minds in times of weakness. We all live under the law of karma. With so much in common, we should not be fighting each other since we were never enemies to begin with.

It is a great tragedy that humanity wastes its time and resources on physical wars. Instead, we should place greater importance on waging the war within us because it is a conflict with more lasting consequences than anyone has ever imagined. The enemy is not another human being, but the inner demons of greed, anger, ignorance and all the different defilements that reside in each of us. These are the true enemies of humanity. In every step of this fight, there is no physical loss of life or limb. No one sheds tears, feels sorrow or harbours resentment. Instead, there is only joy in this battle, one that is vital in creating an enduring world peace.

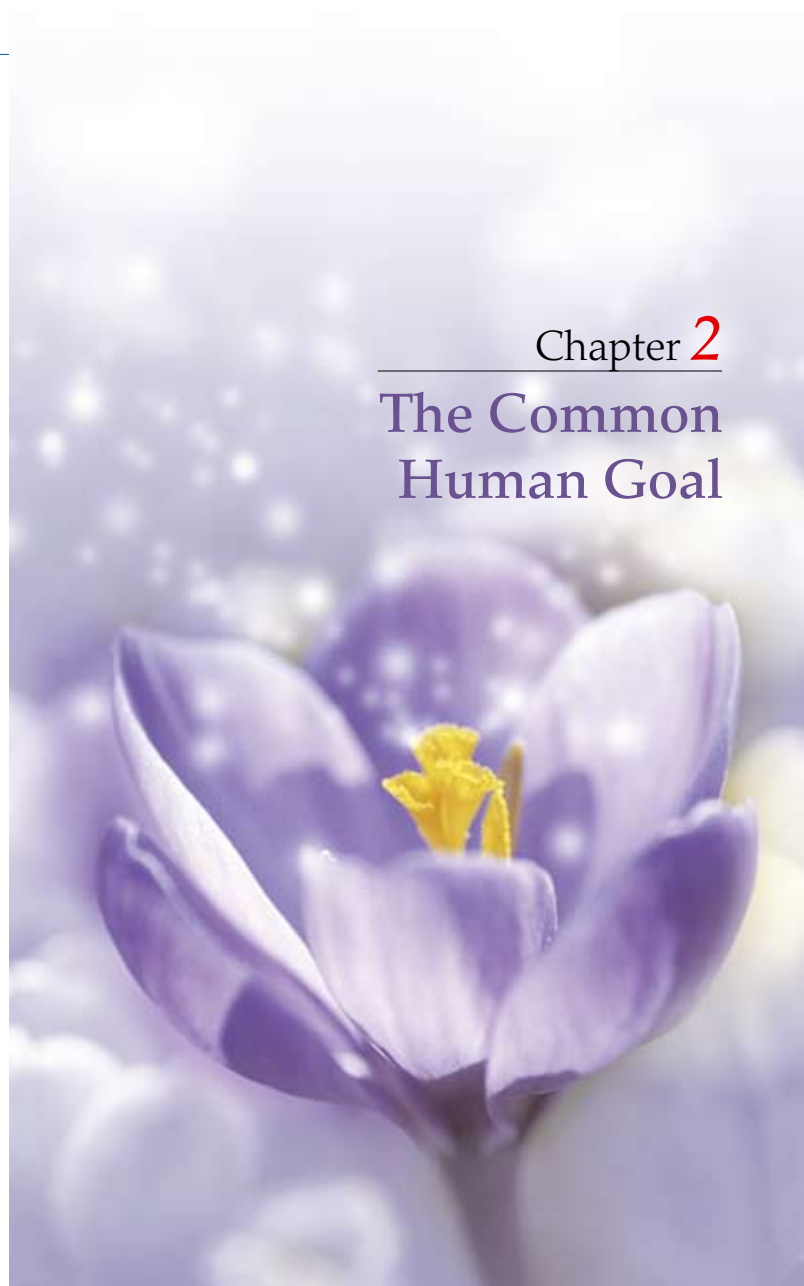
We can initiate the inner 'war' by focusing our minds on our calm centre. Just as a doctor seeks the root of disease using microscopes with powerful magnifications, we can see and understand complex issues that require an above-normal comprehension

with a focused and clear mind. If we can train the mind to its highest potential, we will see with clarity, the true enemy – defilement – embedded deep inside our minds, the source behind all suffering, conflicts and strife in the world. Powerful and ingrained as it is, you can eliminate this enemy just by calming the mind. It is a technique to collect and focus the purity of the mind in order to completely eradicate what is impure.

When you are able to defeat the defilements, you become a light that will guide your life and those of others close to you to the final destination in warmth and safety. When people from all corners of the world are able to do this, it will be like a million candles shining their light to banish the darkness that currently overshadows us. When we destroy the causes of war – greed, ignorance and anger – we also eliminate their consequences. This is the way to create true and enduring freedom and world peace.

## Chapter 2

# The Common Human Goal





Our world does not consist of only those who are warmongers; there are also those who have a strong determination to create a peaceful world. Some are working independently, but many have joined and formed organisations to discuss and exchange ideas on ways to promote world peace. These discussions, with peace as a common goal, have taken place numerous times among the world's different organisations. Such organisations have invested great amounts of time, money and effort at meetings and conferences to promote love and unity between different nations. They have also awarded annual peace prizes to raise awareness as well as to acknowledge the efforts of those who continue to make world peace their life's work.

While we must admire and applaud the dedication of those who pursue peace, the truth is that real world peace has not yet been attained. Wars and battles continue to be waged without end. True world peace has not taken place because we have failed to tackle the cause at its deepest roots. We still do not understand what peace really is, where it can be found, and how to plant it and encourage it to flourish.

Even though humankind comprise of people of different races, languages, religions, cultures and traditions, we have in common the long search for true happiness and the meaning of life, which are commendable aspirations. But what is peace and happiness, and from where do they originate? If we do not know the answer to these questions, how then can we attain peace and happiness? Since we do not know, we continue to pursue these aspirations based on our own wisdom

and insights. However, if our wisdom is not fully developed, then our pursuit becomes random and unorganised, making achievement of that peace we are seeking haphazard at best. With such an imperfect understanding of our goals, we may as well seek water from rocks or fish in the desert.

We have to realise that while peace efforts such as international conferences among national leaders, award presentations and community projects can help to create a peaceful world partially, true world peace can only take place when everyone takes part by following the path to attaining inner peace. Every single person who does so is a true hero deserving of the most honourable peace award. If we can get every leader of every nation to start practicing meditation so that they too may experience and understand inner peace, we can quickly change the course of this world to a more peaceful one.



