



Good Morning Peace

A booklet showcasing...

...10 Solutions for Inner Peace and World Peace

Sirshree

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Preface

Ten Solutions for Peace

Sirshree is a spiritual master from India whose lucid teachings has brought about an awakening in thousands of seekers. He has created a system for wisdom that shifts seekers from self realization to self stabilization. This book, a compilation from a collection of talks by Sirshree, is a roadmap for inner peace and world peace.

The purpose of this booklet is to also redefine the idea of peace beyond its current significance. When things are going on smoothly without disturbance we say, "Things are peaceful." But Peace is something more active and vibrant and powerful. The following pages shall show you how peace in action can result when people work from a feeling of inner peace.

The essence of the booklet is the 10 unique and powerful ideas it contains. Call them ten ideas or ten solutions or ten innovations – how you understand and apply these ideas...even if it is just one idea...is going to differentiate you whether you are on the side of passive peace or active peace.

The transformation that this book champions is set about through two sections: Part 1 shall help you understand why to put peace first and how to transform your thoughts to unlock inner peace. Part 2 is about taking concrete actions to help cause changes in three main areas that cause conflict – religion, nationalism and business. Two other areas – education and women that can be a cause for significant change- are also covered in this section. That is why many spiritual luminaries have said world peace can be brought about one person at a time starting with you. In this book, a faster approach is suggested, which is world peace, piece by piece – targeting sections of societies one at a time than one individual at a time.

This booklet is based on and is an extract from the book 'The Unshaken Flame' which contains ten solutions for inner peace and world peace in detail. Readers are requested to read the original book for a more detailed understanding and to get

multiple powerful methods and techniques described under each of the ten solutions.

Part One

Five Solutions for Inner Peace

What is Peace?

There is a natural happy state of peace within us. This state is always present. When you are established in that state, you are happy and peaceful. When you are in that state, nothing can shake you. It is akin to an unshaken flame. Think of times when you felt one with the universe, when you are in a meditative and peaceful state. Think of times when you were full of love in a relationship, or when you were playing with a child blissfully unaware of anything else, or when you were so immersed in the joy of work that you lost sense of time. Some people call this 'being in the zone'. Some people call this as inner serenity, which is distinct from highs and lows of pleasure and pain. This natural happy state is the feeling of consciousness within. It is the existential experience of being. It is your Higher Self.

How to bring Inner Peace?

Inner peace can be grown about by bringing about transformation in each of the five aspects a human being is made up of:

Constituents of a Human Being	Inner Peace	Action Plan
Consciousness	Peace in the sphere of being	Good Morning Peace Meditation
Emotions	Peace in the sphere of feeling	Good Morning Peace for acceptance
Thoughts	Peace in the sphere of thinking	Good Morning Peace for negative thoughts
Words	Peace in the sphere of speaking	Good Morning Peace in relationships
Actions	Peace in the sphere of doing	Good Morning Peace in day to day work

Peace in the sphere of being

Inner Peace Solution #1: Let those lead the world who are led by the heart: You have heard people say, "This is from

my heart”, “I wrote with my heart”, “All my compositions simply flow from my heart”, “I am going with the flow”, etc. What are they referring to? They are referring to an inner experience which comes from what we know it as the *tejasthan*, which is beyond the experience and knowledge of the mind. *Tejasthan* when literally translated means ‘The Bright Place’. Tejasthan actually means the place where the Higher Self is connected with the body, where the formless and the form unite, where the union takes place. It is the seat of inner experience, the point where the Universal Self connects with the body. It can physically be considered as the area of the heart.

Whenever you are in a problem or want to decide something, close your eyes and shift to the heart. The message you are sending to the universe is that you are ready and willing to receive guidance. Guidance will then automatically manifest within you.

That is why it is also said that only those should lead others who are led by their heart (tejasthan). All leaders should consult their heart before making key decisions. Organizations should begin every meeting by asking the employees to close their eyes and shift to their heart and wait to see if any guidance can be received that can help the meeting. You can even pause during the meeting and ask everyone to connect to their heart. Great achievements are possible when leaders and employees establish a contact with the heart (tejasthan) instead of focusing on grabbing attention or taking credit. This is because consciousness (Self) always looks out for bodies which are ready and through which new ideas can be launched and newer things manifested. Many marvelous creations are waiting to manifest on Earth, but people are not yet ready for them. When people are confident in accessing their heart, only then will those things be able to manifest on Earth.

