

2nd INTERNATIONAL CHILDREN'S
PEACE CONFERENCE
STŘÍLKY 2004



How to bring more Love to the World
BULLETIN

2nd INTERNATIONAL CHILDREN'S PEACE CONFERENCE STŘÍLKY 2004



2nd INTERNATIONAL CHILDREN'S PEACE CONFERENCE
organised by Association Yoga in Daily Life Střilky.

Initiator of this Conference is
Mahamandaleshwar Paramhans Swami Maheshwarananda.

Date

Thursday, August 12, 2004

Location

Yoga in Daily life Centre
Střilky, Zámecká 202

Participants

Children and youth aged six to twenty five years
from different countries, participants
of summer seminar in Střilky and invited guests.

Goal

To realize the importance of life in peace, harmony
with nature, importance of positive relationships among humans,
and one's own responsibility in the life.

2nd INTERNATIONAL CHILDREN'S PEACE CONFERENCE

will take place on 12th of August 2004 in Střilky

motto: How to bring more Love to the World

Topics:

1. What is love?
2. How to make better the relationship between humans?
3. Can I enrich the world with love myself?
4. With what could we help the planet earth and all living beings?
5. How to make the world Happier?
6. Constitution of loving and kind world?
7. What would we like to bring from cosmos?
8. The instruction for the happy and content life.
9. The tolerance between religions cultures and humans together.
10. Where to look for love?
11. Is it possible to have peace on earth without love?
12. Your own theme.

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How could we help the planet earth and all living beings?

Once when an Earth Day was being held, our teacher suggested that our class and three other classes should go on a day trip. The teacher said that we should observe the countryside around us and then afterward the teacher asked us questions about it. There were different competitions and it was really a good fun. Then we came back to the school and began to collect the litter in the school garden. I was holding the bag with my friend, and it was big and heavy. There was a great deal of litter, but the children were working hard and collecting as much as possible.

Adélka Ďásková – 11 years

What is love?

What is love? perhaps you know?
It is a sight you do not understand?
Am I the only who is afraid of it?
or I only do not know what should be said?
The smile you will give me is enough,
to stroke the mouth, to stroke the face?

Love is blind, love is a dream,
love is faith, it will prompt all.
Love is sadness and smile,
love is a warm smile.
love is wind, that you catch into your palms,
a ray that strokes your face,
love is a rain, that smells in your hair,
feeling hidden in your heart.
Love is a school of loving people,
love is calling all and in such a sweet way.
Love is the most valuable princess,
love is such nicely gentle.
Love is as a million of roses,
love is that we can write by longing.
Love is an eternal universe,
that is running around you as the dark,
stars that are shining whole night,
love is a smelling rose, stroking your cheek,
the storm that is ruling over all.

You are shivering with love as the tree in the wind,
love, when it hits is like a thunder.
Love is as a star in the sky,
love is the land lost in heavy fog.
Love is a fire that tingles and hurts,
a butterfly dancing in a madow.
Love is a tear salting your face,
a crystal water in a stream.
Love is a knife stinging in the heart,
love is as needed as drinking water.
Love for me is you, your eyes,
your kisses, your mouth always keeping mum.

Love is pain and grief,
love is rushing you further.
Love is the most beautiful thing,
love is as avaluable gold cage.
We want love very much,
we go for love everywhere.
Love is sometimes very painful,
love can sometimes shoot you down.
Love is sometimes no dying hope,
fate destined us.

Love is a hope, that my faith in you will make me warm,
not to live in emptiness as so far.
Love is as clear as the fallen snow,
it is so strong, we cannot live without it!
Love means to understand, to pass the hands,
to kiss and to take into armful,
love means to split the soul and heart,
air, thanks to which we breath and live.
it is so fragile, as a new snow,
but I do not want to be without it anymore!
Love is the look of your eyes,
smile, that sounds softly,
love is the world that is rotating with us,
words used usually.

Try to take my feelings seriously,
try to love me leastways a bit.
Love is to say „I like you“,

seed in a rye spike,
love is to really love someone,
to fly away behind the border of space and time.
Love is at all in my body,
you are that I ever wanted.

It is a ray of sun, basking me,
rain that makes my body warm.
Love is a star of the night sky,
that what is mine is only for you.
it is a book of lines and fairy tales,
by which it is stroking me on my back.
Love is the breath I am always breathing,
that, what is always telling „I love you.“
It is a magnet, that is always attracting me to itself,
foot that stayed in my house.

It is maybe a ship, that will never leave,
that, what is so attracting me?
So where are you hidden – love?

Unknown beauty
who tastes as the smiles
and sometimes as the tears.
Who is talking by silence
and by big eyelashes?

Who is burning me by longing
and another time you are cold
who uses to be long
but nothing lasts forever.

But this got to know only barefoot lovers
in the morning,
who are from their lips kissing the drops of dew...
...so that love is existing, that never ends!?!?

Michaela Žáková – 14 years

What is love?

Love is in the heart, but often some people do not realize this. Most of the people these days live in hate and they disregard love because of envy and vindictiveness and other similar qualities. If this were not there, there would no be no wars, killing, stealing or

other similar behaviour. What a pity that all these qualities exist, because if they were not here, this planet could then be called the PLANET OF LOVE or something similar.

Jana Škvařilová – 12 years

Love is a beautiful feeling. It can be among all living beings, people and animals in the Earth. But unfortunately love is not usually among all. Sometimes there is hate, jealousy, and sometimes even fear amongst us. Thus we should cancel all wars, and it is also important to forgive so that love can spread. There should be also love among people and animals.

Angeli Podsedníková – 12 years

What is love?

Love is a nice thing. I remember my mum, she was always hugging me, and people who treated me nicely... Such people I like very much. Simply to receive love is very pleasant, but if people tried to give love – the world would immediately become better. Unfortunately, people do not realise this yet and they do not treat each other nicely. Some mums do not even hug their children and send them away.

Other children run away from home, because they are abused. But it could be the other way if parents realised that in their hearts their children are very nice, and mainly just need love. One problem would immediately be solved if the abuse was stopped. I would definitely not beat someone who is dear to me because of such a petty thing as not getting good grades from school. Because when a child is scared of the response at home he cannot learn properly at school – so it becomes a vicious circle.

If they were not scared to come home to see their parents, if they knew they would not be harmed at home, immediately more people would live in peace and in love.

To explain it, if one is frightened, he has a need to protect himself. When a child is protecting himself in such a way it is not so bad, but if a government is frightened it can result in war.

If people did not have to be afraid of being betrayed, if children did not have to face parents, if there were nothing else but love, there would be peace in the world.

Václav Knap – 11 years

What is love?

Love is a very nice feeling.