## Chapter 3

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# Religions for Peace



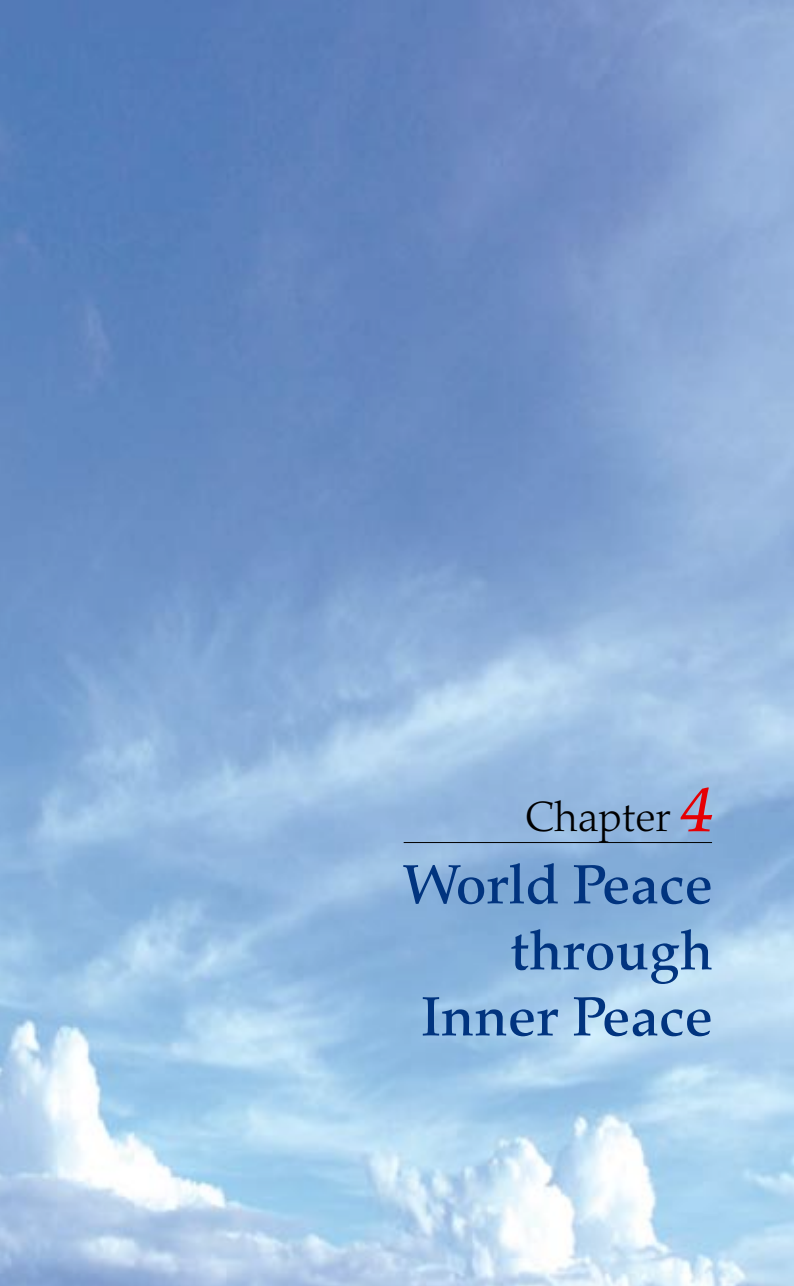
Our global community is comprised of people seeking refuge in various faiths. For the most part, the founder of each religion – be it Buddhism, Christianity, Islam, Hindu, Sikh or other religions – has taught us to love our fellow humankind. If we continue to exploit, kill, cheat and injure one another, we are not adhering to the teachings of our respective religions. We no longer seek the peace that our religions have taught us to pursue.

Throughout history, some have tried to use religion as a tool to disunite humanity. These people hold false understanding that people of other faiths are enemies and are competitors that are

to be defeated. They propagate misunderstanding and proclaim that religious differences have made us unable to live together in harmony. All who love their religion should study their original religious teachings. Buddhists should study the original teachings of Lord Buddha. Christians, Jews and Muslims should study the original teachings of their religion. Perhaps then, each will see that the original message of each religion is that of love and respect for all living things that they can correctly practice in their everyday lives. If we all do so, we close the path to grief and open the door to joy and heaven. If we love our fellow humankind, we must not kill or harm one another, but rather, dedicate ourselves to living together peacefully.

We must remember that, although the path to attaining peace differs according to one's knowledge, understanding, culture, tradition, attitude and personal satisfaction, every religion

was formed to guide people with a philosophy to live happily. In reality the true common enemy for all humankind is our defilement, which includes greed, anger and ignorance. The defilement in our minds is the true cause of conflicts, not religion. Such defilements lead us to think, speak and act in cruel, aggressive and intolerant ways that lead to pain and suffering in this world. Reject your defilements. Understand that regardless of your religion, people of different faiths do not need to despise or kill one another when what all of us want fundamentally is to live in contentment and peace.



Chapter **4**  
World Peace  
through  
Inner Peace





Men who seek peace have long debated how world peace should begin. They examine diverse environmental factors such as ecology, food supply, medicine access, laws, nuclear weapons limitation, treaties, technology, political stability, the economy, society and poverty. Despite such close and detailed examination, they fail to notice that the origin of peace is much more intimate than any of those factors they have studied. The starting point of peace is within them.

The dream of world peace will never come true if the dreamer is unable to find his or her own inner contentment. Once everyone experiences

inner happiness, true world peace will occur. When the defilements in the hearts of humankind are totally eliminated, things that were once beyond our imagination, like world peace, are suddenly possible and within reach. All it takes is to accomplish that first step – which is to practice meditation to experience the source of inner happiness. This knowledge is as ancient as the human race.

