

Communities of Peace - Guidelines for Hosts

Where people connect, learn, converse, and meditate to cocreate peace

Purpose:

During these challenging and isolating times, Communities of Peace is an attempt to connect people with their own selves and with each other in local communities. The activities will inspire and facilitate conversations which spur resilience, positive change and , collective learning.

Principles:

- **Peaceful Living:** become peaceful yourself and contribute to world peace
- **Connectedness:** Connect with others within your local community or organization upon common interests such as well-being, world peace, sustainability, etc.

Themes:

Heartfulness techniques like relaxation, universal prayer, World peace, Sustainability, Environment, Thought pollution.

Objectives:

The Communities of Peace allow participants to:

- Connect with each other online and form a simple network with an aim to create peace .
- Implement local projects/ virtual get togethers for your Communities.
- Participate in a global activities and access free resources provided by Heartfulness and its partners.
- Explore simple Heartfulness practices, together as a group from the same region or organization.
- Share the activity on a social media platform of choice and include the hashtags : #connectingforpeace #peace #heartfulness

Step by step implementation process:

- Sign up as a host ([LINK](#)) .
- Think of an activity and create a local Community. (Use your preferred social media platform to meet up (WhatsApp, FB Group etc).
- Invite others who you know (even if they have not attended a Heartfulness meditation session yet) - Communities of peace are open to all interested.
- Communities can be any size (5, 10, 100 or even 1000) - as large as your private social media group can accommodate (Note: if you are having a WhatsApp group, the max # of participants is 100, if you have a large group, use Telegram or other private and secure channels.)
- Host your weekly activities at agreed upon times over Zoom, Cisco WebEx or Google meet (Note: Zoom has a free option during the COVID-19 pandemic which extends beyond 40 minutes, however for large groups you will need a paid account).
- You need to facilitate the group and if possible involve a local Heartfulness Trainer. In case a Heartfulness trainer is not available for whatever reason you can use the HeartsApp application on [iOS/Android](#)

Most importantly Timing:

- As per your choice . Recommended is 45-60 mins per session.
- Communities can meet regularly, say every week , as per convenience based on mutually agreed upon time. Like every Wednesday 6pm-7pm etc

Logistics:

- Zoom Room or Google Hangouts or any other virtual meeting platform. .
- Local WhatsApp or Telegram Group or private facebook group: Create your own space on whatsapp or telegram or another social media group to foster collaboration among your community participants.
 - Please respect the privacy and contact information of the participants.
 - Only share relevant content, information, and resources very minimally and moderate the group.

WhatsApp group for Global Community Hosts:

Hosts are welcome to join the Community Hosts WhatsApp Group ([Click here](#)) dedicated to community hosts for exchanging learning, motivation, and ideas for engagement.

Here is one suggestion for a Weekend Community Session process:

1.	5 mins	Centering <ul style="list-style-type: none"> • Can be facilitated by the Heartfulness Trainer. • Or Hosts or a child can take help from the Heartfulness Relaxation Video.
2.	5 - 15 mins	Welcome / Introductions . everyone in turn shares : In the 1 st meeting <ul style="list-style-type: none"> • Name • Place/Context From next meetings, any one question from these <ul style="list-style-type: none"> • How are you feeling today? • What interests you to develop a Heartful Lifestyle? • What has inspired you since the last time we met? • How can we support each other as a community to enliven and uplift our group experience further?
3.	10 mins	Group Activity Time : Take any simple Heartfulness Practice or show a short Heartfulness video (choose from list provided) or any contemplative activity of your choice that is connected to PEACE. Allow for a few mins of sharing if they naturally arise.
4.	20 mins	Group Meditation Experiencing Peace Within <ul style="list-style-type: none"> • To be facilitated by the Heartfulness Trainer or app (OPTIONAL)
5.	5 mins	Journaling in silence
6.	15 mins	Each one shares their experience briefly in turn . (OPTIONAL)
7.	5 mins	Host to summarize. Agreement on next steps
8.	5 - 15 mins	Choose one final question for each one to answer briefly in turn. <ul style="list-style-type: none"> • How was today's experience for you? • What is today's biggest take-away for you? • How do you plan to sustain this practice? Do you need any support?

Feel free to develop your own version suiting the needs and interests of your participants!

We will share more materials in Powerpoint Presentation format or with all registered hosts and ZCs/CCs.

Free Online Resources from Heartfulness:

Links are embedded within text, please click to access.

Official Heartfulness Youtube Channels with hundreds of free video content:

1. [Heartfulness](#)
2. [Heartfulness Yoga](#) :
3. [Heartfulness Wellness](#) :
4. [Heartfulness Glow Webinars: Genuine Loving Outstanding Women Webinars](#)
5. [Heartfulness Pearl Webinars: Practical Educational Actionable Rejuvenating Lifestyle Webinars](#)

Simple heartfulness practices:

1. [Relaxation | Simple Heartfulness Practices | Heartfulness](#)
2. [Meditation | Simple Heartfulness Practices | Heartfulness](#)
3. [Cleaning | Simple Heartfulness Practices | Heartfulness](#)
4. [Prayer | Simple Heartfulness Practices | Heartfulness](#)

Simple Detox Practices:

1. [Ocean of Peace | Removing emotional patterns | Heartfulness](#)
2. [Letting Go of Anxiety | Breathing technique | Heartfulness | Meditation](#)
3. [Guided Sleep Meditation in Less than 5 Minutes | Get Rid of Anxiety, Fear & Worries](#)

Inspiring short videos:

1. [How can we Design our Destiny? | Pause for Peace | Peace Day 2019 with Daaji](#)
2. [Dealing With Depression And Anger Issues | Joshua Pollock | Heartfulness | Daaji](#)
3. [Here's Why Money Isn't Making You Happy | The Real Key to Success | Joshua Pollock](#)

Inspiring reads on Peace:

1. [Living as "One Human Family" in these extraordinary times by Ruby Carmen](#)
2. [Invisible ropes of love by Trevor Weltman](#)
3. [Service, Simplicity and Songwriting an interview of Artist Nemo Patel](#)
4. [Making Peace, Personal by Carol Tallon](#)
5. [Insights on Peace from the Upanishads \(Ancient Indian Wisdom Texts\) by NS Nagaraja](#)

Few activity ideas:

1. [Peace Activity with Children](#)
2. [Reflective writing for Peace by Meghana Anand](#)
3. [Resource Hub for Learning and Practicing Heartful Communication](#)
4. [The Art of Gratitude by Daaji](#)

For any further queries please contact: peaceday@heartfulness.org