Action Plan for Inner Peace Solution #1: The Good Morning Peace Meditation: Close your eyes and say ‘Good Morning Peace’ to yourself and your thoughts will disappear. If some other thoughts appear, greet them again with the mantra of ‘Good Morning Peace’ and they will disappear as well, leading you into a thoughtless state. You could also consider saying ‘Good Morning God’ instead of saying ‘Good Morning Peace’ if a touch of divinity helps you to be more peaceful. One can say ‘Good Mouning Peace’ as well. ‘Moun’ in the Hindi language means

Good Morning Peace

silence. When the words 'ing' are added to a noun, then it becomes a verb in the present continuous tense in English. Thus, 'mouning' indicates silence in action... ongoing silence, right here, right now. Take refuge at your heart (tejasthan) the moment you say Good Morning Peace. The presence there will allow peace to pervade in and around you.

Peace in the sphere of feeling

Inner Peace Solution #2: To put an end to war and terror, first put your heart at peace: Let us say you hear that a terrorist attack just took place in your city. You switch on the television and you receive confirmation that many people have lost their lives. In such a situation, what will you immediately think of? What are your feelings? Most people answer that their first thoughts are that it should not have happened and they should not be the victims the next time. They say that they undergo feelings of anger, resentment, helplessness, revenge or, fear. Even if the feelings are mild, such feelings do arise. In a survey conducted on a few hundred people, not one said they feel peaceful when something like this happens. But this is when peace is most required.

The key to being calm and peaceful during such situations is 'acceptance'. Whenever we do not accept something, how do we work? How do we try to tackle our problems? As if we have tied one hand at the back and now we are trying to solve the problem with just one hand. This is foolishness. Common sense tells us that whenever any problem arises, untie and use both your hands to solve the problem. That will be a lot easier. After accepting the situation, the encounter will be more powerful and much easier for you. By doing this, you yourself will feel surprised. If you do not take the first step right, all your other steps could go wrong.

Action Plan for Inner Peace Solution #2: Good Morning Peace for Acceptance: Whenever you have negative feelings, say Good Morning Peace with an intention of accepting your feeling. Say Good Morning Peace and wait for the negative feeling to be accepted and to subside. The moment you say Good Morning Peace, you will reach a no-mind state. Again a thought or a picture may appear in your mind as a result of the negative feeling. Again say Good Morning Peace. Continue this till your heart becomes calm.

When you accept, you become calm. Without it, your level of consciousness cannot increase. And from higher level of consciousness, more options emerge. What is the meaning of not accepting something? Not accepting indicates that you are only seeing a part, not the sum. When you see the whole picture, you shall realize that your resentment of terrorism and your anger towards fanatics is also a contributor. When you see the whole picture, you will ask yourself: What wrong beliefs do I subscribe too? How I bring more war through my own thoughts? How my being afraid or angry makes my worst fears come true? You shall realize that you subscribe to beliefs that most other people subscribe to. Like others, you may wrongly believe that terrorism can never come to an end. Like many others, you may be subscribing to a wrong belief that 'fundamentalism' in one particular religion is the cause of terrorism. Whatever your thoughts are – that is precisely what you will end up attracting into the world. You are not solely responsible, but you are an important contributor. The collective thoughts of people on the planet are responsible for everything happening on this planet.

When you see the whole picture, it becomes clear to you that acceptance is indeed the first step. And you have seen that 'acceptance' does not mean that you are just condoning the act and will not do anything about it. You are 'accepting' terrorism and war calmly and peacefully because such acceptance is a part of the solution to combat terrorism and conflict. Acceptance is not merely a spiritual teaching. Neither is it a fad. It is the first step. And it is not to be done only with war and terrorism alone. Accept all your negative feelings to put your heart at peace.

Peace in the sphere of thinking

Inner Peace Solution #3: You don't have to bring Peace; peace itself will bring Peace: A mindset most people carry is that peace is not possible. That the wars will never end. That humanity has always been like this. It is these thoughts that are the hindrance to peace. We have to realize that our thoughts are attracting the next war. If the collective thoughts of everyone are that there shall be war between two particular nations, or that there will be World War III, then those thoughts contribute towards actually attracting these events.

Many people are worried about bringing peace. They do not realize that they are postponing peace by worrying. They need

Good Morning Peace

to understand that they do not have to bring peace. Peace itself will bring peace. In fact, peace wants to manifest. The unshaken flame wants to spread and hence the flame will spread the flame. In other words, the Universal Consciousness itself wants to manifest and extend. It is in existence at all times. Know that everything that has been created so far was created in peace. From the inception of life to until date, everything expresses itself through peace. The best of intentions and actions are a result of peace. The best of ideas stroke a chord with the scientists when they were at ease, at peace. Ideas came forth during the duration of peace. This is what came to be known as the Eureka effect. Eureka effect is nothing but moments comprising of profound inner peace which allow the best ideas to appear through the minds of human beings.

Action Plan for Inner Peace Solution #3: Good Morning Peace for negative thoughts: Whenever a negative thought occurs, say Good Morning Peace. That thought will go away. If it appears again or even if a positive thought occurs, say Good Morning Peace. In this way, let both negative and positive thoughts pass away and be in the no-mind state for a few minutes. Then take the desired action from a neutral state of mind.

