

# TION & CONFERENCE



21-23 May 2010 Barceló Carlton Hotel North Bridge

Edinburgh

# Nonviolence Within Dealer for all

A World Celebration of Nonviolence, Diversity, Responsibility and Commitment for Inner and Global Peace

# Organisers

#### THE INTERNATIONAL SUFI SCHOOL

The International Sufi School is a peace promoting NGO. As a school of peace and service, we are committed to the making of peacemakers through peace education for the emergence of Peace Consciousness in the New Age.

The School promotes nonviolence as the path conducive to peace and service to Humanity.

Working in close collaboration with peace-seeking individuals from all faiths, spiritual traditions, religions and peace organisations, the International Sufi School furthers diversity as a necessity of life.

The International Sufi School is committed to the establishment of a vision for a society of peace which respects the sanctity of the Human Being and places him at the centre of all considerations.

#### THE EVENT

This international exhibition and conference is part of a global peace initiative for a culture of nonviolence and its applications to various aspects of contemporary society, namely human, socio-economic, political, educational, cultural, religious and spiritual development.

Violence is deeply rooted at all levels of modern society. Our world is afflicted by innumerable conflicts and wars, often caused by ethnic, religious, socio-cultural, economic and political factors.

This event proposes a nonviolent alternative to all forms of violence. It promotes peace, not as a utopian concept, but as the responsibility of every individual and as a viable choice, as shown by the lives of eminent peacemakers who have, throughout time, trodden the path of nonviolence.

The event is a joint initiative organised by the International Sufi School with the collaboration of peace-seeking individuals and organisations working for peace, social cohesion and inter-faith dialogue worldwide.

Nonviolence is a journey that can be undertaken by every peace-seeking individual committed to his ideal of peace.

Interested? Join us and discover!



















Founder of
The International Sufi School,
School of Peace and Service

"He who has no atom of violence within himself cannot be attained by any form of violence."

# Message

#### "May you live in interesting eras."

Chinese proverb

This 21st century in which we are living, which has only just entered its second decade, forms part of these interesting eras. Today, Man has the opportunity to discover that life beckons him to express himself, neither in duality, nor in antagonism, but through his precious and rich complementarity.

The past sixty years have been marked by dichotomy at all levels, be it for the state or the individual. At state level, one evolved between two political blocks, two economic systems, capitalism and communism, in a world divided by the Iron Curtain.

These blocks have no significance in today's world. The present economic crisis stems from this dichotomy, which lures rich countries into thinking that other countries have to remain poor in order to maintain their economic power. However, it is high time to imagine and invent a new form of relationship in which our differences can complement, rather than clash with one another. This is the message for the new era that lies in our hands.

This requires our full implication in nonviolence - nonviolence which focuses more on human duties than human rights, on service rather than revenge. Such nonviolence must be capable of uniting hearts through words; such nonviolence is the foundation of a society of everlasting and universal peace, the society of Man's destiny.

The International Sufi School welcomes you to the precinct where, together, we shall experience our differences as elements of mutual enrichment.

Sheikh Aly N'Daw, Head of the International Sufi School

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### **Activities**

#### BOOK LAUNCH

FRIDAY, 11.00am

A series of peace books entitled "Peace, the universal religion" will be launched

jointly by The International Sufi School and the Research Institute of Human and Social Sciences for Peace Promotion. The books which explore the examples of nonviolent struggle by eminent peacemakers, many of whom Nobel Peace Prize Winners. are a must for all those wishing to work towards the establishment of peace at all levels of society and aspire to be agents of peace and nonviolent change in the world.



#### **PRODUCTS** SAMPLING

Sufi School in Pout, Senegal, will present its 100% natural "Sarsara" products for sampling: cordials, drinks, nectars, jams, fruit iellies. dried fruits. infusions... flavours for every season. With "SARSARA FRUITS AND VEGETABLES", the local population is being sensitized to educational actions and to the synergy between Man and the earth for a beneficial produce, respectful of nature.



#### DEBATES

Through a series of debates, the International Sufi School wishes to share with you its research work on the lives of peacemakers as well as the experiences of its members on the process of awakening the consciousness.