Happiness from within can be attained by quietly stilling the mind at the centre of one's body. The deeper you sink into this peace and calm found at the centre of each of us, the more it expands outwards to our loved ones, family, friends, society, and so forth without limits – like the sun that radiates its brilliance throughout the universe. If everyone meditated, the result will be magnified; encircling entire countries and even the whole world. Imagine a world of peace. The

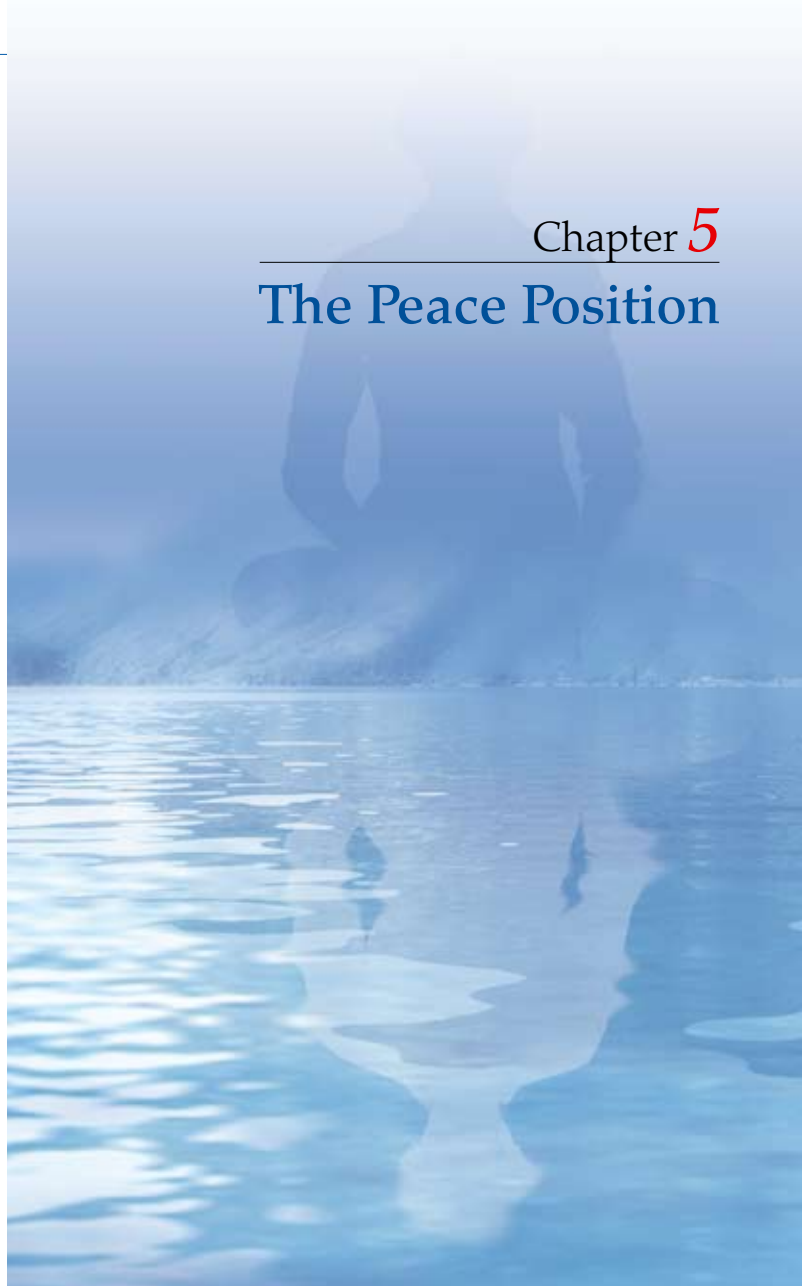
police, soldiers and criminal justice system will no longer be necessary when all we feel towards one another is joy and friendship. War, terrorism greed and ignorance are eradicated.

World peace begins with us. It does not require money, international scheme or treaties to execute this plan of peace. It starts by first bringing our mind to a standstill, then spreading it out to the world. Every good thing begins with us when we still our mind in the centre of the body at the seventh base. When our minds are at peace, the process of achieving world peace will not be difficult.

## Chapter 5

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# The Peace Position





To create world peace by allowing one's mind to reach inner happiness first, according to the practice called meditation, is what we ought to do. It is what each and every single person should be concerned with. We should not turn down the opportunity to learn about meditation because of the differences in cultures or beliefs. Although we are born into a particular nationality, religion and race, we are all companions sharing the inevitability of suffering from birth to old age, ailment and death.

Meditation, too, is universal, a practice that everyone can do, like breathing. It helps practitioners improve the quality of their minds by reaching an inner calm and happiness. Meditation relieves

stress, giving practitioners mental clarity to tackle problems wisely and allowing them to lead their lives with happiness. These are just the preliminary benefits. Beyond relaxation, there is a distinct feeling of happiness when our minds are resting at the centre. As we become more skilled, there is purity in knowledge that comes from meditation that will help every human being attain his or her inner happiness. The result is wholesome thought, speech and action.

The Most Venerable Phramongkolthepmuni's (Sodh Candasaro) encouragement to practice meditation that teaches us about the seventh base of the mind, along with our own experiences with meditation, shows us how inner happiness can be attained through meditation. The 'Peace Position' is achieved by sitting cross-legged, with the right leg on the left leg, and the right hand on the left hand. While allowing the right index finger to touch the left thumb, sit up straight and maintain awareness.

Then, gently close the eyes and gradually rest the mind at the centre of the body.

Rest the mind at the centre of the body, at the seventh base without analysing, contemplating, or attempting to reason. With regular practice, it will become increasingly easy to bring the mind to the centre of the body or at the centre of the stomach. Ultimately, the mind will become very familiar with this position, which helps to prevent the mind from wandering or drifting.

When the mind is at a standstill and is not distracted or wandering, a deep calmness will be experienced. As the calmness continues, a bright sphere will arise at the centre of the body. This bright sphere is perfectly rounded, translucent and luminous like a crystal ball; like a rain drop. It emerges naturally, representing the purest of the stilled mind at the primary level. It is not a hallucination and neither is it something that is

visualised. It has characteristics that are similar to a crystal ball – except that it is brighter and purer. It seems alive. The smallest sphere is about the size of the eye's pupil. At mid-size, the sphere is the size of a full moon; and that of the sun at midday when it is at its largest.

This sphere that arises at the seventh base is the gateway to true happiness and inner peace. It will help us lead a life full of optimism, give us an increasingly purer mind and body, a deeper understanding of life, and ultimately allow us to understand what we need to do in order to attain the highest purpose of our life on earth. This sphere is the initial state of purity that will lead us to an increasing degree of purity that enables us to experience happiness. The deeper we move through each layer, the closer we reach true happiness inside, which is then reflected on the outside. There are so much wonderful possibilities by simply bringing our minds to a standstill at

the centre of our bodies. Through this universal meditation practice, we will obtain the answers on our own about the true meaning of peace, where it is located and how we can attain it.

Once we acquire wisdom through meditation, we will come to the same understanding about the futility of wars and weapons of mass destruction. Gone will be the need for hundreds of pages of multilateral written agreements. There will only be people who speak and act honestly. The need to attend the various international peace conferences will lessen, freeing valuable resources for other worthy programmes. Are we ready to embark on this journey together to attain all the benefits of meditation?