Peace alone can bring peace. This means when we are peaceful, our peace alone can bring peace. One of the best ways we can attain peace is by accessing the unshaken flame. By doing this we let peace flow. The simplest way of doing this is by saying, 'Good Morning Peace.' Let these words be uttered by your mind and heart every time you think of a war, feel enmity towards anyone or anything, see violence or abuse or even when any negativity tries to find refuge in the peaceful premises of your mind.

When you say Good Morning Peace, you pass the order of peace. Thoughts that appear within you are in fact orders that you give, and things appear or incidents happen in your life accordingly. Nothing in life comes out of the blue. Incidents in your life happen based on what you have ordered. Hatred, vengeance, etc. in your life are a result of your orders. Thus not only are terrorists passing negative orders or prayers, the victims are also passing negative orders. Both 'the terrorists' and 'the terrorized' need to change their orders. Even if one party changes their order, it will influence the other party in a massive way. However, in day to day life, the common man continues to

pass a number of negative orders. The newspapers give you news, indirectly telling you what to order when you read them every morning. This awareness must spread and only then will people stop giving wrong orders in accordance with what they read or see on television. Media needs to be taught this as well since they overdo things to sensationalise. What they don't realise is that because of their sensationalisation, millions of people are passing wrong mental orders that war is inevitable, crime is increasing, peace is not possible, terrorism will never end, etc.

Peace in the sphere of speaking

Inner Peace Solution #4: The only problem is to see others as the problem: Your inner peace is a function of your relationships. As you continue to harbour peaceful relations, you contribute to peace around you and peace in the world. The best way to 'be the change,' to be a cause for world peace is to begin with your family and relationships first.

When everything goes on as per your expectations, there is nothing to help you train your mind. If in spite of troubles and difficulties in your family, you are able to remain at peace from within, you are then in actuality gaining the ideal understanding of relations. If there are turbulences taking place in your relations, it means that your prayers are being answered. You want to get rid of anger and that is why there is tension created in your relationships. When you open your eyes to this wisdom, you will laugh at yourself. You will then not only get rid of anger but even from the tension in the relationships.

The world is not as it appears to us. The world is as we are. First bring peace in your family and then in all your relations. As you begin practising what is mentioned in the action plan below, you shall learn that the only problem in relationships is that we see others as the problem. The only fault is in such a thought.

31. Action Plan for Inner Peace Solution #4: Good Morning Peace for relationships: Whenever you have a negative thought about a relationship, say Good Morning Peace to yourself in your mind and express your feelings. Saying Good Morning Peace to yourself in the midst of a conversation helps you instantly to express your feelings peacefully instead of suppressing your feelings or exploding with your feelings.

Good Morning Peace

When a sense of incompleteness takes birth in relationships, then the peace of completeness vanishes. When people can convey what is in their hearts and make others understand what they mean, then they feel the joy of peace and silence. Not being able to speak their hearts, the storm of words rumbles incessantly inside them.

Family members should be able to communicate their feelings openly and complete the communication with each other. A mother who is worried about her son coming home late may shout at him. Instead, she should communicate her feelings as follows: "I feel worried every night when you come home late." Instead of suppressing her feelings or exploding with her feelings, a wife can simply express to her husband that she feels neglected and depressed because her husband is paying undue attention to work. Suppose, you had a fight with someone ten years back, you can go to him today and achieve completion by telling him, "I had negative emotions in my mind for you, which are gone now. I am completing this issue. I do not want to harbour thoughts of the quarrel any longer in me. You can also tell me what you think, so that you too can achieve completion." In this way, you can offer the other person also an opportunity to express his feelings so that he too can feel the happiness of completeness. He, who is complete, will let others complete too. He, who is incomplete, will also keep others incomplete.

Peace in the sphere of doing

Inner Peace Solution #5: Put Peace First: Putting 'peace first' means developing a habit of putting serenity and happiness first. The moment you become unhappy, remind yourself and switch back to happiness. It means that if your level of consciousness falls after an incident, you will remind yourself to raise your level of consciousness. You become aware of what is happening to you after you witnessed an incident, or after you interacted with someone, or after somebody praised you or somebody criticized you, or somebody behaved in a particular fashion towards you, or when somebody gave you a piece of his mind. In all of this, if you lose awareness and your level of consciousness drops, you have not put peace first. If your level of consciousness rises and you feel joyful, you have put peace first.