You will have the opportunity to ask questions and share your personal views on how to live nonviolence and peace in your everyday life.



#### Drama for peace

Drama, as an expressive art, will be used throughout the exhibition to express and illustrate the daily struggle for every individual to depart from violence but also the great potential that every human being has to transform every single thought, word or act into a peace experience. Either as stand-alone plays or as a pedagogical tool in workshops, Drama for Peace will be a stimulating visual experience to awaken the consciousness to the realities of peace and violence.



#### Meditation sessions

Meditation allows us to feel nonviolence within. It gradually becomes our companion in our experience of consciousness until we reach an utmost conviction in nonviolence. Meditation sessions will be conducted every day during the event.



#### SCHOOL VISITS - FRIDAY, 1.30pm - 3.00pm

School visits will be organised on Friday 21st for high school students to explore the concepts and realities of peace and nonviolence. This initiative operates from the belief that young people should be empowered with accessible knowledge of the current debates facing our society. Students will have an opportunity to engage in a range of activities and learn about peace in a fun and interactive way.



### **Exhibitors**

#### A MODEL PEACE VILLAGE

Discover the Economy of Peace and the peace model of the twenty-first century established in Pout, Senegal. Inspired from Sheikh Ahmadou Bamba's vision for a society of peace, justice and equality, this model aims to enable Man to live his real dimensions of inner freedom and creativity: he can thus BE an instrument of peace in the making of an Economy of Peace where Man can live in dignity and honour.



#### The Gandhi Foundation

#### SUFI ALAWIYA Movement



AlSA is a non-profit organisation of the Sufi Alawiya movement. Under the aegis of Cheikh Khaled Bentounes, its aim is to spread the sufi teachings of the Alawiya brotherhood through activities such as seminars, conferences, awakening teachings, mawlid celebrations, spiritual retreats. For its centenary, AlSA places today's issues at the heart of its commitment, willing to make a new voice of wisdom heard in the raising of tomorrow's humanity.

#### THE GANDHI EQUNDATION

has been appointed as UK touring partner by the British Library for its Gandhi Travelling Exhibition. The exhibition comprises six roll-up panels, printed with photographs depicting events in the life of Gandhi. The official launch took place on 25th March 2008 in the British Library Conference Centre to mark the 60 years that have passed since his death in 1948.

### Muslim French

MSF is a non-profit organisation. It was created in 1990 under the aegis of the honourable president Cheikh Khaled Bentounes. The aim of the scout movement is to meet a fundamental need: knowing our true nature through the teachings of nature. Such education opens up self-consciousness, consciousness of others and our surrounding. The "Journey to peace" unit brings us to encounter the richness and particularities of each culture, and thus meet the roots of a universal civilisation.

# THE RESEARCH INSTITUTE OF HUMAN AND SOCIAL SCIENCES FOR PEACE PROMOTION

& THE INTERNATIONAL SUFI SCHOOL (ISS)

The Institute conducts peace research and promotes peace education for the establishment of a society based on peace. Working in close collaboration with the International Sufi School, the Institute explores various aspects of the peace models proposed by eminent peacemakers to understand how these models can be used to address violence in today's world. ISS, through its headquaters in Senegal and its centres worldwide, provides an experimentation field for applying this research work.

RESEARCH INSTITUTE
OF HUMAN AND SOCIAL SCIENCES
FOR PEACE PROMOTION

International &Sufi School

# THIRD-WORLD FAMILY HUMANITARIAN (TFH)

TFH is an NGO that promotes Humanitarian Consciousness worldwide and is committed to the restoration of Human dignity and honour in deprived communities. Inspired from the concept of Khidma, or Service to Humanity, TFH aims to enable deprived communities to attain self-sufficiency and self-reliance.

#### THE QUAKERS

The Religious Society of Friends have had a testimony to peace and nonviolence since their earliest beginnings. George Fox is regarded by many as the founder, though it was the movement of the Spirit among many Seekers that was their Source. Their testimony to peace has always grown out of this Divine Consciousness, and has led to Quakers seeking to be able to reconcile warring factions, and to discover practical approaches such as the Friends Ambulance Unit in the Second World War.