As we deepen our inner happiness through meditation, we will start to think, speak and act in harmony because our level of understanding and wisdom will increase. We will understand

this when our minds are still. For that reason, a peace prize should be awarded to everyone who has attained inner peace, for they will feel only love and kindness for humanity, and they can be a source of peace for those around them – like a candle illuminating the darkness in the night; like the sun reflecting its warm radiance against other stars, big or small, near or far.

Creating a world filled with happiness through meditation is the noblest of all goals. We need to encourage as many people as possible to practice meditation in their lives, and then spread its wondrous benefits to every corner of the earth. The moment when all the people of the world meditate in this special position – the Peace Position – will be the moment humanity make world peace happen.

## Chapter 6

# The Source of Happiness and Peace



The differences among beliefs, cultures, customs, nationalities, religions or languages are only superficial external differences. Beneath these differences, there is a similarity – the original pure nature that exists within everyone. This universal element holds the hope of humanity to bring true peace into the world.

The original pure nature, or the Body of Enlightenment, is a natural state that we can attain when we meditate. The true happiness that we seek is concentrated in the state of pure nature, the inner body that all humanity possesses. It is the origin of happiness, purity and wisdom. It is the centre of all virtues and the

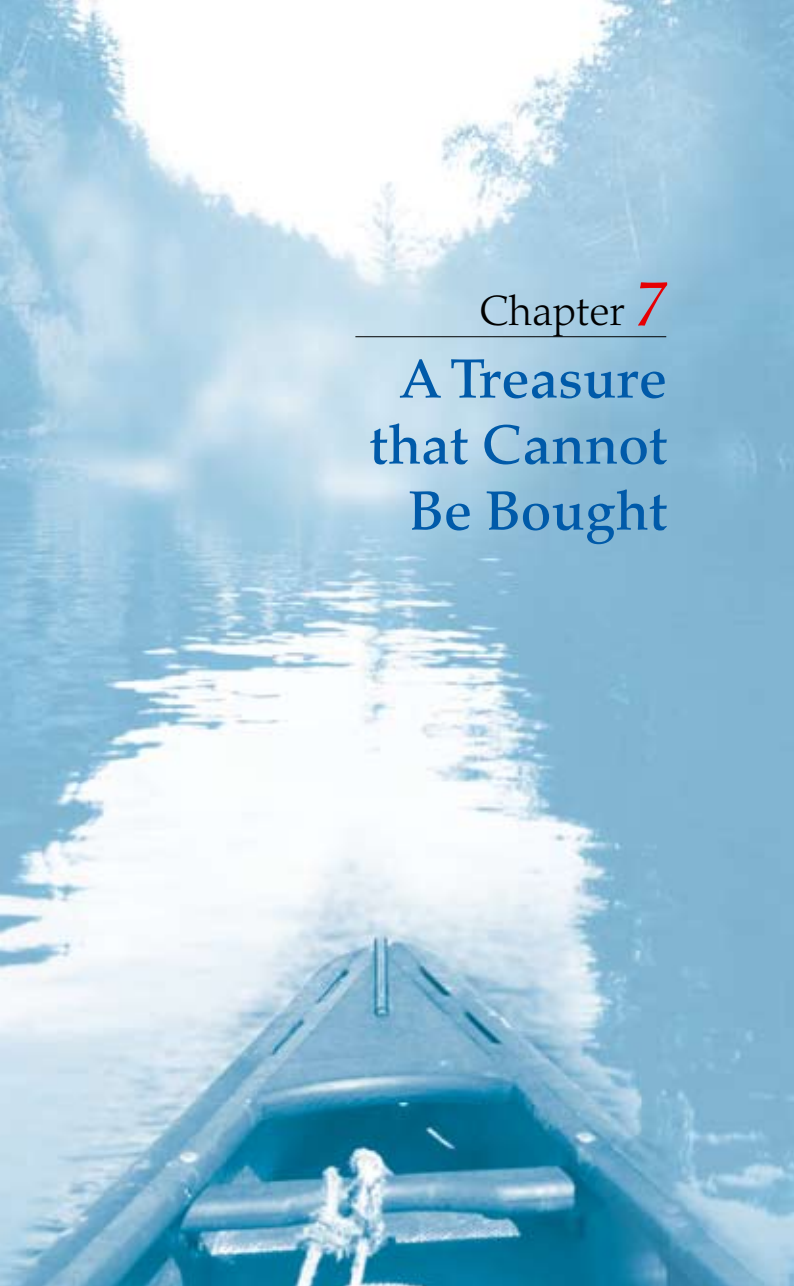
source of prosperity of all that is good.

Once attained, the Body of Enlightenment will lead us to true happiness. Our minds will be overflowing with so much happiness and positive energy that one will not want anything else but to remain in the happiness and completeness within. It can be our refuge. It is a happiness that one can experience without reliance on external things like drugs or money. This happiness is different from any mundane happiness obtained from material indulgence.

The Body of Enlightenment, once attained, will lead to justice. The term 'just' means righteous, which is defined as the purest truth. In our pure state, we are all just. Humankind will be united in heart, thought, speech and action. Generosity and fairness will replace greed and selfishness. All the world's limited natural resources will be shared

honestly and justly, leading to the total elimination of conflict, poverty and oppression.

Our pure inner nature is as universal as the sun, moon and stars in the sky. If each of us attains a Body of Enlightenment, superficial differences like race, religion and nationality will no longer seem significant or divisive. Brotherly love will blossom and everyone will be a citizen of the world.



Chapter **7**  
**A Treasure  
that Cannot  
Be Bought**



**W**orld peace through inner happiness is less costly than any war, and its result is more effective and enduring. Fighting a war requires an immense budget, equipment and the sacrifice of human lives. Conversely, the attaining of inner happiness does not cost us anything. There are no weapons used. It only requires us to defeat the true enemy: the defilements – the root of all suffering, animosity and conflicts of the world. By meditating and concentrating the pure energy within our focused mind at the centre of our body, we can eliminate the defilements. The energy we create is powerful enough to wash away mental blemishes and bring forth a clean, clear and awakened mind. Once our minds are