Your level of consciousness gets stolen when you watch other people's wrong activities, and you too do something wrong. You

let your peace go, seeing others doing it. Not only that, a person whose level of consciousness is low tends to lose it further. Then he deceives, commits frauds, hides facts and talks dishonestly. His reasoning being that by telling a small lie, he will get a lot of money without much sweat. For example, if someone enquires, "Why didn't you complete your work?" he would lie, "Oh! I had some unexpected guests." After telling this insignificant lie, he easily escapes from his responsibility. Such people reason it out by saying, "By lying we get to work less, otherwise we will have to work more." This deceit and habit of lying is on the rise because man has enjoyed the taste of telling such lies. On the other hand, a man of higher level of consciousness has tasted bliss and peace that he is unable to let go off. Consequently, his level of consciousness goes on rising, his peace is maintained and all his work is done from that higher level.

Action Plan for Inner Peace Solution #5: Good Morning Peace in day to day work: Throughout the day, as you carry out all the actions and go through all the incidents, say Good Morning Peace wherever possible. Suppose you are going to begin some work – say a household chore or an official report – say Good Morning Peace and be in a no-mind state for a few moments. If any other thought occurs, say Good Morning Peace and that thought will disappear. Thus you begin your actions from peace, resulting in peaceful completion of that work. Whenever any incident occurs, say Good Morning Peace and guard the flame of peace. In other words, say Good Morning Peace and don't let your level of consciousness fall. Don't let your consciousness be stolen by the incident or by any person. 'Good Morning Peace' acts as a reminder to maintain your level of consciousness and happiness during all your actions and incidents faced throughout the day.

Whenever an incident happens, ask yourself, "Do I see this incident as an opportunity or an obstacle?" If you disliked somebody's action and your level of consciousness dropped – that means it was an obstacle over which you tripped. But if you reciprocated in the way a person of higher level of consciousness would have, then you have taken advantage of that opportunity. Now you will not be imitating anyone or living a life of deception as the majority of others. You will work as a person of higher consciousness operating from peace. Then you have seized the opportunity to maintain, guard and even increase the intensity of the flame. Since you are guarding your consciousness, it won't be stolen.

Part Two

Five Solutions for World Peace

Having understood how you can create inner peace by guarding the flame of peace, let us now understand how you can contribute to world peace by spreading the flame. This can be done by taking concrete actions to help bring about changes in three main areas that cause conflict: religion, nationalism and business. Two other areas, comprising of education and women which can be a cause of significant change, are also mentioned.

Key Constituents of World Peace	World Peace	Action Plan
Countries	Peaceful Nations	Good Morning Peace World Peace Prayer
Faiths	Peaceful Religions	Good Morning Peace Mantra for all religions
Organizations	Peaceful Business	Good Morning Peace for innovation and inclusiveness
Women	Peaceful Feminism	Good Morning Peace in women for unleashing their potential
Children	Peaceful Education	Good Morning Peace for students

Peaceful Nations

World Peace Solution #1: My country is 'also' great –Add one word to a thought to stop all wars being fought: Why do people discriminate on the basis of nationalism or race? The root thought that promotes this discrimination is: 'My country is great' or 'My race is superior.' There is nothing erroneous when you feel great about your country. But along with the thought, 'My country is great,' another thought that is automatically seeded is, 'Your country is not.' Hence a new thought suggested is: 'My country is also great.'

The root thought that 'Only my country is great' implies other countries as inferior. With this root thought, people and nations indulge in actions which only further widen the rift between countries. There is a need to bring in a new perspective of looking at ourselves as a 'World Citizen' along with identifying

individually as an Indian or Italian or German. Only then will we be capable of saying, "My country is also great." The word 'also' communicates that we recognize the uniqueness of each and every country.

Action Plan for World Peace Solution #1: Good Morning Peace World Peace Prayer: A way suggested to implement the understanding, 'My country is also great,' is by praying for your country as well as other countries. Say to yourself Good Morning Peace and pray for peace in the entire world. Instead of wishing that God bless your country, you could wish that God 'also' blesses other countries along with yours. The word 'also' makes your prayer more inclusive. How you can pray for world peace is explained below.

Imagine a pure, bright and soothing White Light permeating the Earth from all sides and spreading its purity. The white light is the Divine light in which all the problems that you see on Earth today are getting dissolved. Famines, floods, terrorism, violence, poverty, diseases, pollution, corruption, imbalance are all melting away into the white light. Now see a soft and bright Golden light emanating from all around the Earth. The Golden light represents the consciousness. This means the level of consciousness of all people on Earth is now increasing. In fact the consciousness level of the entire planet is increasing. You witness people happier than before, free from disease and suffering. They are not bound by any limited beliefs and have abundant care and love for everyone. There is abundance all around and everyone has enough food to eat, clothes to wear and shelter to live. People are grateful to each other and to Mother Nature and God Father. With every passing moment the golden light emanating from Earth is becoming brighter and brighter.

As you visualize this prayer, you can say out the following forty word world peace prayer:

*"Thank you dear God for keeping us happy and at ease,
Thank you for showering on Earth the white light of peace.
May the golden light of consciousness on Earth further rise,
Making the world a peaceful and joyous paradise."*

The effect of collective prayer is truly profound. The collective strength, collective power, collective relationship and collective feelings result in strong vibrations, which increase and grow.