We should give love.

Love can be as great as the ocean.

Love and peace always belong together.

Love is something absolutely amazing that is impossible to describe.

Anna Fuksová – 12 years

What is love?

Everybody talks about it. When you have it, you are the happiest person on the Earth. When you do not have it, the world becomes sadder and we no longer see everything through rose-coloured glasses. Yes it is an irresistible feeling – love.

What is love actually?

This question has been asked by humankind for centuries, but a scientific answer still does not exist. Each person describes love in a different way, but the spirit is generally the same. For one person it is something that irresistibly attracts him to someone else; for another only falling in love means love. Once an important man said: „In love, just as in art, you cannot express or understand it merely by reading what others have said about it. Everyone must experience it for himself.“

How can we get to know the real love?

In the beginning each love seems to be real. But after a while we find that romance is vanishing and parting is coming. But if, after two years, you love somebody in the same way or even more than at the beginning, then there is a big chance that that person is your real love. You start to feel that each minute without him is lost, and when you are with him the whole world is rotating around you and minutes spent without him seem like an infinity; and that's it - you have fallen in love. One can only wish you much happiness, and that you will once experience real love. It can be today, in a year, in two years, in ten years, but it will come.

Love – it does not mean only love for a boyfriend or girlfriend. Remind yourself - thanks to whom are you now in this world? Yes, thanks to your parents. Just the fact that they brought us into this world deserves love.

When you think about it, you will find that you are not in such a bad situation, that there is somebody to whom you can give this love. Children from institutions or lonely children who do not have family are in the worst situation. That's why it would be nice, if you can try to make their lives more pleasant and easier. It would be nice to send them some old toys which would only be gathering dust in your house, especially at Christmas time. They also have a right to feel that someone is thinking about them. They are the ones who need love and help from others the most.

That's why I ask you not to hold onto your love and kind words – you cannot lose them so why not make someone happy with these words.

Lucie Chromčáková – 15 years

What is love?

Love is peace and silence, that nobody should disturb.
Without love the world would be ugly and sad.
Love is a beautiful feeling.
Love is beautiful and warm.
Everybody probably will meet it once.

Natálka Cutáková – 9 years

What is love?

You are asking: „What is love?“ It is unbelievably hard to describe it. And indeed nobody exactly knows, especially that one who has yet to experience it. We can say that it is a feeling. It is feeling between two people. But this is not still exact, as love is something more than „just“ a feeling. You can express feelings, but you are not able to give love to everybody you meet. When you see a boy and a girl together, you can immediately see that there is something between them, and this is love. You see it but you cannot touch it, nor measure it. So what is it really? It is also confidence. Unpronounced confidence in one another, when each is sure of the devotion of the other. Have you ever known love? It is sad when somebody is unable to love... everyone needs love. Mother love and also love between boy and girl, man and woman, the old, the young, all people need it. When you feel love, you do not feel alone, because you know that someone is thinking about you or would love to become your best partner, even when the other one does not love you. Believe it or not, when you are loved, you discover that things are not so bad in the world. A loving person becomes more witty and more lively, and also looks happier. We

can say more perfect.

Everything bad is good for something. And the opposite is also true. Love can also bring us suffering and pain. Wounds from love are some of the worst; they take a long time to heal and hurt deeply. It can happen that someone is so blinded by love that he does not notice anything. There is a possibility that he does not even see his reflection in the mirror.

Love is an age old theme, about which there are long conversations, and even arguments. It is a theme due to which many people have died in wars; but it is also that thanks to which many people get a taste to live. Without love the world would not be what it is. Love was here before us and it will still be here after us. And that is how it is.

Jan Vilém – 15 years

What is love?

What love is,
you ask?
You will get to know,
when you will recognize it.

It is not a feeling,
It is only a miracle!
You meet it daily.
You do not have to cry,
when love is leaving.

Love is a present
and when it is losing
you do not lose anything.
it is only coming back.
and it is looking for its destiny.

You should be looking for love?
it is not so easy!
You must get it.
meet on the street
as a clear and young,
beautiful and shapely,
your girl.

when you would know her,
when you would wait enough,

you will find out
she is looking for you
maybe longer than you
and surely you have not met
but someone connected you.
Who was it?
Surely, a destiny.

You have met love somewhere
maybe on the top of the hill,
where is sunrise
or sunset.
You have met love somewhere
as it is walking somehow,
barefoot in a wet fern
drops of dew do not annoy,
when they course down the legs
to the mossy duvet of the forest.
And who knows it?
Surely the destiny.

Jan Vilém – 15 years

What is love?

Love is a feeling, which attracts two people.
We cannot take love, it is immaterial, and we cannot weigh it.
We should cultivate it, save it and give it.
We cannot buy love!
When somebody loves me, I feel safe.
Life without love is empty and cold.
Said simply love is Divine.

Anna Crhová – 11 years

What is love?

From the viewpoint of the Czech language it is an abstract word. From my point of view it is, for some people, a word they speak to show their fondness for another person. Or four letters representing nameless feelings?

Yes, there is a confusion of various feelings hidden in this word. These feelings do not have to always be pleasant, they can harm us, but they can also bring joy, even consolation.

Many people feel it as consolation when somebody loves them, and they hang onto them.

For some people is better than all the presents of the world, and they are thankful for this love.

Katka Kiliánová – 11 years

Love

When I found out that I had to write on the theme of love, I was happy. „ It is so simple.“ But the more I thought about it, the smile on my face started to disappear. I found out that it is not so simple. I took in my hands a book belonging to my mother and started to read one story that I liked very much. (the book was: Classic Chicken Soup for the Soul.)

Courage.

„ When I was working as a volunteer in Strandford hospital some years ago, I got to know one little girl, who had an unusal illness. They found out that she would become healthy if she could get blood from her five year old brother, who had by a miracle survived this illness and created the antibodies in his body.

The Doctor explained to the brother what the problem was and asked him if he was prepared to give blood to his sister. I saw that he thought for a moment, took a deep breath, and suddenly he answered: „ Yes, I will do it if it will save Lisa. “

During the transfusion he had the bed next to his siste; he was looking at her and smiling, just as we all were, watching as the colour was coming back into her face. Then he lost colour and he became very serious. He looked at the doctor standing over him, and with a tremoring voice he asked: „Will I start to die right now?“

He was small and had misunderstood what the doctor had said before. He thought that he would have to give all his blood to the sister. “

How would I behave in this situation?

Would I be able to accept my death for one’s own flesh and blood.

