



"iMeditate Africa" is a FREE campaign promoting peace in Africa, encouraging the use of meditation, mindfulness or quiet time as part of peace building for the continent. A Global Peace Initiative for Africa by Africa

# Africa Month

May 2013, 10 000 Participants, 23 African Countries, 31 African Cities, 54 Countries Internationally

May 2014, 100 000 Participants, 24 African Countries, 31 African Cities, 76 Countries Internationally

May 2015, 500 000 Participants, 24 African Countries, 34 African Cities, 53 Countries Internationally

May 2016, 750 000 Participants, 22 African Countries, 34 African Cities, 80 Countries Internationally

In 2013 the Art of Living Foundation in Africa initiated a Peace Campaign to celebrate Africa Month and Africa Day. The Campaign has grown year on year to inspire Educational Institutes, Colleges, Universities, Prisons, Police Stations and Corporates to support peace building by meditating for 10 minutes for the Continent during Africa Month.

The coming together of countries like South Africa, Ghana, Kenya, Mozambique, Senegal, Ivory Coast, Malawi, Uganda, Tanzania, Tunisia, Nigeria, Botswana, Zimbabwe, Rwanda, Namibia, Mauritius, Morocco, DRC, Zambia, Ethiopia, Togo, Angola, Gabon has created a strong foundation of Unity and harmony. Part of the campaign is encouraging the ownership and learning of the African Union Anthem.

Volunteers from across 23 Africa Countries participate in the Campaign each year, growing it into one of the largest peace campaigns, which culminates in an online global Peace Meditation lead by the Founder of the Art of Living, Sri Sri Ravi Shankar. The campaign has reached into the most unusual corners of Africa, including Prison inmates in Uganda join online to meditate for peace for the continent.



## Why Meditation ? Why Not ...

Meditation is that technique that puts us in touch with ourselves. The skill and ability to rest the mind and be present is known as meditation; and this rest allows the nervous system to refresh and rejuvenate. Meditation or mindfulness has become the modern day tool of choice to achieve relaxation, mental peace, improved health, increased productivity and clarity for the mind.

"500 Studies from over 200 Universities in 33 countries scientifically validate both the beneficial effects of meditation, and how collective meditation improves the quality of life for every- one...." Ken Kalb

In tackling the challenges facing Africa today, from issues around crime, violence, and conflict, the benefits of meditation should definitely be given more serious consideration as part of peace building. Building inner safety and security is imperative in order to address outer security. Meditation is not the answer to everything, but it provides one with basic inner strength, and stability of mind. Behaviour, attitude, decision making, team work all stem from inner strength and clarity of mind; in this regard meditation becomes a useful tool in peacekeeping strategies & general peace building.

Transformation of a country, begins first with individual transformation. The process of individual transformation begins when we turn inwards. This inwards journey is called meditation.

# Nelson Rolihlahla Mandela

Former President & renowned Peace Ambassador, Nelson Mandela was held in prison for over 27 years, emerging to become arguably the world's most loved statesman. His deep and overflowing love for all of humanity has brought all South Africa's diverse peoples together as one nation.

His advice reflected his own strict self discipline in jail: " You may find that the cell is an ideal place to learn to know yourself, to search realistically and regularly the processes of your own mind and feelings. In judging our progress as individuals we tend to concentrate on external factors such as one's social position, influence, popularity, wealth and standard of education. Internal factors may be even more crucial in assessing one's development as a human being: honesty, sincerity, simplicity, humility, purity, generosity, absence of vanity, readiness to serve your fellow men – qualities within the reach of every soul – are the foundation of one's spiritual life .... at least, if for nothing else, the cell gives you the opportunity to look daily into your entire conduct to overcome the bad and develop whatever is good in you. Regular meditation, say of about 15 minutes a day before you turn in, can be fruitful in this regard. You may find it difficult at first to pinpoint the negative factors in your life, but the tenth attempt may reap rich rewards. Never forget that a saint is a sinner that keeps on trying."

Excerpt from "Mandela The Authorized Biography" by Anthony Sampson (PG. 252).





## Joaquim Alberto Chissano

The former president of Mozambique, Joaquim Chissano, was a rebel leader who came to power as a president after a devastating civil war. He learnt meditation in 1992, and quickly came to understand the vast benefits of meditating every day. He encouraged his family, his cabinet ministers, and his wider government to meditate. He further encouraged under his presidency for all military and police personnel to meditate daily for 20 minutes. Chissano credits the power of meditation as being one of the factors for peace and prosperity in his country.

"The result (of meditation) has been political peace and balance in nature in my country ... The culture of war has to be replaced by the culture of peace. For that purpose, something deeper has to be changed in our mind and in our consciousness to prevent the recurrence of war." Source Merlian News LLC. 2013

 [http://www.merliannews.com/Meditation\\_45/The\\_Meditating\\_President.shtml](http://www.merliannews.com/Meditation_45/The_Meditating_President.shtml)

 <http://www.psychologytoday.com/blog/out-the-darkness/201212/can-meditation-change-the-world>





Diarize May 2017, Participate and Partner with us ...

## Who are We

'I Meditate Africa' is powered by the Art of Living Foundation, a non-profit organization whose mission is to create a stress-free, violence free world through transformational personal development programs, and global service projects in more than 150 countries worldwide. The Art of Living Foundation was founded by Humanitarian and Global Peace Ambassador Sri Sri Ravi Shankar.

Our Programs include: Youth Leadership, Stress-Management, Corporate Wellness, Yes For Schools, Trauma Relief, Prison Rehabilitation and Outreach and Development.

 <http://www.artofliving.org/>




 <http://www.srisriravishankar.org/>

 <https://www.facebook.com/iMeditateAfrica>




 @IMeditateAfrica





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