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These vibrations then permeate and fill the entire atmosphere with those feelings. In such an atmosphere, feelings of discrimination, evil habits and atheism get eliminated by their roots and are replaced by feelings of brotherhood, love, devotion, prayer and unity. That is one reason why group prayers hold a special relevance in almost all religions. To pray in a group, for others, is auspicious and purifies the mind. A pure and balanced mind soon gets ready to surrender and fall. It is only after the mind drops that Self-realisation takes place.

Hence a common time is suggested for the world peace prayer. The time is 09:09 a.m. or 09:09 p.m. Indian Standard Time. The two time lines are suggested, keeping in mind various time zones across the world. You can choose both or any one option. In both the options, you are joined by thousands across the world.

Peaceful Religions

World Peace Solution #2: The world today does not need a new religion; it needs a new string that binds all religions together: The word 'Buddha' means 'The Awakened One'. So, if you are a Christian by birth and someone calls you a Buddhist – do you need to disagree? The whole world knows that the meaning of a 'Musalman' is a Muslim who has surrendered himself to the 'Allah'. Thus, if you are also one of many who surrender themselves in devotion to God, it wouldn't be wrong to call you a Muslim even if you are born a Hindu. The ancient Vedic religion is considered by most scholars as the predecessor of the modern Hindu religion. Hindus give significant importance to the Vedas. But what does the word 'Veda' mean? The Sanskrit word Veda signifies 'wisdom' and is derived from the root word 'Vid' which means 'to know'. So you could be born a Jain or a Muslim, but if you value 'wisdom' you are also a Hindu. Now what does the word 'Jain' mean? The word 'Jain' comes from the word 'Jina' which means a conqueror of the mind. When you conquer your mind, you are a Jain even if you are born a Sikh. The term 'Sikh' has its origin in the Sanskrit term 'Sishya' meaning 'disciple'. Everyone who is a learner is a Sikh. Thus you are a Sikh even if you are born a Jew who believes in Yahweh (Jehovah). Yahweh is the inexpressible name of God and means 'I Am'.

It is this 'I am' or 'I am-ness' or 'Consciousness' or 'Being' that is the ultimate wisdom contained in all religions. Instead of arguing

whether it is 'Aham Brahma' of the Hindus, 'Allah' of the Muslims, 'Wahe Guru' of the Sikhs, 'Yahweh' of the Jews, 'Bodhisattva' of the Buddhists, or 'God' of the Christians that is more meaningful and relevant, then, it must be known that 'I am consciousness' is the most appropriate and the true reference to the Self. The whole world needs to understand the nature of the Self; it is the same pervading consciousness that is referred to in all religions. This consciousness can only be experienced. Words are only a medium to understand just the existence of this Consciousness. Words can never surpass its meaning or explain it entirely. The experience of the Self is beyond description of the material words. This feeling of the Self or consciousness can be experienced through various methods suggested in every religion. The 'understanding' of how this can be made possible is the only thing the world requires. With this experiential understanding, you can be led to the divine, silent, stillness – the tranquil point of consciousness. Rest in the celestial stillness and know that you are God, that consciousness is your true nature.

Action Plan for World Peace Solution #2: Good Morning Peace Mantra for all religions: When you say Good Morning Peace and arrive at a no-mind state by repeated use of the mantra, you are being established in consciousness – the essence of all religions. If you wish, you can also remember God as stated in the religion you follow, so that Good Morning Peace mantra becomes more divine for you. The more you practise Good Morning Peace, the more you are practising your religion. It is a universal mantra that people belonging to all religions can embrace, since it signifies a natural happy state of peace and consciousness.

Consciousness is not just the substratum of all religions; it is the substratum of the entire existence. It is consciousness alone that 'is'. This consciousness can be experienced only in a no-mind state. It is this consciousness that is experienced in the form of pure nothingness within the no-mind state – the sole aim of every meditation technique. In that nothingness, there is oneness felt with everything. There is everythingness. It is an 'every/no' state. You are nothing, yet everything. You are nothing with the potential of everything.

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Peaceful Business

World Peace Solution #3: Live for others because there is no other: What is the goal of your life – your individual aim? Ponder about it. What is your organisational vision, what is the goal that the organisation you are a part of aspires to achieve? Ponder about it. Having your aim clearly in writing is a key to success. To generate clarity about your aim, consider doing this exercise.

Write or type your aim in the following manner: I am (*Part 1*) _____ who is (*Part 2*) _____ so that (*Part 3*) _____. The answer to Part 1 is who you want to be – your role. It is better to write it as “I am” instead of “I will” so that your mind will bring forth such a vision in your life. The answer to Part 2 is how you would be doing what you would be doing. The answer to Part 3 is the impact you would have on others, on humanity.

