

PHC whatsapp group link - <https://chat.whatsapp.com/B6n2E5zdv514mSkDxy5mwn>

What will it take to have peace and harmony in society?

Don't we need to solve the problems of the world in an organized way first?

Or will meditation, spirituality and acts of kindness bring peace?

Some meditative lamas took the covid vaccine and died. Some people said do not interfere with others decisions, let them get vaccinated and those vaccinated people died. So how does it help when you know something is harmful and choose not to protect other people? Many uninformed people helped conduct the vaccination drives which resulted in the deaths of millions. Going with the flow has proved fatal to millions across the globe in the Plandemic.

Problems created my man:

- 1) Taken people off the land, from the lap of God / Nature and trapped them in an unnatural world.
- 2) Given people in the city fake notion of different Gods through their various media mediums, so we can fight over them.
- 3) Converted all forms of natural things into unnatural things for sale and monopoly.
- 4) Created a world of the have and have nots / rich and poor.
- 5) Created all the 17 UN SGDs – rich and poor.
- 6) Fake food, unhealthy farming practices, fake medicine system, causing widespread sickness.
- 7) Fake Pandemics via toxic overload through various consumerism aspects and toxic EMF.
- 8) Weather Changes and Environmental Disasters using HAARP.

Problems existing in nature:

- 1) Lack of water or land and food if the community size keeps on expanding.
 - a. Then people go to war with other territories to grant resources.
 - b. Should a population in an area not expand, so that they don't need more resources, so they will not go to capture other territories through war or should expanding people go to new territories?
- 2) Tsunami, earthquakes, famine, etc.

Problems inside people's hearts and minds:

- 1) Different colors/races and cultures and belief systems.
- 2) Then people feel insecure and want to fight others.
- 3) They mitigate their security by going on the attack and acquiring more and more.
- 4) Right from birth, mind goes on developing.

Other problems:

- 1) Conquerors wanted to be heroes – they wanted appreciation –from their people or others?
- 2) 4% of people are sociopaths – so maybe be we need to make systems – mental work needs to be done – we need to use spirituality – or maybe we need to use systems to mitigate bad behavior.
- 3) Violent behavior of people forced via programmed stimuli?

What can we do in terms of solution?

- a) Will more and more commonality reduce the problems?
- b) How has meditation, spirituality and acts of kindness helped so far?
- c) Let us start sending letters to all heads of Government asking them what they are doing as peacekeepers. Let us join all other peace keeper groups. Send letter even to UN.

- d) Sensitize the people as to what they are doing about their inner peace.
- e) Peace and Prosperity is not only about building up your personal assets but also about improving your happiness index.

Dr. Prakash Shah, prakashbaroda45@gmail.com, 9879158791 – Basically the 3 things important for any living being are the mind, gut and body. Most problems or happiness are based on those 3 things. The mind, right from birth goes on developing till a very late age, likewise in the maintaining of the body and the gut. The expression of all other aspects such as authority, governance, business, lifestyle etc. are subsidiary to those 3 things. So basically right from a young age, as a child goes on being taught such things, they would live on to become happy citizens. As more and more generations keep coming, cultures & traditions get passed down and live on which keep civilizations existing and working.

Sarah Musavi – There is the physical form and there is the psychological form (where creativity stems from), then there is the intellectual & spiritual form which deals with life force. When a child is born no one needs to teach the child to engage in basic essential habits such as feeding etc. so that intellect/instinct is naturally embedded in us. People need to connect well with their intellect as once they do so they are able to come up with their own way of doing things. Being manifestations of our creator and when talking about peace and harmony, we have to find ways to connect people to their own intellect as once they are connected to that there is no reason for violence and over consumption.

People have been fighting to satisfy their ego with power and the fear of being weak leads to the accumulation of wealth and then fighting for it because they imagine there's a lack of resources.

Recommend reading Viktor Frankl's 'Man's Search For Meaning', Dr. Frankl a psychotherapist, was in Auschwitz for 4 years and almost ended up in the gas chamber. He developed the technique of finding meaning in life.

Darryl D'Souza, maildarryl@gmail.com, 9821758877 – Inner peace is very vital and in this whole journey which concerns people, what seems like they first need to work on is their conditioning which happens right from the time of their birth such as belief systems, worldly pressures, aspects of artificial living (as most people that are accustomed to cities do not understand what natural life or what natural laws are), so carrying all that in our minds and into our lives we create problems not only for us but for other people as well. So within the mind & wellness space, it helps people take off a lot of their conditioning and free their minds to understand and make their own cause & effect decisions and after that comes in the spiritual journey, where people connect with the underlying spiritual selves of other people and all life force around them such as in the form of plants, animals & elements by going deeper into the spiritual journey connecting with everything. For attaining such states of being, people engage in various activities such as yoga etc. Such spiritual practices really help with being calm and reasoning with things but in the world of today with so many impositions onto people by big agencies such as vaccine passports, forced testing, lockdowns that hinder finances etc. so besides these spiritual practices we shouldn't just be mute spectators or we should also take action against such hindrances.

The division between every human being's psyche is the left brain & right brain polarity. Deep inner sciences can be practiced to balance both sides of the brain to become balanced people. Once there is unity consciousness within then one starts behaving as a unity conscious being.

Darryl D'Souza on Unity Consciousness and Global Peace at the 2nd World Parliament on Spirituality

<https://youtu.be/eNfzqEKJ0hQ>

Dharma and The Earth Keepers – Darryl D'Souza at the 3rd World Parliament on Spirituality

<https://youtu.be/Rv6dZAxV9hA>

The 3 fold path of Ahimsa by Darryl D'Souza <https://youtu.be/5ycvbkQ-aKU>

Umesh Sejekan – This particular world in this turmoil is drifting towards a catastrophic situation which is all human made. So we being human have to think about what the qualities are of being human, it is everywhere in every dharma that has been taught. The appeal is that all these great intellectuals should sit together discuss and list out all problems and understand the root cause of it all. The whole purpose of life is to be happy healthy and prosperous, so the right values needs to be brought into place. The education of these values plays the biggest role. The subject of 'Peace & Harmony' in every institution is a must to be discussed and taught right from childhood.

RC Brijesh Mathur - Ego and greed are motivations that cause conflict. There is enough for everyone, if it is shared peacefully with empathy and compassion. These 4 years of multiple disasters striking all over the planet have amply demonstrated the futility of material development in absence of benign Humane values. We as responsible citizens of this planet are fast realizing this, and an increasing number of people are undergoing self realization and reform.

Karan - Study more about the subject of mirror neurology and its role in mind control agenda to rule the world (refer to theories by Gregg Braden). Also recommend reading 'Quantum Politics: Saving Democracy' by Amit Goswami.