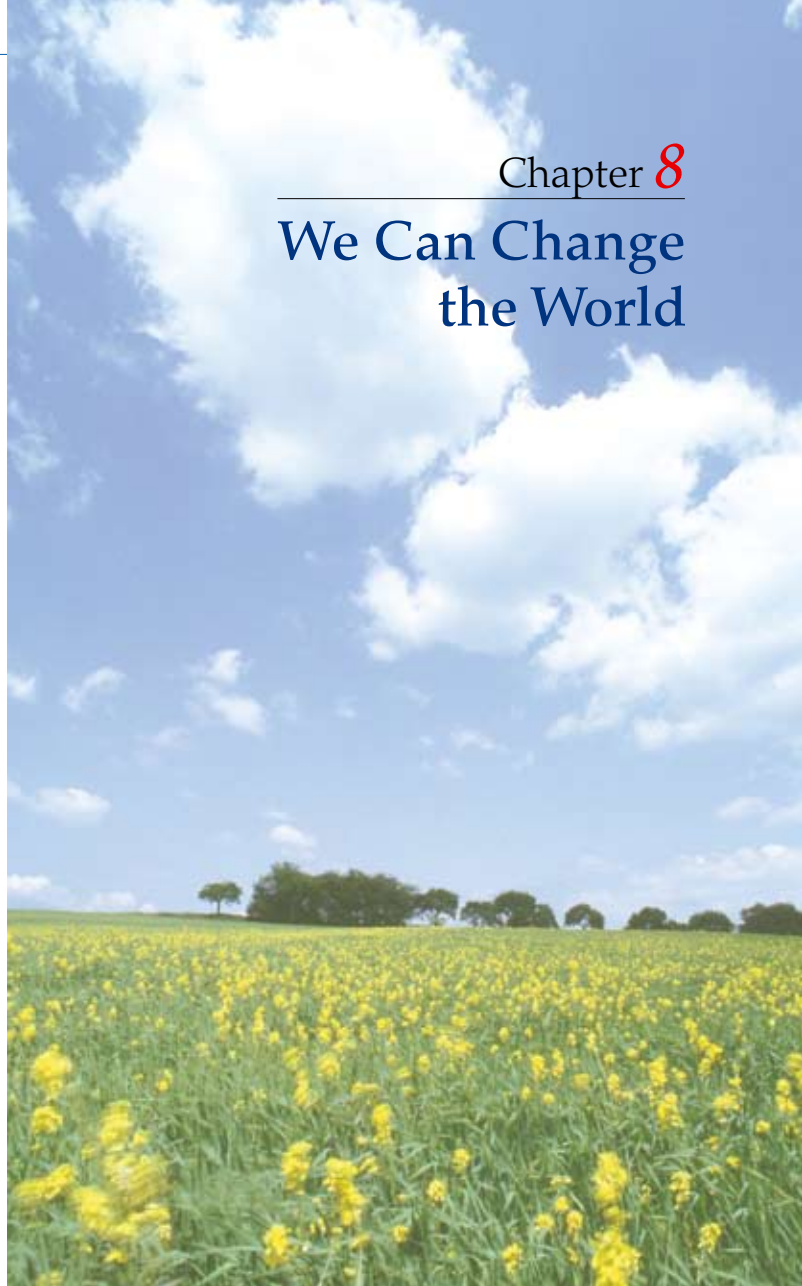


## Chapter 8

# We Can Change the World

pure, our thoughts, speech and actions will be pure too, and our inner happiness will radiate outwards to our fellowmen and to the world. We will have the strength to abstain from killing, hurting others, stealing, infidelity, lying, drinking, smoking and abusing drugs. When we find our Body of Enlightenment, good moral behaviour will come easily. When the good in us is magnified and the defilements extinguished at the source, wars, anger and hatred will no longer plague humanity.

We each have a role to play in saving the world. Consider this as a very inexpensive investment that requires minimum effort yet yields maximum benefit. We do not have to expend any money. Simply close the eyes gently and relax. Still the mind and good things will come. It is time for us now to join hand in hand to achieve world peace, the most precious treasure of humanity.





Peace cannot be achieved through the work of one person or organisation. It requires a concerted effort from everyone. To achieve peace, we will need the participation of every single person. We must share the same vision and work together through a method that is economically realistic with results that are the most beneficial and effective. We just need to close our eyes gently and relax our bodies. We begin by stilling our mind at the centre of our body to generate and focus its strength. World peace begins the moment we each close our eyes to meditate. The strength of the purity from meditating together will spread out and embrace the whole world, destroying the impurities of humanity and banishing the darkness in our minds.

Although we have long dreamed of world peace and of people living together in happiness, we still question whether this dream can ever be a reality. Consider that just 250 years ago, most people would have never imagined that ships could be built from metal and still float; that we could be passengers on planes that fly around the world; that spacecrafts can take us to the moon; or see images of another planet beamed to us from a robot. With the right attempt, even the impossible becomes a concrete reality. Doubts, insecurities and suspicions cannot withstand the sincere efforts of those who seek peace through attaining inner peace. Such people should be our role models in this global movement towards a lasting, all-encompassing peace.

I believe that the dream of a world of enlightenment can be realised in this lifetime. If we do it today, it will happen today. If we do it

tomorrow, it will happen tomorrow. If everyone in the world is ready next year, then it will happen next year. If we begin a thousand years from now, it will happen a thousand years from now. When we are committed to the path of enlightenment, there is only a joyous end to our journey.



## Testimonies from Inner Peace Pioneers

“The peace starts with me as an individual.  
 For every individual who comes to meditate  
 and develops that peace  
 It means ‘another’ individual who is out there  
 who is forming part of what could have been eventually  
 be a complete body of people  
 so strong that peace can actually be achieved.  
 I think there’s another wonderful opportunity here  
 for all the people of South Africa.  
 It doesn’t matter how poor you are.

Meditating is something that doesn’t cost you anything  
 and can change your life.  
 You can change your life almost overnight.  
 So, you don’t have to worry about  
 belonging to a religion or a creed.  
 It doesn’t make any difference  
 if you do belong to a religion or creed.  
 Meditating cuts across all of those lines  
 and all it does is provide you  
 with a wonderful life  
 with an even better way of practicing your own religion  
 with a magnificent way of contributing  
 towards this country  
 with the most needed thing today – peace.  
 When I started with meditation here  
 At the Johannesburg Meditation Centre

I followed the guidelines that were given  
 This is what I have found very useful  
 Not having been meditating this way before

Following the little light... the ball of light  
 which went through the 7th position of the mind  
 through my body

I follow that step by step  
 To the centre of my abdomen

Then concentrate on my...  
 the centre of my being  
 At that particular point

When I have my mind focused on the centre of my body  
 And I visualise this light  
 I try to expand that light  
 And in the gentlest possible way I concentrate.