When a man is born, he loves his mother, father and closest family. As he is growing, his area of interest spreads. At first there are friends, then first loves, he is also able to fall in love with film stars, and he has his music idols. And this is the way in which his „ I like“ is growing and gaining more volume. And exactly in the moment when this is greatest, then man should think over, and deal with everything around him. Then there would be love on the Earth. And this is love.

Martina Slavíková – 15 years

Love

What is love?

There are many forms of this word. It can be a connection between man and woman, love among animals, or even the love that people give to animals. It is always the same love but in different forms.

Who has this real love?

All beings in this world have this gift, but most of them are closing themselves off from the world, and do not let others become a part of it. They do not allow their love to sprout like a beautiful flower that needs time to grow from a little bud into a big beautiful flower, and then turns devotedly to the sun. We have to study also how we can let love grow; we have our Master, on whom we can absolutely rely. He is the Sun and we are the flowers. The sun accompanies flowers for their whole life; it gives them the love and warmth they need. We learn to feel love in this way and to give it to others. When everyone will cultivate at least a little love and give it further, it is the beginning. This way we plant the seed, from which the fruits can grow.

Sarita – 16 years

Love and joy

It is not possible to buy, create or explore joy and love. The manifestations of these feelings have been in this world since the origins of man. Earlier there was no word for this, any „scientific“ name, but people showed their feelings by way of expression, attitudes and behaviour. Over time the psyche of humankind has developed and societies have also developed. There was not always love and joy amongst people – just as it is now. I think that these feelings would have been rather rare, and because of this they can be looked at as wonders of the world. And because of this they often surprise us, and every time they are different.

A happy man is that one who has a constant smile on his face and a heart full of love, which he gives when he meets with others.

And when I take a look at the present times, I see only an over-mechanized, scientifically advanced world, that is making life easier for people, but in reality only very rarely gives them what is most important – love and joy.

Although things are more or less better, I think that without love and joy everything is useless. We cannot compensate for them with a computer, kitchen robot, or with a modern atom bomb. People are inventing things thanks to which the world should be more and more perfect. But there is an impoverishment of really happy people and it is a rarity to see sincere joy and love without quarrels and troubles. Things are rarely perfect, there are only a few times when one can

detect perfection. Perhaps it is that people do not have time and do not know how to give one another joy, and often they deliberately seem to harm and affect others.

Sometimes they realize their mistake and try to correct their acts, but can we believe them? You never know if they will harm you again, and because of this you begin to lose certainty in the goodness of people. I know that certainty does not exist, a man is never sure - at least this is what everybody says nowadays. But I think that today people do not believe each other at all. They are toughened and it is difficult for them to believe and to feel. Surely they do not have certainty! And when people do not believe, they do not love, they are not able to surrender to love and happiness, and they are not able to distribute love.

I think that the more advanced the world is, the tougher people become. Thus, if someone comes who lives only for love and giving joy, it is the greatest wonder of the world for people. The worst is that even in wonder there is no certainty, it is something unknown and astonishing, and because of this they move away from the wonder. I would wish to have more love than hate in life, and more joy than anger. Let people be able to open themselves, and not look for certainty in everything, but rather accept the love and joy, so that they can get to know it and to give it. Maybe we should all start with ourselves.

Jaroslav Vrána – 15 years

A kitten and nature

Once upon a time there was a kitten and it did not have name. It lived in a hole in a bush. After certain time there was a lot of litter around the hole. The kitten did not like it so it decided to go to find some new, more cosy hole. Everywhere there were dirty people walking and throwing litter around themselves. And the kitten understood. While everything was dirty it could not find any hole. It went further. One girl, Lucinka, who understood animals, found it. She told him: „there is disorder everywhere and you are here just wandering around. Don't you want to come with me?“ The kitten was miaowing the word YES. Lucinka took the kitten home. They lived happily together. One day Lucinka told the kitten that they would go to and make order. The kitten agreed, but it did not like that amount of litter. But Lucka knew how to do it. She made one party and said: „There is disorder, dirty and higgledy-piggledy litter. You should think about yourselves and tidy everything together. So it happened. From this time Lucinka and the kitten were satisfied and the Earth is clean. The planet Earth will thank you when you keep order.

Alžbeta Lunáčková – 10 years

What is love and how to cultivate it

There are two kinds of love in this world 1) family love 2) natural love. Family love is between wife and husband, or between parents and children. Natural love is towards nature, life and animals. It is a „positive energy“ which we feel towards something.

I will talk about “natural love”. How to cultivate it and not lose it?

I start with not losing love.

Love is lost when we watch violent movies or play violent computers game. When we see someone killed (in a movie or on a computer game) we have the feeling that it is something normal. Love is lost when killing Carps at Christmas, or when a pig is killed in a village at special events. We get the feeling that the cruel treatment and killing of animals is normal.

So, how not to lose love?

For adults:

Reduce watching TV or quit it completely. If you want to know the news or sporting news, turn on a radio. Do not buy newspapers because it is not ecologically friendly. If you are after sport, then get up from the TV and actually go to watch or play sport. Even better practice yoga. Without TV you will have plenty of time.

For children:

Do not play violent computer games. It is really horrible. If you want to play, then, for example, play chess. Even though it is a martial game there is no killing. Moreover chess develops intellectual capacity. You can play different strategic games. But not violent computer game

For children and adults:

Be vegetarian. If you eat the meat of violently killed animals it again destroys your love.

Being on a vegetarian diet is healthy, ecological and peaceful. If you still have a desire to eat meat, then preferably buy Claso, Soya sausages etc. With these the taste of meat is created by spices.

And how to cultivate love?

It is good to cultivate love by staying in nature and also by smiling. If you see somebody smiling you feel better no matter how you felt before. If somebody is smiling he is simply in friendly mood. If you want to cultivate love grow plants, or help old people and animals.

If everybody cared about animals (which also means not to eat them) and protected nature there would be no violence – there would be world peace!

Jan Levý – 12 years

Where to find love?

I have a little question
„where shall I look for love?“
Nobody has said anything

although I was waiting for much more.

One voice sounded,
weak and feeble...as a hairspring.
„ Start to look for it yourself,
love will find you also.“

I was thinking a lot,
whole day and night.
In spite of this in my subconscious,
the picture was drawing.
first, great brightness...
And then?...

...I see my family,
but only for one hour.
Then the picture dissappeared
and I again came back.

Now I know the price of love
and the importance of the family,
I always hear known voices
And I have been marking her... whole hours.

Petr Výchopen – 15 years

Is world peace possible?

Could all nations be united as one?

Are humans even capable of peace?

