



*By the power of the truth and all human beings' attention,  
May violent times transform into peaceful times  
May violent people transform into peaceful people  
May violent minds transform into peaceful minds  
May violent society transform into a peaceful society  
May violent media transform into peaceful media  
May violent jobs transform into peaceful jobs  
May violent medicine transform into peaceful medicine  
May violent culture transform into a peaceful culture  
May violent science transform into peaceful science  
May violent religion transform into peaceful religion  
May violent environment transform into a peaceful environment  
May violent sport transform into peaceful sport  
May violent food transform into peaceful food  
Please, Peace with everything  
Everything with peace*

**Lama Gangchen**

### **United against violence**

Peace is much more than just an absence of war. But nowadays, we live in a culture so pervaded by violence that it is becoming increasingly difficult for us to distinguish between violence and peace. This is because violence manifests itself in many different ways and on many levels. In fact, we have become so familiar with the violence infecting all aspects of our life, that we find it difficult to even recognise peace. Violence is not only war, terrorist acts, murders and fighting; there exist many subtle levels of violence that are embedded within our communities, families, peers and even within us. Media, sports and entertainment are full of violence, but even our personal everyday actions, gestures and expressions are violent. Our

violent thoughts can be far worse than the violence caused by guns!

We have to stop assuming that other people or organisations will change the world on our behalf; each and every one of us has to take responsibility for reversing these violent tendencies and for the development of a new culture of peace. We need to wake up and start creating peace in our own minds, in our family, in our society and in the world. We need to apply peaceful attitudes to all the different areas of our busy modern life and bring peace values into our workplace, into science, medicine, education, media, international relations and so on. To do this there is no need for us to change our religion, language, dress or culture, we just need to stop creating the causes of our personal, social and environmental suffering. We can solve our inner emotional wars, family problems, international conflicts and any other form of violence simply by choosing peace. Violence is far too expensive economically and emotionally. Peace on the other hand costs nothing.

Peace is our inner light, the best company and our closest friend. Even when our other friends abandon us, peace is our constant companion and always available to help us. Medicine can temporarily relieve our pain, but peace medicine can heal our inner suffering. Some kinds of protection fail, but with inner peace we are always protected. Peace is precious. Peace is the bridge between all religions. Peace is the single morality that everyone can agree upon. Even people who do not believe in religion can still believe in peace. Peace creates good feelings. Whatever we achieve based on peace will be steady and firm, so we all need to create a peaceful base for our lives, our culture and for our world.

We all choose a philosophy to live by, so for the sake of the present and future generations, choose peace. We find it difficult to recognise what is our real friend and what is our enemy. The peace slogans placed throughout this book challenge our habitual and cultural acceptance of violence. By thinking, meditating or repeating with feeling these “words of truth” we can change our mental attitudes and develop a peaceful base.

*(The original English version of this book is available from [www.lgpp.org](http://www.lgpp.org))*