#### **ACTING WITH CONSCIOUSNESS**

The exhibition unfolds the lives of the peacemakers according to the different stages in the process of awakening the consciousness (as explained below). This research sets out the path to nonviolence as being accessible to and within the potential of every human being acting with consciousness, as shown by the lives of the peacemakers.

# The Peacemaker

Every human being has been taught the rules of common sense since his birth. These rules are dictated by the family and society. Growing up with these precepts, the child is able to discern good from bad but is limited to the sole experience of the group to which he belongs.

The shock as an awakener questions the rules of common sense, leading to a self-critical mind, a change in the outlook and a global approach to reality.

The individual who lives in consciousness is able to diagnose social dysfunctions. He then experiments alternative methods to free the oppressed as well as oppressors from their violent reactions. He now sees the world in consciousness.

The Rise in Consciousn

He practises universal love and becomes the key to unlock conflicts within society. He increases public awareness by setting an example for others to follow. Every field of society is scrutinized so that the oppressor-oppressed relationship disappears.

As Gandhi used to say:

"As soon as someone realizes that it is unmanly to obey unfair laws, no man's tyranny will enslave him."

The Experience or Constitution

> "No problem can be solved from the same level of consciousness that created it."

Albert Einstein



#### **EXAMPLE OF PEACEMAKERS**

#### WILLIAM PENN (1644-1718) - ENGLAND



"Truth often suffers more by the heat of its defenders than the arguments of its opposers."

#### EMIR ABDEL KADER (1801-1883) - ALGERIA



"Every Arab who has in his possession a Frenchman is bound to treat him well [...] In cases where the prisoner complains of ill-treatment, the Arab will have no right to any reward."

#### ABDUL BAHA (1844-1921) - IRAN



"In each prophectic era, the direction of divine light has been concentrated on a central theme [...] the foundations of faith in God and the distinctive trait of its law lies in the consciousness of humanity's unity."

#### GANDHI (1869 - 1948) INDIA



"I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent."

#### SHEIKH AHMADOU BAMBA (1853-1927) - SENEGAL



"Think not about your poverty as it will bring you only trouble and sorrow, nor your experience of injustice as it will harbour hatred and anger between you and your oppressors. Be patient."

#### ELEANOR ROOSEVELT (1884-1962) - USA



"Great minds discuss ideas, average minds discuss events, and small minds discuss people."

#### SISTER EMMANUELLE (1908-2008) - BELGIUM



"Believe in yourself, in the passion for a world where free men shall live as equals, as brothers. Believe in your dynamism, embody your ideal at the very core of your being, where you feel your heart beating."

#### Mother Teresa (1910 - 1997) - Macedonia



"Let us not use bombs and guns to overcome the world. Let us use love and compassion."

#### Nelson Mandela (1918) - South Africa



"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."

#### MARTIN LUTHER KING (1929-1968) - USA

"We must learn to live together as brothers or perish together as fools."



#### Adolpho Pérez Esquivel (1931) - Argentina

"I think we have reached a level of global consciousness for the preservation of freedom. Freedom is not gifted, freedom is won by courage and the decision-making of people willing to build new life values."



#### HIS HOLINESS THE DALAÏ LAMA (1935) - TIBET

"World peace depends on peace of the heart and this in turn depends on our perseverance with which we practise ethics by disciplining our reactions



to negative thoughts and emotions and by developing fundamental spiritual qualities."

#### Kofi Annan (1938) - Ghana

"Today we live in a world where man has more risks of being condemned if he kills one person than if he kills 100 000."



Wangari Maathaï (1940) - Kenya

"We sow the seeds of peace now and for the future."



#### Muhammad Yunus (1940) - Bangladesh

"All human beings have the potential to change the course of their life."



SHIRIN EBADI (1947) - IRAN

"I maintain that nothing useful and lasting can emerge from violence."



#### Jody Williams (1950) - Usa

"If we didn't go to the root of the problem, if we didn't remove the weapon itself, we would never succeed."