We all have disagreements, but arguments can be good. Without arguments we could not have agreements. Why must we turn to violence when we have disagreements? Is anyone listening when there is an argument? Arguments seem to be one sided with only the speaker listening. Why can't we take the time to listen to the other person. Are we afraid we will learn something? Are we afraid that if we will be infected with what we consider to be „sick“ ideas? Are we afraid that another opinion might be better than ours? Are we that suborn and ignorant to expand our thinking? We have wars not because whole nations disagree with each other but because only a few people in those nations disagree with each other. Why is it that those few people can't find the time to listen to each other and prevent the violence.

Compassion and respect. Without these there can never be a compromise. There can never

be an understanding. There can never be a peace. If only we would take the time to listen to each other just think how wonderful this world would be. Why is it that Medicine can cross all borders, physical and political. A Doctor must listen to the patient describe the symptoms, do a physical exam and perhaps run a few tests. Once all the information has been gathered a diagnosis must be made before treatment can be started. If politics were practiced more like medicine maybe there wouldn't be as many problems in this world.

Dan Marini – 13 years

How to bring more love to the world?

1, What is love?

We can love so that we all love each other. We will not quarrel, we will not shout at each other, we will help one another, we will not harm each other. We shall smile at the world, not frown, and accept it as it is.

2, How to improve the relationships between people?

Not to quarrel, to be good and kind to one another, to help each other, not to shout and not to beat one another.

3, Can I myself enrich the world with love?

Sometimes maybe yes, if I were good and kind to all people, but I am not sure at all.

4, How can we help to planet Earth and all living beings?

By not harming them or killing them.

5, How to make the world happier?

People shall not create trouble for themselves, nor have too many worries, but simply be peaceful.

6, Constitution of the loving life of the world.

Peace.

7, What would we like to bring from universe?

Peace, satisfaction, much love.

8, Recipe for satisfied life.

People shall not quarrel, they shall help each other, always work in harmony with others and be loving.

9, Where to find love?

In the heart.

10, Is peace in the world possible without love?

NO!

Adélka Klimešová – 7 years

How to help our planet and all living beings?

By creating world peace; for all people to be good to one another and not hurt each other. We can help our planet by not throwing litter on the soil, but into the dustbin. Also by making sure that there are no weapons. We can help all living beings by not hurting them; we will not enclose them in cages and will allow them to run free in nature. All beings should feel our love. Find love in the heart. So that you will love.

Adéla Klimešová – 7 years

How to make the world happier?

How can we make it so that everything here is beautiful?

When you think about it, everything will become clear.

Who is ruling this Earth? Who? People.

And how do the people behave? They are stealing, telling lies and cheating!

And if you still do not know, how can you change the world?

I advise you, change yourselves, and start immediately!

To help others is enough, and to be good to others,

and then everything will be better day by day.

And then when you will be good and kind to all

you will ask yourself a question: „How were we before!“

Lenka Fířtová – 15 years

How to improve relationships between people?

People and their thinking is as complicated as they are themselves and relationships are twice as complicated.

Firstly I would like to separate people into three groups for my work.

The first group: These are the people, who take their relationships too „seriously“.

They try to have perfect relationships with everyone and they are always servile. As the saying goes: „Friend of all and friend of nobody“ is telling, and so in this way it

is possible to characterize these „nice people“, and I think the worst group of all. The second group is in the middle: it means normal in behaviour and in interpersonal relationships. Sincere friendship and love belong to it, but if someone does not behave nicely to them, they let him know very clearly.

The third group: these are people who are not „bad“, but are just not very interested in the opinion of others about themselves. They do not propagandize themselves to anybody, they live only for themselves.

Nobody is born with a large number showing his group on his forehead, but this is a summary of a fraction of his personality and generally about 90 percent is created by his environment – people in his proximity.

Next I will differentiate people again into another three groups, due to their authority, ideas, ambitions and other qualities.

A man from the first group always wants to be the centre of attention and to appropriately manipulate others. If it is a good person, then this is done in a good way, but if he is a bad person then the opposite holds.

A representative of the second group alternately corrupts with his own ideas, but at other times does nothing, or joins in with others.

Finally, a man of the third group invents nothing and does nothing. He lets others manipulate him in a good, but also in a bad, way.

The result of this work is that no man is responsible for his character and behaviour. Man is only 10 percent responsible for his behaviour. The remaining 90 percent is a result of their environment. When an average person is lost, then understanding and the willingness of „good“ society to incorporate him among them on the right side of understanding, tolerance, friendship and love is enough.

Robin Kopecký – 14 years

How to make better relationships amongst people?

It is usually because of religion that there are wars. When people are tolerant to each other, there will not have to be any wars. Sometimes the reason is that two people with different coloured skin do not agree with each other, or siblings, or parents, also countries and friends too. People with different coloured skin can come to an agreement if they do not hang on the colour of the skin.

Siblings and parents can also come to agreement if they would sit together and make everything clear. Also countries, when they meet each other can resolve the problems and do not have to use weapons. And friends, they can say to one another what are they are worried about, and they do not need to quarrel.

Vidžaja Knap – 7 years

The Planet of Peace and The Planet of Killing

Once upon a time there was one planet where only animals were living. Then people moved there; they made friends with the animals and watched the lifestyles of the animals. As they were watching them, they started to adapt to them and finally they started to live with them. One was with a rabbit and he ate everything the same as the rabbit. Another one was copying deers and bucks. They found out that they were more healthy when they did not eat meat. They stopped quarreling at all. People from the planet of killing invited them there because they were always ill and wanted advice from them about some medicine. The medicine was that they should stop eating meat. The people from the planet of killing just smiled and said that their problems were not caused by the meat.

Those good people, who lived with animals, told them that they should try to stop eating meat for at least for two weeks. They tried it and it was successful. They called on the good people again and told them that they regretted that they had been smiling at them.

And all the people moved to the animals and good people.

Anetka Lajchová – 9 years

Love???

What is love? When you say the word love, everybody suddenly thinks about love between man and woman. But it is not only this sort of love. Love is a feeling of happiness, joy and safety. There are many types of love. Love to a person of the other sex is can come casually, surprise us and can then leave without our noticing. Some loves do not become cold, and stay for the whole of our life. Many people have tried to explain love, but everyone feels love in a different, way and always uniquely, because love is a specific, individual inimitable feeling. I can say that love is something that will meet us and we are not responsible for it. But love is not only a walking in a rosy garden, it is also betrayal, pain and hate.

What would there be in the world if there were not love? If love dies, happiness dies, also joy in life and hope, and with them everything that is making us human beings. People would be just like machines – without feelings. One famous thinker said when considering all types of love: “Love is a magic fruit, which has the taste of the heart.”

Hripsime Zohrabyan – 15 years

I was out in front of our house

I was out in front of our house, riding a bike and I saw that one woman was putting plastic bottles and much glass in to her dustbin. If she had gone one hundred metres

further there are containers for separated litter and she would have done a good act and she would save our environment.