It’s a need for concentration  
 And there is a need for relaxation at the same time  
 So in discovering that balance  
 I then find that my visualisations change

I feel I get a floating sensation  
 And a white light that almost dissolves my body  
 has then been covered in a white light  
 The actual physical part of my body  
 Seems to get less and seem to start joining with this light

And that gives me intense peace at that particular time

Then in the process of coming out of it  
 I think that is very important for me  
 Is that the feeling I have is carried over  
 for quite sometime into my life

When I leave the meditation centre  
 I have that wonderful feeling within me  
 Something that I would like to share  
 With other people ”

**Wren Mast-Ingle**  
*Journalist and consultant (Johannesburg, South Africa)*

“Closing my eyes gently and relaxingly, I can feel the moon within because I remember pleasantly walking under the moonlight. As I visualise the image of the moon in my stomach, I feel light as a feather and my inner space filled with happiness. It is unlike owning a Mercedes or a big mansion. Inner happiness is enormous as I visualise the inner moon. After a while, I see the moon in front of me and it moved into my stomach. I simply concentrated with a still mind, and then it ‘popped’ into the middle of my body.

Before this, I believed that the brain was the most important part for meditation. I’m very happy and delightful to know now that meditation is the true source of real happiness. It creates peace among people – regardless of religions, age or destiny – and it is the universal method that everyone can follow to establish true peace.”

### **Sultani**

*46-year-old business owner (Tehran, Iran)*

“I wish to see everyone in this world practice meditation. It is truly useful. I love Luang Phaw Dhammajayo’s saying that “you don’t have to pay for meditation”. It is wonderful. Meditation simply takes time, attention, love and commitment. Whenever I meditate, I see light that gets brighter and brighter like a sun about the size of a basketball. Finally, I will see a clear crystal sphere at the centre of my body. I have never experienced happiness like this before.

I would like to let everyone know that there is still hope for world peace. The key is to meditate in order to stop the madness and suffering. We have tried wars throughout the different eras, but it’s not the solution as it hurts fellow mankind in return.

Following Luang Phaw’s teachings is not wrong. I decided to follow his teachings and my life has been totally changed. I think if we all meditate together... being in the same light... sharing the similar happiness... that day would be the day where peace prevails – without the killing, hatred and wars.”

### **Howard McCarry**

*Entertainer*

“Come to meditate here because it makes my mind free. I am feeling quite free in the brain and free inside the spirit, helpful and joyful. My feeling inside my body is I feel enlightened. It’s much which cannot express. My feelings before and after meditation are quite different now. Now, I’m different. Before, life was difficult for me. Now I feel free, I feel light. I can solve things quite easily now. I thought my mind was trying too quickly. Now, it’s slow. I’d like to recommend meditation to my friends... not only to my friends but to all Black Africans, to all Africans. We grew up not knowing what it is. Now, we grow and we know what it is. And I think it is to prepare us and everyone to bring peace and stability to Africa.”

### **Lucky Moyo**

*Restaurant Employee (Zimbabwe)*

“Just sit quietly being ever so light. Let everything go and it will turn so bright. Seeing yourself for the first time is a wondrous miracle in itself. Imagine you are a diamond Buddha who gives light to the world. You are that already. Through meditation we realise we are all one. Thank you so much my dearest Abbot for all your love that you have given me. You have been my guiding light. You have taught me about the centre of the body, and have always encouraged me to meditate for over the last six years. I love you.”

### **Eric Levine**

*CEO, California WOW Fitness Center (USA)*

“Meditation teaches you not only to improve your own mental abilities but also to spread kindness and love even to your enemies. Meditation is also a vehicle for finding a peaceful oasis of relaxation and stress relief in a demanding world. Today we live in a very fearful and challenging time. Many people have a concern about their own future due to threats such as nuclear arsenals, terrorism and war. If meditation is practiced throughout the world, such threats can be eliminated by achieving world peace.”

**J.D.A. Wijewardena**

*Sri Lankan Ambassador to Thailand*

*Permanent Representative to ESCAP*

“Only the happiness we find from the practice of meditation is not changeable. It creates the kind of happiness that is really beneficial to human life. The peace that we gain through meditation is something individual. Individuals make up society. Then each individual has the same reflection towards peace. Peace is something we can have through the development of the mind. What the Abbot is doing is really wonderful and beneficial to the whole world.”

**Bhante Dhammika**

*Buddhist Monk (Switzerland)*

“What has been a wonderful experience here in this temple is that all religions are welcome. We sit side by side and meditate. The Abbot’s vision of world peace through inner peace is absolutely unique. If we find peace within ourselves, we will find peace with each other. It is okay to have different religions but we all live in this world together. The borders between countries should be united, not divided.”

**Gary Stretch**

*Hollywood Actor (USA)*

“I have tried to show empathy and understanding toward different societies and religions, but empathy has not always been enough. There have been times I have wanted to change hatred to love in other people’s mind. I have thus spent enormous energy and words in my arguments. My great Abbot has shown me that true peace is not external; it comes from within. Meditation makes you a good person.”

**Monica Øien**

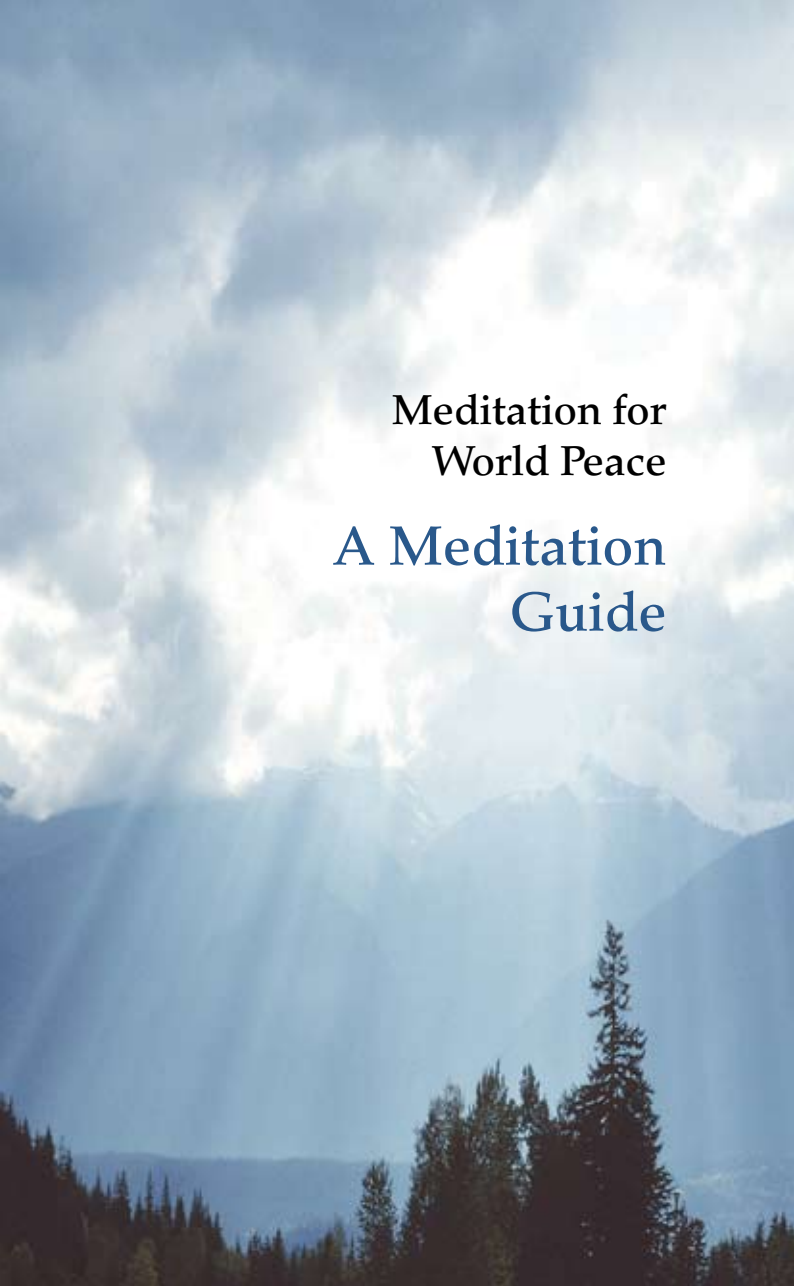
*Program Director and Documentary Maker  
(Norway)*