Some examples that would emerge are as follows:

- I am a carpenter, who is the best carpenter in the world building comfortable furniture, so that people can experience higher levels of consciousness comfortably.
- I am a CEO, who runs one of the largest IT companies successfully, so that the world can experience innovation and be better off through technological advancement.
- I am a trainer, who is a world class facilitator of leadership and spirituality, so that people can attain a higher level of consciousness.

A personal mission takes you toward struggle. An impersonal mission takes you towards peace. In the examples above, which component is most important to you – is it Part 1, Part 2, or Part 3. If it is Part 1, then you have a clear vision. If Part 2 is most important to you – then you are clear about your mission. If Part 3 is most important to you – then you have an impersonal vision as well as an impersonal mission.

Many people stop at Part 1. They say I will be a doctor. That’s it. Some people aspire more and say they will be the best doctor. But a true leader is one who is clear about the impact his role shall cause to humanity. Let us suppose you say, “I am a CEO, who runs one of the largest IT companies successfully, so that the world can experience innovation and be better off through technological advancement.” You shall become what your focus

is on. If your focus is on the first part of a sentence (I am), you may end up just being a CEO. You will just be a role and would have achieved your personal vision. If your focus is on the second part of the sentence (who is), then you may probably end up playing a key role in a large IT multinational. You may be its CEO too. You would have achieved your mission of running a large IT multinational successfully. This is better than just aspiring to be a CEO. Here, your focus is on both a personal vision and a mission – who you shall be and how you shall do it.

But the key is to focus on the third part. All great leaders are great because of their focus on the third part. If your focus is truly on the third part (so that), then it is an impersonal vision. In the example we are discussing, if your focus is on how the world can experience innovation and be better off through technological advancement – you shall do anything and everything to make a positive impact on people’s lives. If your focus is truly there, it will not matter to you whether you are the CEO or whether you are running a large multinational successfully. All that will matter to you is whether you are causing innovation in IT and making the world a better place. Titles and methods just become a means to achieve the end.

If your focus is on the third part – it is an impersonal vision. It is beyond personal. You may end up being the owner or founder, but it does not matter. You may just be a facilitator. Mahatma Gandhi never aspired to be the prime minister of a free India. He aspired for freedom – he didn’t worry about who would become the prime minister or president. That is why he is considered a great leader. What differentiates leaders from great leaders is that leaders have a vision, but great leaders have an impersonal vision.

Action plan for World Peace Solution #3: Good Morning Peace for inclusiveness and innovation: In the corporate world, there is already a practice of creating a vision statement and ensuring strategies flow from that vision. But not many corporates take on an impersonal vision. Some corporates do state an impersonal vision, but may not implement it in earnest.

Whenever business leaders create their vision, they can begin the meeting with Good Morning Peace. Just saying these words in the mind will lead them to a peaceful state. They can create the vision and strategies of the company emanating from peace. It will then automatically be impersonal, i.e. beneficial for all.

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But it does help to say Good Morning Peace and ask a question before any vision creation or strategy definition meetings: "How will this benefit maximum people?"

Similarly, during meetings if leaders inculcate the practice of saying Good Morning Peace in their minds at the beginning and in between, ideas that emanate from peace will lead to more innovation. Thus application of Good Morning Peace during key strategy meetings, even if it is just one person doing it, will foster inclusiveness and an impersonal vision. Application of Good Morning Peace in all corporate meetings will promote more innovation and creativity.

Peaceful Feminism

World Peace Solution #4: Women are the embodiment of power, peace and potential: The potential and power in women is immense. A peaceful woman has a calm presence and disposition. There is enough research to show that when a woman transforms, the entire family changes for the better; thus positively impacting the society as well.

Have you ever wondered that the bodies of a man or a woman are not just bodies but projections of some marvelous qualities? Women are not mere bodies, but are qualities. Women hold within them the treasure to the most beautiful and fine language of feelings. She is the embodiment of patience, gentleness, giving – easily giving her all to the ones she loves, giving motherly tender care, being the support for her husband and the pillar of the family. With her touch of gentle and undying love, she sprinkles harmony into not just her family but the whole world.

This power that women possess can create harmony in the world and usher in peace. However, this potential is not unleashed owing to objectification of women.

Objectification of women simply means not paying respect to the unique qualities and abilities of women and instead reducing them to be an instrument of entertainment. Women grow up experiencing this or hearing or seeing this happening to other women. There is a social inculcation to 'dress' or 'look' in a particular way for someone else. Thus women end up 'self-objectifying' themselves. They begin to evaluate themselves based on their physical appearance; on their perception of how

others will judge them. They either begin to look in a way that they think others will like and if they are unable to meet a physical ideal, they end up feeling physically ashamed or incomplete.