#### THE INITIATORY WAY TO PEACE

FRIDAY 21 & SATURDAY 22 MAY

WORKSHOPS ARE FREE AND AVAILABLE IN BOTH FRENCH AND ENGLISH. ALL WELCOME I

The Initiatory Way to Peace is the path that every peace-seeking individual chooses to tread in his quest of peace. Its different steps represent the steps to self-discovery, inner freedom, happiness and peace. The International Sufi School (ISS) will run interactive workshops on the various steps to peace.

#### LIBERATION THERAPY

ENGLISH: SATURDAY, 10.00am - 11.15am FRENCH: FRIDAY, 1.30pm - 2.45pm

Peace, like any other quest in life, requires willingness, commitment, perseverance, determination, patience and, above all, freedom of choice. It is the treasure sought by each and every human being but it can only truly be discovered within.

This workshop explores the concept of the family relationships legacy and its effect on an individual's character, behaviour, interpersonal relationships and choices in life. It also looks at the phenomenon of conditioning and

how it shapes one's realities. With an understanding of conditioning, we then explore how the family relationships legacy can be transformed into a ladder for personal growth and the attainment of peace, using the lives of peacemakers as models to emulate.

Liberation Therapy is a method of self-transformation and personal growth based on the teachings of Venerable Master Sheikh Aly N'Daw, Head of ISS.





# Workshops

#### **ACTION & REACTION**

ENGLISH: SATURDAY, 11.15am - 12.15pm SATURDAY, 1.00pm - 2.00pm FRENCH: FRIDAY, 2.45pm - 3.45pm SATURDAY, 10.00am - 11.00am

The principles of Action and Reaction are not only a physical law, but they also govern human behaviour and interpersonal relationships.

This interactive workshop explores the principles of Action and Reaction at the individual, behavioural, interpersonal, intercommunal and global levels. It aims to develop an awareness of the way in which we all find ourselves in a cycle of reaction and reproduction until we choose to liberate ourself. The principle of Reaction manifests itself in our everyday life to lead us into a reproduction of what we have unconsciously judged. Such a life dynamic places us in a state of great suffering leading us to undergo and/or cause inner and external violence.

How do we change the course of our life? Can we change the course of our life? Yes we can! The lives of the peacemakers bring us the hope and the certitude that we can. Having liberated themselves from the cycle of reproduction, they Act with consciousness and are thus in the dynamic of

In this workshop, we highlight how the principle of Reaction results in and perpetuates violence while the principle of Action liberates us and pacifies our spirit, heart and soul.

#### **FORGIVENESS**

ENGLISH: SATURDAY, 10.00am - 11.00am FRENCH: SATURDAY, 3.15pm - 4.15pm

This workshop explores the theme of forgiveness and its crucial importance in the path to peace.

Why we should forgive those who have hurt us is a legitimate question. The lives of the peace-makers have however shown us that forgiveness is the only way to put an end to the vicious cycle of violence and hatred.

In this workshop, we explore the concept of forgivess in order to reach an understanding of who we should forgive, why and how. In the light of the experiences of the peacemakers, we discover that the first one to benefit from the act of forgiveness is the one who forgives...

«To forgive is to set a prisoner free and to discover that the prisoner was you!»



#### "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burnt."

Buddha

#### BEYOND ANGER, SORROW AND FEAR

ENGLISH: SATURDAY, 11.15am - 12.15pm FRENCH: SATURDAY, 4.15pm - 5.15pm

Anger, sorrow and fear are emotions that every person experiences to varying degrees at different stages in life. However when these emotions start to take control of our lives and govern our behaviour and interpersonal relationships, they become obstacles to peace. Left unchecked, they can be very detrimental to our physical, mental and spiritual health and well-being. In modern society, Man is constantly faced with the uncertainties of an ever-changing world at the social, economic, cultural and political levels.

He often experiences the pangs of sorrow when his aspirations are not met or when he fails to obtain what he wants or do what he likes. Furthermore, the escalation of violence at all levels of modern society leads to violence at individual, national and global levels. Such violence is very often expressed as anger which can be very disruptive to peace.

This workshop explores the issues of anger, sorrow and fear, their origins and the factors that strengthen them in daily life. We also look at how

these emotions can be surpassed and transformed in order to attain peace, taking the examples of peacemakers who have all successfully transcended anger, sorrow and fear.