## Sun of Peace

*Time for dreaming is over  
So reality is now to occur  
The world needs no army  
Then there be no hostility  
When ceasing war in your heart  
Disregard the large conference  
Gently close both your eyes  
Think nothing... sit silencing  
None to be committing  
Still the mind while relaxing  
Imagine a bright sun in your body  
Comfortably proceed restfully  
Soon we’ll be satisfactory  
And we’ll desire not any  
Only love and sympathy  
Cherishing joy day and night  
World peace from inner bliss  
By simple way just like this...*


*Luang Phaw Dhammajayo  
22 March 2006*





## Meditation for World Peace

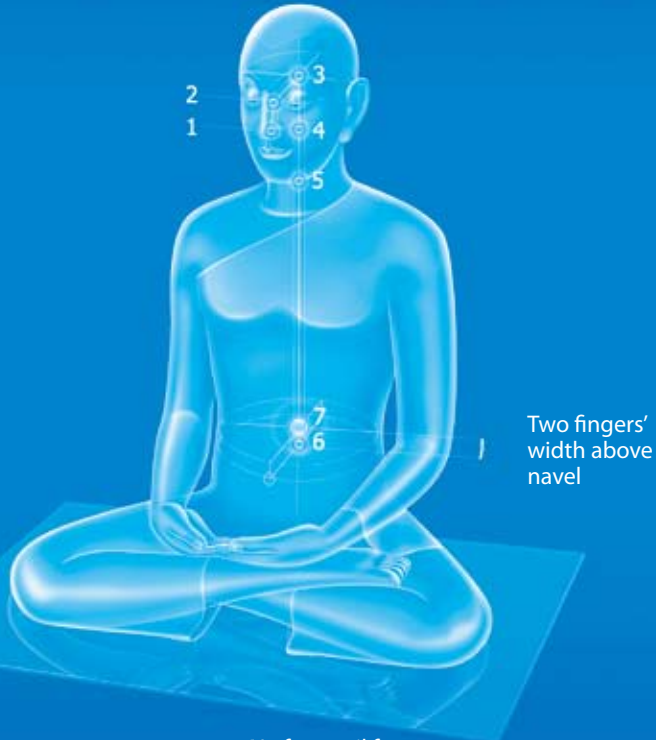
# A Meditation Guide



**S**tart by sitting in a relaxed half-lotus position by placing your right leg on your left leg, and your right hand on your left hand. The index finger of your right hand should touch the tip of your left thumb. Place your hands palms up gently on your lap. Sit with your body and head straight. If you cannot sit in this position, you may sit in a chair or on a sofa. Adjust your position so that you feel comfortable, until you feel your breath and circulation flowing freely. Close your eyes gently, just like you are about to fall asleep.

Then take two to three deep breaths. Inhale deeply, feel your stomach expand with air. Exhale slowly. When you are inhaling, let yourself feel

# The Seven Bases Leading to Peace of Mind



Base (1) Nostril { Left nostril for women  
Right nostril for men

Base (2) Bridge of nose { Left for women  
Right for men

Base (3) Middle part of head

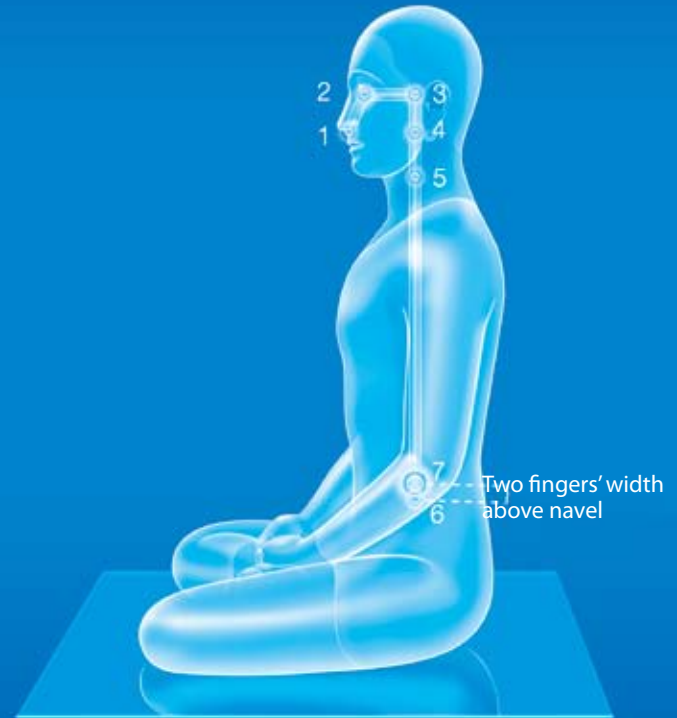
Base (4) Roof of mouth

Base (5) Throat

Base (6) Navel

Base (7) Centre of gravity

# The Seven Bases Leading to Peace of Mind



Base (1) Nostril { Left nostril for women  
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as though every cell in your body is attaining the fullest happiness and joy. When you are exhaling, release every single worry and stress. Take a moment to let go of these various concerns. Then breathe normally.