Fashion, movies and television are some of the prime mediums that instill the idea of women as objects of desire. Their focus is to only teach women to become 'better' objects of desire. From better cosmetics, to tighter clothes, to more show of skin – a conscious and sometimes unconscious exploitation of women is taking place, which is getting both men (the perpetrators) and women (the victims) addicted to.

Discriminating women by supposedly thinking them to be 'inferior' or assuming that women are meant to be subordinate to men, is another way of treating women as objects. In this case, one is treating women as objects with fewer rights. This form of sexism or gender discrimination has also led to a form of self-objectification where women in many cultures grow up thinking it is normal for men to have more rights than women.

In the developed countries, discrimination against women is not much of an issue. However there, they are treated more as objects of desire. From day one, there is a programming done on how to look and what to wear, in order to 'impress' others. The focus should be on expressing yourself and not impressing anyone else. In underdeveloped countries, the issue of women as an object of entertainment or desire is lesser. But the issue of women as an object of discrimination is very high. Developing countries like India and China are caught in the vortex of both these extremes and seem to have some of each of these two deterrent classifications prevalent in their cultures.

Action Plan for World Peace Solution #4: Good Morning Peace for unleashing the potential of women: Whether you are a man or a woman, give priority to peace. When you are happy and peaceful, you automatically do not treat others as objects or allow yourself to be treated as objects. When you are peaceful and happy, you automatically see others as yourself – as another human being.

Thus practising Good Morning Peace throughout the day, whether you are a man or a woman, will help in stopping objectification of women automatically, even if it were something happening unconsciously. If you are a woman, begin your day

Good Morning Peace

with Good Morning Peace to unleash the potential of peace within you. If you feel you are allowing yourself to be treated as an object of desire or an object of discrimination, say Good Morning Peace in your mind and communicate peacefully and firmly that you will not allow this to happen. Whether you are a man or a woman, if you see women being treated as objects of desire or discrimination, say Good Morning Peace in your mind and communicate gently and firmly that this should stop. Peaceful, gentle, firm and if required repeated communication on this subject will help in stopping objectification of woman to unleash their potential of peace.

Peaceful Education

World Peace Solution #5: Education of the heart is the heart of education: We have seen in Part One of this booklet, how the unshaken flame of peace and consciousness is within us and the importance of accessing the heart (tejasthan). It is this education of consciousness and ways to reach the heart that should be accorded primary importance. In most schools and colleges, this is absent. When the heart is educated, peaceful relationships, peaceful thoughts, peaceful feelings and peaceful actions automatically follow. Peaceful nations, peaceful communities, peaceful religions, peaceful businesses are the outcomes when our hearts are at peace.

Action Plan for World Peace Solution #5: Good Morning Peace for students: The easiest meditation to teach students is the Good Morning Peace Meditation, as mentioned in Part One of this booklet. Students can practise Good Morning Peace for a few minutes when they switch from one subject to another. This will help them in assimilating what they have learnt and get ready for the next subject. If they forget something during an examination, then the practice of Good Morning Peace for a few minutes with eyes closed will help them recall what they have forgotten. Once students have learnt the Good Morning Peace Meditation and have become adept at it, they can be introduced to other advanced meditations.

Conclusion

Good Morning Peace is the beginning

As you have seen, the theme in this entire booklet is Good Morning Peace. The ten solutions provided in the book – five for inner peace and five for world peace – are based on it. There are various actions that can be undertaken under each of these solutions. However, in this booklet, only one action plan, viz. that of 'Good Morning Peace' is given under each solution. This booklet is an extract from the original 'The Unshaken Flame' by Sirshree. In that book, each of these solutions is explained in detail and further action plan is given. Powerful techniques and methods for each of the five inner peace areas are outlined in that book. Fifteen actions that one can take for each of the ideas pertaining to world peace are also outlined in that book. The idea behind this booklet is that at least one action – that of Good Morning Peace – is understood and implemented across the ten solutions for peace.

These ten ideas are a result of Tejgyan which means perennial wisdom (final understanding) accessible to everyone when they access the source of peace within. The point of stillness within you (which you shall later realize is neither within nor outside of you) - the source or the centre of your being is radiating with peace. When you access that state, the wisdom that follows is called Tejgyan. Tejgyan is that wisdom which is beyond knowledge and ignorance—the source of all knowledge. Knowing and understanding Tejgyan leads to an integrated and balanced life. Tejgyan is that state of wisdom where nothing is concealed, everything can be seen clearly.

It is this wisdom that Sirshree imparts; wisdom that leads to the experience of the truth—you may call it self-realization or enlightenment or God-realization or by whatever name. The direct experience of God or Self is possible provided the right method is followed. Tejgyan is that method, that understanding. That understanding can be obtained just by listening alone—systematic listening. This systematic listening curriculum is called 'system for wisdom' that is imparted in the Magic of Awakening (MA) retreats organized by Tej Gyan Foundation. You are welcome to participate in these retreats.