#### THE POWER OF THOUGHT

ENGLISH: SATURDAY, 2.00pm - 3.00pm FRENCH: SATURDAY, 11.15cm - 12.15pm

This is an interactive workshop which explores the mechanism of Thought, one of Man's most powerful assets, yet probably one of the least understood mechanisms.

Thought is a powerful source of energy; however a lot of this precious energy is often wasted through unnecessary or even harmful thoughts.

In this workshop we learn to explore our thoughts so that we may become conscious of our own thought process. This serves as a starting point for transforming thoughts into positive and constructive ones. We take a look at the power of words, as manifestations of our thoughts and emotions.

We also look at the examples of eminent peacemakers like Gandhi, Nelson Mandela, Sheikh Ahmadou Bamba, Mother Teresa and Muhammad Yunus to grasp how they tapped into the Power of Thought as an immense peacebuilding instrument for the establishment of a social model based on peace, as an alternative to violence that prevailed in their respective societies.





#### THE ART OF NONVIOLENT PAINTING

SOCIAL PAINTING AT THE SERVICE OF NONVIOLENCE Art as an alternative to violence Facilitated by Thierry BICHON (Reunion Island) Choice of two workshops

#### WORKSHOP 1: "NONVIOLENCE WITHIN"

1.00pm- 3.00pm FRIDAY, SATURDAY, 10.00am - 12.00pm

This workshop is an opportunity to participate in activities using aquarelle:

- To discover the path to shades between light and darkness.
- It aims to enable participants to go beyond the bounded line of one's paper, get into resonance with one's inner unlimited space.
- To reveal inner aspects of light and darkness in echo with one's life.
- It is an experience of painting while listening to colour and letting forms emerge.

(Goethe, Theory of Colours)



#### WORKSHOP 2: "PEACE FOR ALL"

3.00pm- 5.00pm FRIDAY, SATURDAY, 1.00pm - 3.00pm SATURDAY, 3.00pm - 5.00pm

This experiential workshop offers activities using aquarelle in social painting in groups of 3 or 4.

#### Objectives

- It is an opportunity to connect with one another through the resonance of colours within oneself and listen to oneself and others through group work.
- The workshop also aims to awaken the observer within us and allow us to communicate with others by means of colours in a quiet environment.
- Participants can explore the polarity of warm and cool colours in the interplay and balance between light and darkness.
- This experience enables one to recognise oneself in others while recognising others in oneself.
- Through painting one also learns to let go of emotions, an essential step in the path to peace.



#### WORLD MUSIC CONCERT

SATURDAY, 7.00p.m - 9, 30p.m

VENUE: TEVIOT ROW HOUSE, EDINBURGH UNIVERSITY, 13 BRISTO SQUARE (SEE PAGE 16)

The International Sufi School invites you to a unique concert to celebrate nonviolence in a spirit of brotherhood and sharing. In this world of constant violence, we truly need to be reminded that peace is a viable and possible alternative. Music is an instrument of peace and through this world music concert, you will not only appreciate the beauty of diversity but also experience the harmony that such diversity creates. From pop jazz fusion, Pan-African drumming and dancing to spiritual and rhythmic Sufi chanting, this concert brings together musicians of all faiths and none, inspiring artists from diverse backgrounds all committed to an ideal of peace. It will be an experience you will not soon forget!

#### LET YOUR INNER SELF EXPERIENCE MUSIC THAT LIFTS THE VEILS OF THE HEART AND UPLIFTS THE REALMS OF CONSCIOUSNESS

#### SAMBA SENE & DIWAN

Born in Senegal, Samba Sene moved to Scotland ten years ago. A charismatic singer and musician, performing in his style is strongly influenced by international music - from Jazz, Latino, Caribbean, Pop, music from Senegal.

Diwan, his multinational band, has a central core of Samba Sene (vox, gtr), Akin Dinwoodie (percussion) with a revolving line-up of percussionists, brass players and special guests.

Mbalax fusion mixed with Afrobeats, and jazzy grooves; original songs with impassioned vocals, infectious guitar licks and irresistible dancebeats.