Michal Voříšek – 10 years

Love is always here

Lilly was 21 or so, beautiful, wise and she knew a lot about everything except love. She asked every one, she met if they knew what love is. She asked her mother. She asked her father. She asked her college professors. She even asked the wise elders of her town but no one could describe or explain love. Suddenly she heard a small child's voice say, „I know.“ Lilly turned toward the voice and she saw a little girl about 3 or 4 years old. The little girl said: „Love is like a package waiting on your doorstep. It can be full of surprises; some good, some bad, some can make you sad.“ The little girl looked up at Lilly and smiled. Before Lilly could say anything the little girl vanished into the wind. Months later Lilly's mother invited her for tea. As she was leaving, her father called her into the living room and said: „Look, what I found. An old family photo album.“ Half way through the album, Lilly saw a photo of that girl she had met months earlier. When she pointed her out to her dad, he said: „That was you, when you were 4 years old.“ Lilly fainted. When Lilly awoke, she told her father that she had a dream in which she saw a boy with a single red rose. When she described him, her father immediately recognized him as a neighbour who once lived next door. A year later Lilly met a man carrying a single red rose. After talking for a while she realized that he was the neighbour who once lived next door. Within a short time they decided to get married. On Lilly's wedding day she realized that, what she had lost, she had found and what she had forgotten she had remembered. Love was always there but Lilly had not always understood it.

Johana M. Marini - 11 years

Recipe for a satisfied life

Recipe for a satisfied life. That is the theme which all of us must have spent at least a short while of their precious time thinking about. Let's say that at some time you must have sat somewhere in a quiet, calm place in your house, felt the heat from a steaming cup of tea while there was a snow storm outside, and in your head pictures of your future satisfied days were running.

And may I ask you what have you seen in the country spread behind your eye-lids? I do not want to offend anybody, as this is only my own feeling, but the hectic pace of life nowadays affects me somewhere in the depths of my soul, and a hypothesis

arises that people today are not able to imagine a perfect world without money, power and success.

This feeling has settled in my head quite quickly, and however much I try, I am not able to get it out of there. And often I manage to have the contrary occur. The more I try to persuade myself about the rub, the more often this sense struggles into my ideas and imaginations. And together with this another alarming question is also awakening for me.

Where has love gone? Where have the dreams and plans of the previous generations about a happy life, which for them meant time spent together with their families and friends, vanished? Why are the pleasures of daily, joyful trifles not reflected in our imagination? Don't people from these times have a sense of the words health or happiness? Do they have to speed up the success and power? Have they forgotten their families and friends? Have they forgotten what laughter and joy are?

Once upon a time Edison said: “The secret of success in life does not mean to do what you like, but to find liking in what you do.”

Maybe this is the right recipe for a satisfied life. Maybe, when we open our eyes and look around us, we will appreciate what we have and stop chasing after success and wealth; we will find out that we are happy and satisfied.

But, maybe not. Maybe a recipe for a satisfied life does not exist at all. We are all so different. Everybody has his longings and wishes and they are so different, that if there were only one solution for so many destinies of people, it would be an absurdity. Maybe the recipe for a satisfied life is in each of us.

Gabriela Tkadlecová -14 years

Recipe for a satisfied life

I wish that all people would be honest with one another.

They would get on well and not fight each other... They would have love, sincerity and faithfulness. In this way people would have a peaceful life. And then they would all be most satisfied.

Jan Kočí – 9 years

Recipe for a satisfied life

Hello, my name is Alik. I have already been living for six years in one big and expensive residence. I am here with my small friend and with my parents. They have a lot of money, but I think that they do not have such love for each other

as simple people. You know, money is not everything. You cannot buy health, love, peace and silence. The whole of mankind should behave with more love and respect for each other. No wars and other bad things. We must love each other, be healthy, and have a satisfied life. Such small things make our life more pleasant. What is invoked in people to cause wars and quarrels. I think it is jealousy. People are envious even about the smallest trifle. The rich are always competing. One has more possessions or money, and the second has to have immediately even more, and so on. It becomes worse and worse from the viewpoint of a normal person. People should help each other more. Then it will be nicer and easier. And surely man must regret when he tells a lie to someone, or harms him. It is very difficult not to do it, but when you try, it will happen. Oh, my little friend is calling me. So hello.

Eva Rýcová – 10 years

1. We are all friends,
because we are good to each other.
Be great in giving and take little
and that is love.

2. After fire, after flood,
people are nice to each other.
When we overcome everything
There should not be just a little love.
Let's try to be nice to each other
day and night in every moment.

3. Smiles and gentleness are valued
by all humans.
There's nothing better in the world
Everyone is changed by love.

4. I have a good idea
I will separate waste!
Plastic here, glass there
paper here, nature is beautiful.

5. Happiness is a relative idea
I have such a feeling.
When you are healthy, and you have joy
in your heart, do not be sad.

6. In this hectic age
take your time.
Put yourself together
and reach your goal soon.
Our goal is clear, to have
a healthy, clean and beautiful world.
We will have a loving world.

7. What we would like to get from the cosmos
Extra Terrestrial according to our wishes.
Also joy, love, laughter,
In summer warmth, in winter snow.

8. You have shelter, food
you cannot mistake happiness.
To have a contented life and
no longing for anything.

9. Christian, Muslim, Jewish
can live together
they do not fight
God likes all equally.

10. I am searching for love everywhere,
I will search for a long time.
Search for love in your heart
and not somewhere in the forest

11. When we do not like each other
and are not friends.
There will not be peace
Living creatures will be less.

12. Within a few years
we want to have a better world.
Without smog, without factories
So our life will not be in vain.
Without tofu and cereal
no one will survive.

Magda Muffová – 19 years
Karel Košnar – 25 years
Jana Špačková – 22 years
Honza Kwaczek – 23 years
Mirka Zajícová – 15 years

People help the Earth with love

People help the Earth by putting litter into the dustbins. Then nature is not polluted. Nature is nice without litter. People are planting trees and flowers and then taking care of them. They also help nature in this way. I do not like those people who throw away and kill little dogs and cats. It would be better to protect and feed them.

Purnima Rontová – 9 years

Vow on love

I came once to a tree
Watching its crown.
While standing under it
I heard music from afar.

Suddenly something happened.
Or was it a dream?
Whole tree is suddenly blossoming
And I want to tell to world:
“LOVE IS WALKING TOWARDS US
I VOW ON IT”

Adélka Ďásková – 11 years

Help to the people

Once upon a time there were two children, Zuzka and Mirko. They decided to go to play in the playground. When they were walking around one house they saw two people seriously quarreling. Zuzka was very sad about that, so Mirko said to her that they would go for advice from Swamiji. They went to Swamiji and asked him if he would help them.