Once you have relieved your mind, you can start to relax your body. Relax every muscle in your body, from your head to the tips of your toes. Relax your entire body at all points. No part of the body should be tense or stressed. You should feel clear, light and at ease. Then make your mind cheerful, fresh, clean, pure and bright. Empty your mind; free it from all thoughts. Make it seem as though you are sitting alone in a clear and wide-open space, a place full of freedom and peace. Imagine that your body is free of internal organs, that it is clear and hollow. You might feel that your body is lighter, now that you have become a part of the atmosphere around you.

Then bring your mind to rest at the centre of the body, in the middle of your stomach, at a level located two finger widths above the navel. It is not necessary to find the exact point. Simply continue to rest your mind gently in the area at the centre of your body. Do this while releasing the tension from your body and your mind.

When you have relaxed your body and mind, start to gently visualise an internal image – that of a clear, perfectly round and unblemished crystal ball. It can be of any size but it should be bright like the midday sun or lucid like a full moon. Visualise it easily and calmly, without forcing the image to arise, without compelling its appearance. If it is not clear, do not be concerned. Whatever appears simply let it occur. And continue to keep your mind calm, still and at rest. If your mind wanders, support yourself with a mantra. Let the sound of the mantra slowly emerge from the

middle of the clear crystal ball at the centre of your body. The mantra is “Samma Arahang”, which means make the mind pure and detached from all forms of suffering. Or you can use the words “clear and bright”. Recite the mantra continuously while calmly observing the crystal ball until your mind becomes still. Then you will stop reciting or naturally forget to recite the mantra. All that will remain is the image of the crystal ball appearing clearly in the centre of your body. Serenely, maintain your concentration to sustain the image, with a mind that is still at all times.

If you have an internal experience that differs from what you normally experience, do not become agitated or excited. Keep your mind unperturbed, just observe dispassionately. Do not be pleased or displeased with what you see. In the end, your mind will become more refined and settle at the centre of your body. Your mind will

enter the centre of your body – the point of purity, brightness, true happiness and awareness. This awareness is profound internal wisdom, which grows deeper with continued meditation. You will reach the purity that is found naturally within all of us. This purity is something universal to people across the world.


When your mind is still, there is happiness in your meditation. Before stopping your meditation, perform a loving-kindness meditation. Start by unifying your mind so that it is still and at the centre of your body. Feel that you love others around you and that you want to send good wishes to everyone in the world. Let your mind coalesce into a clear, bright crystal ball that embodies the power of love and good wishes for all living beings. Let this crystal ball expand beyond your body in every direction: right, left, front, back, above and below. Let it spread out in every direction. Let it be a mind

that wishes all beings free of suffering and able to attain greater happiness. Wish that all beings will discover the greatest thing: to attain the utmost happiness that arises from meditation and that meditation brings us to the original purity that resides in all of us. You can bring this purity into your daily life. It will make life wholesome and fulfilling, complete with goodness. It will benefit you and others.

Let the crystal ball of your mind expand beyond your body until it surrounds you and others who are both near to and far from you. Let it expand to encompass your present location. Let it grow ever larger until it reaches the sky. Do this until you feel that your mind is boundless and is filled with love and good wishes for your fellow human being on every continent and in every corner of the world.

Let your mind connect with all beings. Let them only have happiness. Let all countries in the world prosper and be full of good people who work for true happiness and peace. Let the power from the purity of your still mind at the centre of your body spread to those people who are suffering because of war. Let their suffering turn into happiness and let this happiness be lasting. Let the people of the world cease exploiting and harming one another. Let people's minds be freed from darkness and become rich in love and compassion.

The energy of purity that comes from meditation is a pure power. This power spreads quietly into the atmosphere. It dispels flaws and darkness in our human minds so they will return to brightness. Let us conduct our lives correctly in happiness with good minds and change the world to achieve true world peace.



Luang Phaw  
Dhammajayo's  
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Societies

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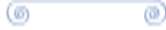
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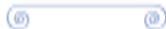
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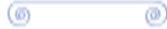
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**Luang Phaw  
Dhammajayo**

Luang Phaw Dhammajayo (The Most Venerable Phrarajbhavanavisudh) was born in 1944 at Singburi Province, Thailand. His interests in Buddhism and meditation began when he was still in his adolescence. After graduating with a Bachelor's degree, he was ordained as a Buddhist monk at the age of 25 at Wat Paknam Bhasichareon.

In 1970, Venerable Dhammajayo and his community established the Buddhachakka Meditation Centre (Soon Buddhacak-Patipatthamm) in Pathumthani Province, Thailand. It later developed into the Dhammakaya Temple which provides activities that are very beneficial to the society. Venerable Dhammajayo

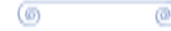


has also received an Honorary Doctorate Degree in Buddhist Studies from the Maha Chulalongkorn Raja Vidhayalai University.

He was the first Thai Buddhist monk to receive the Mahatma Gandhi Peace Award from the All Indian Gandhian Worker Society, India, in 2005. He also received the Universal Peace Award from the World Buddhist Sangha Youth, Sri Lanka, in 2006. He is an individual who has devoted himself to creating world peace through inner peace employing meditation to bridge the differences between people of different countries, religions and nationalities to attain the Dhammakaya within and to teach ethics to the general public – within Thailand and over 60 countries around the world.

Venerable Dhammajayo's Dhamma programme is broadcast through the DMC (Dhamma Media Channel) Satellite and the Internet ([www.dmc.tv/en](http://www.dmc.tv/en)). The programme is available in Thai, English and Chinese languages to continents around the world.

## Live Meditation Lessons



The Dhammakaya Foundation offers meditation lessons on a satellite TV channel called DMC, run by its affiliated organisation. The channel provides 24-hour coverage on meditation, Dhamma talks, news, music, health programmes, children's and youth's programmes in the Thai language. Viewing is completely free of charge.

A select number of programmes are available in English, Chinese, Japanese, Vietnamese, German and Spanish. English-language programmes include a live meditation lesson at 0700-0730 GMT (1200-1230 ET) on Tuesdays through Sundays and Meditation for All, a feature programme broadcast at 2200-2230 GMT (1600-1630 ET) every Sunday. You can join a live mass meditation session at 1640-1800 and 2030-2100 GMT on Sundays. A case study-based Dhamma programme with English subtitles is available Monday through Saturday at 0230-0300 GMT (0040-0110 ET).

You can watch the programmes on the satellite TV or on **[www.dmc.tv/en](http://www.dmc.tv/en)**.

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