

Loving Kindness Peaceful Youth



We've given over these pages to the young people who constitute the board of Loving Kindness Peaceful Youth (LKPYP), the youth-oriented initiative of Lama Zopa Rinpoche (*Mandala* June/July 2007, p. 16) which was launched in Melbourne, Australia in June. Clockwise from bottom right they are Shyla Bauer (in striped top), Matt Barker, Ven. Freeman Trebilcock (ordained by Lama Zopa in 2000), Mike Reid, and Poh Lin Lee.

More than 150 people attended the launch dinner. Guest speaker was Jack Heath, founder and executive director of the Inspire Foundation. Heath's organization inspires young people to create opportunities to change their world, and in particular does fantastic work with the prevention of youth suicide. Jack concluded his speech by leading the audience in a loving kindness meditation.

LKPYP's mission is to create space for young people to engage in developing peace for themselves, their communities, and the world as a whole. It is a non-profit organization run by young people for young people, and is based in Australia, but it has a worldwide scope.

"Peace starts with individuals developing the basis of their own inner peace," they will tell you. "Just as a waterfall starts from just one drop of water, LKPYP believes peace starts from just one person."

What's LKPYP doing now?

LKPYP thinks that practical contributions to peace come in many forms – from addressing immediate social concerns, to uncovering individual talents in the arts, to providing a global platform for dialogue. Here are some of their planned initiatives:

'Habits': Regular gatherings held at cafés or other chilled-out venues in Australia (Perth, Adelaide, Melbourne, Sydney, Gold Coast), New Zealand (Wellington), USA (Ketchikan, Boston), UK (London), France (Paris), and Malaysia (Kuala Lumpur).

"This is tea-time for the soul ... a chance to catch up with like-minded people, slow down, change your thinking, workshop the way the world works, learn, listen, collaborate, and be passionate about making a difference," says Shyla.

LKPYP is also planning an annual **'Talking Peace'** forum that initiates positive dialogue. Young people would ask notable persons such as Nobel Peace Prize winners the big questions about creating peace. Each year, the events would be documented and the momentum carried forward into future Talking Peace projects.

[An excellent model for their Talking Peace aspirations was the 'Open Arms for Peace' event, organized by the Dalai Lama in Australia Organization, and held on Friday, June 8, 2007 when a group of six young people joined in a multi-faith dialogue on stage with His Holiness at the Rod Laver Arena in Melbourne.

The 'Open Arms for Peace' event, with an audience of 6000, was compered by Australian talk show host and comedian Rove McManus. His Holiness emphasized the importance of developing the qualities of loving kindness, tolerance, and compassion. It's well worth going to www.madman.com.au/dalailama/downloads/ and seeing for yourself what a fascinating dialogue it was. LKPYP Board member Ven. Freeman Trebilcock was one of the guest speakers.]

'Seed grants': LKPYP will award an annual grant to support a meaningful peace initiative that cultivates the themes of kindness, patience, tolerance, and generosity. The first grant of \$5000 will be announced on September 21 – International Peace Day.

'Deliberate acts of kindness': Acts of kindness occur every day. This project is about consciously promoting and celebrating acts of kindness, big and small.

Thousands of 'Acts of Kindness' postcards will be distributed throughout the world – asking people to commit to, carry out, and tell LKPY about their deliberate act of kindness.

From putting money into someone's parking meter, to buying those Sunday morning coffees at your local café, to

painting someone's house when they can't do it themselves ... these 'Acts of Kindness' will be published on the LKPY website.

Want to know more? Here are the contact details: **LKPY, PO Box 551, Unley SA 5061, Australia. Fax: +61 (0) 8 8356 7618 Email: info@lkpy.org Website: www.lkpy.org** ☎

[Mandala is still **looking for photos** that show loving kindness. Send your photos to editor@fpmt.org]

LAMA ZOPA RINPOCHE'S VISION FOR LOVING KINDNESS PEACEFUL YOUTH

"Some time ago I had the idea to start a thing called 'Loving Kindness Peaceful Youth.' This came about because some years ago in the US [there was an incident where] kids carried guns and killed many people. People in government discussed for months and months whether to allow guns or whether to not allow guns. I never saw one person on the TV talking about compassion. If you change your mind, if you generate compassion toward others, you don't harm others. I was surprised, so I thought to set up LKPY in many countries, especially countries where there's a lot of violence, to make young people's lives happy and peaceful, to find satisfaction in their heart and fulfillment through this education of a good heart.

"When I was flying to Italy to attend His Holiness the Dalai Lama's teachings in 2001, I had this idea to have a big organization in different countries of youth, for youth. Loving Kindness is the cause and the result is Peaceful Youth.

"The main aim is to generate the good heart and loving kindness, so that young people grow up with these qualities, not to harm others, and in that way, by not harming others, offering so much peace and happiness in the world to others, starting with their own family.

"So that's the main objective. Here what we are trying to achieve is the opposite of terrorism, opposite to all the violence that is happening in the world.

"One of the aspects of the organization is that it should consist of youth from various different faiths and hold inter-faith gatherings generating respect for each other's religion, acting as an antidote to the wars that happen due to religion or because of different faiths.

"A simple example of this loving kindness is when you are walking down the street and you are insulted – at first your mind will be disturbed, but then as you remember the technique, as soon as that happens, all the intolerance and impatience when you are insulted goes away. The act does not affect your mind: Your mind is firm and peaceful.

"So, here with young people, say when someone makes fun of you, anger may arise, but then you remember and anger stops, and you receive peace – and you can give peace back to the other person. So this is an example of how loving kindness is the cause of peace.

"If children work for world peace, then all the efforts of the parents – bearing the child, paying for their education and food and so on, are given meaning. It gives meaning to everything the parents have done for their children. This then reaches out universally to all people from all backgrounds."

[This was read out to attendees at the LKPY launch which Lama Zopa Rinpoche was unable to attend because he was called away to a Long Life Puja for His Holiness the Dalai Lama.]