Swamiji agreed and told them: „ When you show that you are happy, and that you are not fighting and quarreling with each other, those people will understand that it is better like this.“ So the children went hand in hand and smiling to those people. After the adults saw them, they left all the bad things and ideas and started smiling.

Silvia Bohdanová – 11 years

A story about how one loving person can change others

Somewhere in a deep, dark forest where there were many wild animals, lived some thieves. They robbed the wayfarers and wanderers of all their money and those who did not have any money had to serve them.

One girl, about 15 years old whose name was Mira, went to collect some mushrooms for the dinner. She could not find anything for a long time, so she walked further and further, then she realised that she did not know where she was. She saw some lights and with relief she ran there. She ran straight into the hut of the thieves. They told her that because she had no money she would have to serve them. At first Mira was a little bit sad, but finally she said: „ Why not?“

The thieves used to be gloomy and bad-tempered., but Mira was always smiling and returned their swearwords and abuses by all the good deeds she could make for them.

Time was running...

One day Mira was carrying wood for the fire and suddenly all the wood fell down. And there was a very big improvement, because one month ago the thieves were not able to do anything good. But her presence had changed them so much that they helped her to collect it.

And moments like this are opening our hearts, perhaps only a little, but it is like when a ray of the sun comes after the long night.

And as time went by the thieves started to be very kind to Mira and finally they stopped robbing and thanked her for showing them what it means to be a human.

Martina Knapová – 14 years

Vegetarian - Fast and Yummy

Dear children!

What you going to do when you are alone at home and suddenly hunger attacks you? Will you eat yoghurt with cheese or something sweet? I have a better suggestion for you. Let's create a vegetarian cookbook for children. There are lots of yummy snacks,

which we can prepare by ourselves. We can present them on the internet and every star-veling can choose a lovely recipe and prepare by himself some simple food.

PASSWORD: “*Vegetarian, fast and yummy*”

For example I offer a recipe for vegetarian pizza. You can make it in 20 min.

Ingredients:

- Arabian bread
- Tomato, capsicum, corn from a tin
- Butter, hard cheese
- Spices for pizza
- Ketchup

Chop all ingredients and distribute them on Arabian bread, sprinkle grated cheese and spices for pizza on top and bake it in the oven. Pizza is most delicious when the cheese starts to crack and turn a light brown color after about 2 to 5 min. Put ketchup on the cooked pizza according to your taste and enjoy.

Have you tried to prepare it?

For your parents too?

Súrja Knap – 11 years

Love

Hello, we are from Germany. Here are our ideas on the theme of love.

What is love? Love is a feeling that you feel when you like somebody, when you find somebody pretty and when you find somebody nice.

How can you get love? You can get love through friendship. If all people would love, there would not be any quarrels and hate, there would not be any greedy feelings.

What is love is also the feeling? Love is also peace and it is around us.

What can we do to reach peace and love?

1. Love all things which God has created.
2. Be nice to foreigners.
3. Do not eat animals and do not kill animals.
4. Always be always against wars.

What shouldn't we do?

1. Do not steal.
2. Do not make quarrels in your family.

One important point is:

We must love our parents, because without our parents we would not be here, we would not have anything to eat and we would have to live in the street.

When you do all this, there will be peace and harmony in the world

Niklas and Florian, Hamburg.

Niklas Carsten – 13 years

Florian Carsten – 10 years

How can we make our world better?

Plastic can be very dangerous for animals. It takes a long, long time for nature to break down plastic, it can poison animals and pollute their homes. So do not use plastics, please. When we go shopping, we can ask for paper bags. We should take care also of trees, because they are giving us air to breathe and without them we will all die. Also animals would stay without their homes. The paper is made from wood; we should recycle paper so that we do not have to cut so many trees. And the most important thing on our Earth is drinking water. There is no life without water. So we have to spare the water, because in the future water will be our biggest treasure. With money we can buy a river but if it is not clean, we cannot drink the water. In the big cities the drinking water is already gone.

So I would like to ask you: What will you drink?

We beg you: take care of nature, because it is our life and we love our life and Mother Earth.

Peace messages

- people have to take care of all living beings
- love each other such as God loves you
- children shall not behave wildly
- people shall not behave egoistically
- people shall not fight
- people shall not argue, shall not spit, because we do not want to make this planet dirty
- people shall not have crashes in traffic

- children shall not destroy bird's nests
- do not talk in bad way about others
- do not kill and cause suffering

Our Clean Mother Earth

How beautiful is the nature God created for us!

A group of yogis was thinking this while on their way through the forest. They admired the green trees and the happy spring birds. They decided that they could have a nice meditation in such a Divine place.

Suddenly, a bunch of hooligans who do not care for other beings rushed in. They threw garbage all around and the once beautiful nature became lifeless.

Wise yogis came together to consult... they decided that they will make nature blossom again. Mother Earth was so grateful to them.

That is why children sing joyfully to Mother Earth.

Our clean Mother Earth - song

We are the yogis who take care of Mother Earth.

We must take care of Mother Earth,
let the streams flow and nature breathe.

We are the yogis who take care of Mother Earth.

Slovenian and Croatian children 4 – 13 yers

Constitution of a loving (tender) life

1. Everybody has the right to live, also animals.
2. Everybody has the right to love – to give love and to accept love.
3. Nobody should destroy love.
4. All people should tolerate each other.
5. People should not get married and then get divorced.
6. All people should try to make peace.
7. Nobody should create hate.

8. People in parliament should not throw tomatoes at one another.
9. People should not be envious of each other.
10. All people should forgive each other.
11. Noone should be proud and bad.
12. People should help each another.

Team work – children 's camp.

Reflection

People should help each other, love each other, understand one another and not hurt anybody or anything. And what does this actually mean?

We should practice love, but not that love that lasts only for a short time, that was born only from a certain feeling and therefore lapses very quickly. I think an everlasting love, love that is in all of us.

I know the people from who love is really shining, and their warmth is touching all people in their environment.

You know that when it is dark and light comes it is daybreak, but it does not work conversely. So, what happens after sunset?

Rest is coming, and silence; and if there is the light in the heart there is no problem. And it is the same with love. If there is hate somewhere, there are wars, or people are quarreling; and just one man full of love is enough to solve it.

It is said that love is in the heart... but how to open it?

It is not an easy question. Also because there many possible answers: understanding, tolerance, respect, truthfulness, compassion and many others.

There are so many things, how can a present-day man think about some compassion? Probably this is the reason why so many people and animals are dying. It is easy to say but more difficult to do.

