

## News From The Dalai Lama Foundation —

### November 2009

Periodically the Dalai Lama Foundation features an organization whose peaceful mission is aligned with ours.

Have a suggestion for a future organization that you would like to see featured? [Please let us know.](#)

### The Peace Revolution

—World Peace through Inner Peace



[Peace Revolution](#) is a global online self-development program that strives to bring peace to the world, through participants finding peace within themselves. Working to create a new “paradigm shift,” intent on redirect-

ing and refocusing our personal priorities from an outward search to an inward quest designed to discover and cultivate a lasting, self-sustaining happiness.

Some of the many features of the Peace Revolution online program include: free guided meditation; mp3's in six different languages; an inner peace time journal where one can log daily meditation experiences; support from dedicated peace coaches; the option to interact with members in an online forum; and other peace related media.

One of the most popular features is the monthly *Full Moon Silent Party*. Each month on the full moon day peace rebels from around the world meditate together, in their respective countries to cultivate inner peace within their mind, expand their minds

filled with peace, and sharing this peace with families, communities, cities, countries and the world.

Kondwani Prince Thindwa, a peace rebel from Malawi, after taking part in the program for two weeks stated “*anyone who practices inner peace time daily, will not have destructive or violent ideas.*” He went on to say that it is his belief that the world will be peaceful if everyone can discover inner peace themselves.



Active participants in the *Peace Rebel* program will have the opportunity to attend the *Peace Revolution Conference* in Thailand in February 2010, where they will experience a deepening of their Inner peace through a *Peace Revolution Retreat* and beautiful *Light of Peace Ceremony*.

The *Peace Revolution* is open to all—anyone from any age, any culture, any religion or background is invited to sign up and participate. The program already has close to 800 members from 120 countries in every corner of the globe. Be a peace rebel and rock the world!



## Peace Dot

If you're a blogger, webmaster, have a Facebook page or own an Internet domain, you can help increase global awareness of peace and peace-related activities and metrics by creating a *Peace-dot* page (or site) within your domain. The [Peace-dot project at Stanford University](#)



[focuses on measuring and promoting peace, and we subscribe to their goal of creating a large community engaging in massive collaboration to spread the news about peace and score its quantifications and progress all over the world.](#)

To this end, we encourage you to create a page or site in your own domain and add your voice, and that of your organization, to this process. The goal is that wherever there's an organization that has a [www.dot.com](#) presence you could also find a site [peace.dot.com](#) that describes the organization's commitment to measurable steps to maintain and create peace in the world.

But even if you don't have your own peace-dot domain, you can still help by adding a *Peace-dot* page within your website.

*We hope to be able to give you a boost by introducing you to some online resources that might give you a head start.*

See [Peace.DalaiLamaFoundation.org](#)

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## Foundation Annual Mailing



As 2009 draws to a close we pause to reflect on the growth and transformation of the Foundation over the past year. We have welcomed several new [board members](#) including a new Chair of the board, as well as expanding our International Advisory Council. We are currently reviewing our existing and emerging programs for the coming year.

Follow us on Twitter or become a fan on Facebook to stay informed and up to date on our

latest happenings. As always watch your email for your monthly newsletter and other reports.

Our annual mailing is out so watch for it in your mail, or [view it online now](#).

## Holiday Cards

Once again the foundation is pleased to offer our Peace on Earth holiday cards. These beautiful cards originally sent out as holiday greetings in 2003 were produced by Artists to Watch, led by husband and wife team Larry La Bonté and Kathryn T. Shaw. Don Farber was kind enough to allow us to use his beautiful photograph of His Holiness for the card.

You may purchase "Peace on Earth" holiday cards from the foundation. You receive a box of 10 cards, tax and shipping included, for \$15. [To purchase, visit the Foundation online](#).



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## Follow the Foundation and stay informed:



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Contact the Foundation by email at [info@dalailamafoundation.org](mailto:info@dalailamafoundation.org)  
Contact the Editor at [neditor@dlfound.org](mailto:neditor@dlfound.org)

The Dalai Lama Foundation is on the web at [www.dalailamafoundation.org](http://www.dalailamafoundation.org)

The Dalai Lama Foundation  
61 Renato Court #24  
Redwood City, CA 94061  
+1 (650) 368-4435