Appendix

About Tej Gyan Foundation

The Wisdom...Tejgyan

Tejgyan is that wisdom which is beyond knowledge and ignorance; the source of all knowledge. Knowing and understanding tejgyan results in living a perfectly integrated life. Tejgyan is that state of wisdom from where nothing is concealed, everything can be seen clearly. Tej Gyan Foundation disseminates Tejgyan under the guidance of its founder – Sirshree.

Many truth seekers report that they have an apprehension attached to their quest: 'Am I on the right path or not? All said and done, there is a feeling of vacuum inside; something that says that this path that I have adopted isn't complete, there must be something more to it..' Sometimes one thinks, 'Is it really necessary to take so much effort, put the body in so much pain?' 'Isn't there someone somewhere who can answer all my questions?' 'Something is wrong in all this... Somewhere there is a missing link.'

The answer to all these doubts and questions is Tejgyan - the Truth that is beyond knowledge and ignorance, the Truth that can only be experienced. And the missing link is that of 'understanding'. Understanding leads you to the Final Truth. It is this understanding that Sirshree imparts; understanding that leads to the experience of the Truth - you may call it as self-stabilization or enlightenment or God-realization or by whatever name.

The Retreat...Magic of Awakening

There are many paths to Truth – Japa (chanting), Tapa (penance), Tantra, Mantra, Karma, Dharma, Bhakti (devotion), etc. The goal of all these paths is the same – to experience the Final Truth. At the end of all these paths, the 'understanding' that arises is also the same. This 'final wisdom' or understanding is Tejgyan. In Tej Gyan Foundation, this understanding is imparted in a systematic step by step manner by Sirshree in the retreats the foundation offers. The Magic of Awakening Retreat (The MA Retreat) is the flagship Self-realization intensive of Tej

Gyan Foundation. Offered as Maha Aasmani Retreat in Hindi, Sirshree's guidance awakens the participants to the highest level of consciousness, a new experience, a greater perspective. The focus of the retreat is to:

- Merge with oneness, the consciousness, the infinite
- Get back to your origin, find a way back to your true home, the source... where from all answers and insights emerge.
- Rediscover the answers to profound and timeless questions like: 'Who am I?'; 'Where am I?' and 'Why am I here?'

The retreats are offered in Hindi and English in India, the United States, Singapore, Australia and other countries. You can participate in the MA retreat either continuously through a weekend residential process or step-by-step over three months for a few hours a week at a location near you.

The Foundation... TGF

Tej Gyan Foundation (TGF) was established with a mission of creating a highly evolved society through all-round self development that transforms various facets of life. TGF is a system for wisdom from self-help to self-realization. It has received the ISO 9001:2000 certification for its system of imparting wisdom.

The foundation's activities include:

- Tejgyan programmes—courses, seminars and retreats
- Tejgyan products— books, tapes and audio/video CDs
- Tejgyan projects— Value Education Project, World Peace Project, etc.

Tej Gyan Foundation,

P.O. Box No 25, Pimpri Colony Post Office, Pune – 411017.

--For more information on TGF's World Peace Activities and other social initiatives, visit: www.happythoughts.in

--For more information on TGF's centres and products and to subscribe to a free consciousness elevation newsletter, visit: www.tejgyan.org

--For more information on the Magic of Awakening Retreat, visit: <http://www.magicofawakening.com>

--To bring peace teachings to your organization, school or neighbourhood and for participating other social initiatives of TGF, contact our call centre at +91 20 2432 1925 or +91 992100 8060

Good Morning Peace

10 Master Peace Solutions for creating a Powerful Life & a Prosperous World

This booklet contains...

...Solutions for creating a Powerful Life

1. Let those lead the world who are led by the heart
2. To put an end to war and terror, first put your heart at peace
3. You don't have to bring Peace; peace itself will bring Peace
4. The only problem is to see others as the problem
5. Put Peace First

...Solutions for creating a Prosperous World

6. My country is 'also' great –Add one word to a thought to stop all wars being fought
7. The world today does not need a new religion; it needs a new string that binds all religions together
8. Live for others because there is no other
9. Women are the embodiment of power, peace and potential
10. Education of the heart is the heart of education

About the Author

Sirshree is a modern day spiritual maestro whose key teaching is that all paths that leads to truth begin differently—but end in the same way—with understanding and that listening to this understanding is enough. He is the founder of Tej Gyan Foundation which disseminates a unique system for wisdom from self help to self realization. Sirshree is the author of more than 40 books which have been translated in multiple languages and published by various leading publishers such as Penguin, Hay House, Jaico, Macmillan, Wisdom Tree, Moscow Books, etc.