#### WAA SYLLA

inspiration and spirit that each member has for the rhythms of Africa. An Edinburgh-based 7-piece drum and dance troupe, and central Africa, especially Guinea, Ghana, Uganda and Mali. Led by Stuart Dinwoodie who stays true to the teachings of his mentor, Moussa Sylla, Waa Sylla (the family of Sylla) will have you dancing before the night

#### MAUREEN HUNTER & BAHA'I FRIENDS

'Music, a Ladder for the soul' A contribution from Baha'is' Maureen Hunter, Elena Kerr and friends.

"We, verily, have made music as a ladder for your souls, a means whereby they may be lifted up unto the realm on high." (Baha'u'llah)

#### OCEAN OF LOVE

chanting for the same ideal: Peace. Zikrullah, the repe-Divine, is a central practice in all Sufi traditions liberates the soul. The ultimate purpose of zikrullah is to find peace and harby connecting with the Divine. A unique musical experience with enchanting West African mystical tunes on the rhythm of the diembe. songs from other faith









#### **CONFERENCE**

SUNDAY, 10.00a.m - 12.30pm

#### HOW CAN WE BE INSTRUMENTS OF CHANGE AND PEACE IN A WORLD OF VIOLENCE?

Peacebuilding has been, since time immemorial, a challenging task for individuals, communities and nations. In addition to audacity, commitment and responsibility, it requires, first and foremost, the emergence of a new consciousness: a liberated and liberating consciousness, the prerequisite for compassion, solidarity, sharing, trust and mutual respect for all people and all creatures, irrespective of differences.

#### **ELLEN MOXLEY**

#### The Gandhi Foundation

Ellen Moxley has campaigned for peace and justice for over 30 years and in particular, she has used nonviolent direct action against nuclear weapons' establishments. She was awarded, along with Helen Steven, the 2004 Gandhi Foundation International Peace Award.

THIS KEYNOTE CONFERENCE AIMS TO EXPLORE ISSUES IN PEACEBUILDING IN TODAY'S WORLD.

#### SHEIKH ALY N'DAW

#### THE

#### International Suff School

Sheikh Aly N'Daw is the spiritual and administrative head of the International Sufi School. As a Sufi master and peacemaker, he devotes his life to the promotion of peace at all levels of society. International speaker and author of the collection entitled "Peace: The Universal Religion", Sheikh Alv invites every individual to change himself to be useful to his community and the whole of humanity. With a global vision for society and boundless love for humanity, the Sheikh has also been the founder and initiator of sustainable socio-economic peace projects in Africa, established with the only aim of serving humanity according to the model of the Prophets.

#### JIM PYM

#### The Ouakers

Jim Pym was born in 1941 and has been a Quaker for more than half his life. He worked for the Society in London for 18 years. being first manager of the book-shop, and then publisher. He is the author of The Pure Principle: Quakers and other faith traditions (currently being revised for reprinting) and Listening to the Light (Riders). He regularly speaks and leads workshops on Quaker spirituality, interfaith matters and aspects of spiritual healing. He currently lives in Edinburgh.





## Programme

#### FRIDAY 21 MAY 2010

9.30am - Registration

10.00am - Opening ceremony

11.30am - Book Launch "Peace, the Universal Religion"

5.30pm - Closing (exhibition and workshops)

#### SATURDAY 22 MAY 2010

9.30am - Registration

10.00am - Workshops (all day)

5.30pm - Closing (exhibition and workshops)

7.00pm - World Music Concert

Teviot Row House, Edinburgh University

#### **SUNDAY 23 MAY 2010**

9.30am - Registration

10.00am - Peace Conference:

"The Role of Consciousness in Peacebuilding"

2.00pm - Closing (exhibition)

# Further information:

#### **Exhibition**

Venue: Barceló Carlton Hotel

North Bridge Edinburgh EH1 1SD

Nearest Train Station: Waverley Train Station. The exhibition-conference and workshops are free. To attend the workshops, book online on our website:

www.nonviolence-edinburgh.com

#### Concert

Venue: Teviot Row House

Edinburgh University 13 Bristo Square Edinburgh EH8 9AJ

Tickets on sale at Tickets Scotland £7 (adults) or book online at www.nonviolence-edinburgh.com

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