Man can control himself among friends where he thinks about what he does, but as soon as he stops considering others he will make some mistakes.

Rushing around is the usual problem of this present civilization. What do you think about slowing down, and you will realize that what you doing is much better. So my advice is not to hurry.

And another problem... how can man like people who are murdering and making other crimes. It is not simple, but it is also possible. They have also somewhere in the depth of their hearts spark of the light and they can also make from this spark a great fire. And when in their hearts this great fire will be shining, there will be happiness in this world.

Till that time we can move in the society of people who have the same goal: To open their hearts. Among these people man can control himself. And he will make less mistakes, and there is less work in repairing these mistakes.

The present world is full of bad news, but I have one good message for you: Love can be born only from love. There are many opportunities to love in the world, so it is sure that one day all people will open their hearts.

Martina Knapová – 14 years

How to bring more love to the world?

1. What is love?

love, friendship, tolerance to each other.

2. how to improve relationships among people?

no jealousy, trying to make peace, less self-interest, limit the quarrelling, being more help to others

3. Can I myself enrich the world with love?

Yes, I can enrich the world with my love, I can! And more than I do. To help people who are in trouble, to stand up for weak people, to help, to tolerate others.

4. How can we help planet Earth and all living beings?

Ecology, sorting of litter, not to destroy nature purposely, to stop polluting, not to kill anything living, to support ecological products, to use glass and not plastic bottles.

5. How to make the world happier?

To be happy yourself, to make others happy, trying to make world peace, more tolerance, taking more care of our nature, to support the doctors, try to create more peace around yourself (smile).

6. Constitution of loving world

no killing, no hurting, coequality among animals and people in the sense of a right to life, one's own happy existence and life without suffering.

7. What would we like to bring from the cosmos?

Silence, medicine for all diseases.

8. Recipe for a satisfied life.

To be a vegetarian, to spread joy among people.

9. Tolerance among religions, nations and cultures.

It is as necessary as the water.

10. Where can we find love?

With parents, in yourself, in the heart.

11. Is world peace possible without love?

no, surely not.

On the occasion of Mahasamadhi in Střílky in November 2004, the children were answering these questions during the children's programmes:

Mirek Krutký – 10 years

Katka Rajnová – 13 years

Radka Balounová – 10 years

Jana Vašíková – 16 years

Prakáš Slavík – 14 years

Štěpán Fuksa – 15 years

Belief in God

There was a boy who believed in God. Other children criticized him. The boy was very sad because he could not find a friend. All the other children from his class were atheists.

One day all his class went for a trip. They got out of the bus in front of a forest. The children had the task of going through the forest for about 2.5 km and carrying out different assignments. It started to drizzle, but the children and teachers did not notice that it was drizzling and kept going with the game. About half way a strong storm blew up. One of the tasks they had was to find hidden treasure under a huge tree. The whole class had gathered beneath the tree and were digging. Out of the sky came a flash. It broke the tree in half. The tree was falling directly on the children. The boy who believed in God folded hands and started to pray. Then a second flash came about 20 cm above the children. This flash was very curious. Contrary to the other flashes it was as wide as the forest. The falling tree was stopped as if someone had caught it and thrown it up into sky. It entered the sky

and did not fall back down. Everyone turned to the boy-believer and thanked him. Since that time the children understood that to believe in God is not bad, and the boy now had a lot of friends. And it is in this way that belief in God works. Please do believe in God.

Martin Roj – 11 years

Land of animals

Once upon a time there was one land. There were many animals. There were people too and they started to kill the animals and to eat their meat. Then the animals left the land. So the people could not eat the meat. They found out that they could also eat something other than meat. They missed animals, so they asked them to come back to the land. They promised them that they would not kill them and also not harm them. The animals came back and said if they wanted to kill them again they would leave forever and never come back.

Sangita Šaušová – 8 years

Earth and me

How would I change the environment? I found out that many factories and other chemical means are destroying our soil and air. I think that people are not interested in their environment, nor in other people, and even not in nature. On my way to school I see a lot of litter thrown away, and the excrement of dogs in many dirty sandboxes. It can be seen how people are looking after their environment, after nature. People are destroying the air and soil. The next generations will not get to know some of the animals, because they will not survive because of the polluted air and water. Imagine that the Earth is one big wardrobe, that it is completely full, and then we just take and take, and finally there is nothing. And the reason is that we only take and we do not help to earth. Thanks to the lack of concern of people the ozone hole is increasing, and this harms the earth and also us. Because of this, more harmful rays are coming, the earth is becoming warmer and there are fewer icebergs in the world. I think that people should notice nature, look after it, embellish it and not pollute it. I want my children to experience everything I have when I was walking in the forest, smelling the fresh air, the smell of the pines, the singing of the birds, which may not be there then.

Sára Vilamová – 10 years

Charles's Reflection

Hello,

So here is again your familiar Charles. We have a nice summer, so I hope you enjoy it. This summer I went with my master to one absolutely lost island in Pacific. When I have heard, what the recent topic of this conference is, I said to myself, I have to write you a message about how does it seem here.

People are kind and good here. Civilization apparently has not come here yet. Even the local dogs I could not remember. Actually they did not know what a sausage is. Allegedly they do not kill anybody here.

Even the neighbors are very kind here. They have a wooden log cabin next to us and when they come for a visit, very time they bring me something good to eat.

People do not know a plastic box with moving pictures that is being watched every evening by my master together with my mistress and maybe because of that they have a habit here to come together every day to talk together. It is interesting, that even they have almost no quarrels here. I have been a friend of her dog, we understand each other well.

They do not know here a bed-smelling waste. All of us even my mistress eat from bamboo plates. It is because of protecting nature, which is beautiful here. It is a pity that I cannot send you a postcard; anyway they do not know them. I feel like in paradise.

Even the curiously smelling boxes I have not see here yet and that is good. My muzzle will have a rest from the strange smelling.

Nobody here hurries anyway, all people have time. People are smiling to each other. I told myself that when I am very old I would move here and stay in this paradise that I have been dreaming so long about.

I hope that I pleased you with information about the existence of this paradise on the Earth, which is ruled by law of love towards all living creatures. I hope that we can sometimes make it in our place. Even though I am only a dog, I would be very pleased too.

Good luck.

Many greetings

Yours Charles

Jana Knapová – 16 years

Instructions for happy life

Love can have many faces, it can be between partners or mother love..... But the love with capital L, is, according to me, such love which brings peace and friendship. This Love includes compassion, understanding, tolerance, harmony and so on.

Everyone can feel this Love, just open up your heart. And that is for me a recipe how to lead a happy life.

Karolina Kupkova – 12 years

Recipe for satisfied life

It is simple: not to do anybody anything bad. And when we do only good acts, so it will be coming back in a good way and we will have a happy and satisfied life. And due to killing animals, there are wars in the world. And so man should be a vegetarian. Where to find love? Surely in God. We can say that God is a source of love and peace. This source is bottomless. God loves everyone.

Love should be for people the most valuable in this world. Especially love of God. This love is the biggest and the most valuable.

Martina Magová – 11 years

About a wise tree

There was a man, who was every evening going to his favorite tree. He was sitting there and talking to this tree. One evening, when he was again sitting under the branches of this tree, he asked: „I saw a man, who does not eat meat. I think that it is quite unnatural and choosy.“

The tree was thinking for a while and then he answered: “There are many things in the world, which we have to choose from, the better and more useful. “ „You think that it is useful not to eat meat? “Asked that man faithlessly. “It is useful in many ways. For example only from the reason, that you will not be killing. “„But I have never killed even a chick, “the man was defending himself. „But you gave the pretext to the butcher. If no one ate the meat, there would not be the butchers and no animal would suffer. “ „But people in the past were also

eating animals! “Advocated the man. ! And could they choose? There have not been soya mammoths before, have they? “ !OK, but there is a question, what should we eat? Plants are also alive! “„As you think. So you can go to kill a pig and I will go to kill a carrot. Is not there quite a big difference? “Maybe you are right as usually. I think I will follow that strange man, who does not eat meat, “ the man was smiling, he stood up and was leaving with a new wisdom, that has enriches his health, the way of his life and also his mind. When he turned back, he saw as the tree is smiling to him and the leaves started to whisper. The man thought that they are singing „AHIMSA“, „ NO HURTING“.

Eliška Voplakalová – 14 years

And how to improve relations among people?

The most frequent causes of quarrels and wars among people are money, envy and religion. If people stopped to be envious and mean, relations among them would become better. These relations would become also better, if people did not want to find differences, if they did not differentiate religion, sex and color of the skin. People should start to realize, that if we did not make relations among us better, we would destroy our planet, and finally we would die too. I think that good relations are the base to protect our planet from being completely destroyed.

Marek Bohdan – 13 years

Instruction for happy life

We have something about a satisfied life.

What does it mean a satisfied life? There are various opinions about this. One needs very little. But others waste their happiness and buy the cigarettes, alcohol and drugs; this I think is the worst way. Alcohol is a killer, because many people are dying on intoxication from alcohol and also many drunken drivers cause many serious traffic accidents.

And is it possible for all to live a satisfied life?

It would be perfect, but where there are wars and where there are attacks of terrorists, it would not be probably possible.

And what about the animals, are they happy?

Unfortunately, it is usually conversely. Many animals die, because humans want to satisfy their appetite. Also many animals are maltreated and also thrown out to the streets and it is not good. If people want some animal, they should think a lot about it, to not be made to denude the animal. If they really want it, it is good to take it from an animal home.

So and is that all? Haven't we forgotten anything?

Surely yes, our planet! So I know how we can help to the Earth. It is in a bad situation and people are still making it worse. They are cutting down the rain forests, throwing out litter and they create new, not allowed, junkyards. The greatest problem is that there is always more and more smog in the air and it causes a greenhouse effect. Our planet is getting warm more and more and the icebergs are melting. An excessive melting can cause the change of the direction of the Gulf Stream that is making the Europe warmer. If this happened, it would become a New Ice Age. And since people are not used to such conditions, there would be great lost of the lives. And because of this, please take everything what you will hear here into your hearts and try to do something for our planet and for the world peace.

Michaela Rojová – 14 years
Markéta Šimčíková – 13 years

How can we help the Earth and all living beings?

We can also help our planet Earth, if we would not cut down the primal rain forest and destroy other areas. We should use ecological agents for washing and cleaning, shampoos and other things at home.

We should not kill and maltreat the animals, because it is very painful for them such as for us. We must protect animals and birds, because many species of them are nowadays only in zoos. We should take this into our hearts and live that way.

Kateřina Voplakalová – 9 years

His Holiness Mahamandaleshwar Paramhans Swami Maheshwarananda

*Author of the System „Yoga in Daily Life“
Founder of International Sri Deep Madhavananda Ashram Fellowship*

is coming from India, Rajasthan, and has been living in Austria, Europe, since 1972. He dedicated his whole life to help humanity through yoga and to evoke the ancient spiritual heritage of Sat Sanatana Dharma. His scientific master-system of »Yoga In Daily Life« teaches how to achieve good health, harmony, inner peace and spiritual development. This system is practiced throughout the whole world and promotes the following principles: physical, mental, social and spiritual health, respect for life of all living beings, tolerance of all religions, cultures and nationalities, protection of human rights and the environment. Furthermore Swamiji is engaged in numerous social and humanitarian activities. He has established continuous charitable projects, initiated global fundraising programs for the victims of natural disasters as well as worldwide prayers and meditations for World Peace.

Yoga in Daily Life around the world The system consists of eight progressive levels, which include physical exercises, breathing and relaxation techniques as well as meditation. The holistic system of yoga offers health and help in life to everyone regardless of age or denomination. The main goal of the »Yoga in Daily Life« system – which is a combination of the ancient teachings and wisdom of India and knowledge of modern time – is to attain and maintain our physical, mental, social and spiritual health.

Today the system of Yoga in Daily Life is practiced and known in numerous countries of all five continents: Australia, Austria, Bosnia & Hercegovina, Canada, Croatia, Czech Republic, Denmark, Fiji, France, Germany, Great Britain, Hungary, India, Italy, Israel, Japan, Luxembourg, Macedonia, Netherlands, New Zealand, Poland, Russia, Serbia & Montenegro, Slovakia, Slovenia, South Africa, Spain, Switzerland, Thailand, Turkey, Ukraine, USA.

Yoga in Daily Life is taught in thousands of locations and institutions throughout the world – in schools, pre-schools, sport centers, spas (example, for 25 years in the famous Spa Resort of Piestany, Slovakia), rehabilitation centers, cultural centers, private clubs etc. The system has proven to be significantly beneficial for both rehabilitation and preventative health measures, such as problems of the vegetative nervous system, stress-induced illness, psycho-somatic illness, sleep disorders, cardiovascular disease and other functional illnesses. The practices are led by yoga teachers who pass an examination after several years of practicing and training.

To foster the spiritual and humanitarian ideals which Paramhans Swami Maheshwarananda spreads throughout the world in the name of his Satguru Bhagwan Sri Deep Narayan Mahaprabhuji, his disciples have undertaken the task to build a big center which represents a home for all spiritual seekers and at the same time offers humanitarian aid to the needy.

