



# Cease The Fire With Love

A Virtual Global Peace Meditation



SAY YES TO LOVE

Guided by

**DR. A T. Ariyaratne**

Founder, Sarvodaya Movement of Sri Lanka  
Gandhi Peace Prize Winner and one of the  
most influential and iconic figures  
in the history of Engaged Buddhism.



Sunday **20**  
March

The International Day  
of Happiness

Join us live via Zoom Webinar

- 08:30pm to 09:30pm – Sri Lanka/India Time
- 11.00pm to 12.00am – Malaysia and Singapore
- 04:00pm to 05:00pm – Central European Time (CET)
- 03:00pm to 04:00pm – UK Time
- 11:00am to 12:00pm – Eastern Daylight Time (US)
- 08:00am to 09:00am – Pacific Daylight Time (US)

Organised by



Sarvodaya

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Human beings have developed unprecedented technological power over nature. This power also has the ability to destroy everything that human civilization has achieved so far. Therefore, human beings whether they are rulers or simple human beings they have this power at hand. If ignorance prevails then violence will show its ugly head. If humans are enlightened, they will never resort to violence. This attempt on the 20th of March 2022 declared as the UN International Day of Happiness has launched this 'Cease the Fire with Love' Virtual Global Peace Meditation as a contribution of all human beings who are for peace and enlightenment.

We have to remember that we are living in a world with unprecedented advancement in communication technology. Not only the leaders of nations but ordinary individuals can speak to each other from any point on this globe to any other point. Distance and time are irrelevant. In such a world there is no need to resort to any violence or destructive activity to resolve our problems. We as ordinary human beings living on this planet should use this communication technology to create a human consciousness saturated with loving kindness. When human consciousness is saturated with loving kindness a critical mass of peace consciousness will be created in humanity as a whole.

Let all of us on 20th of March 2022 join this process of creating a critical mass of loving kindness In humanity as a whole so that there would be no violence anywhere in the world but all human beings wherever they may be can live in peace and happiness.

It is wrong to measure happiness from the material wealth we possess or the extent to which our five senses are satisfied. Happiness begins when these sensual pleasures could be controlled to the maximum and qualities of beneficence, loving kindness and enlightenment are developed in our mind. Then only we can begin to experience true happiness. The Buddha says 'Santhutti Paraman Danam' the greatest wealth is contentment'. One can never get happiness by imposing one's power over the weak. By imposing violence on them, not only the weak suffer, but those who impose suffering on others suffer more. So imposing suffering on others is the surest way for the imposter to get into a much worse form of suffering. All volitions are caused by ignorance of reality. Volitions create consciousness. Consciousness creates name and form duality. Name and form create the six sense organs. The six sense organs create contact. Sensory contacts lead to craving or greed to acquire what is not yours. In other words, at the root of violent consciousness is ignorance. Ignorance of the fact that there is no all-powerful ego in us. Ego is an illusion. When people are motivated by these egoistic tendencies they take to violence and more.

No longer can we depend on existing national or international organizations to ensure peace in the absence of an enlightened human society. So, our attempt is to get humanity as a whole to come together with their purified minds to create a universal peace consciousness.

**Dr. A. T. Ariyaratne**  
Founder, Sarvodaya Movement of Sri Lanka

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Sri Lanka





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## Introduction and Guide to Participants

### My Commitment

'I wish to be a participant in the process of spiritual awakening to bring about peace to our country and the world. I spare no pains to bring about unity amongst the entire humanity irrespective of caste, race, nationality, religion and politics. May this endeavour of mine contribute to end violence and war.'

### Participation

All persons, groups and organizations accepting and respecting the principle of non-violence can participate in the Virtual Peace Meditation Programme. They should have faith in spiritual energies and should strive to generate spiritual energies within themselves.

### Preliminary arrangements for meditation

Persons who have made it a habit to meditate daily need no advice. These instructions are for the beginners. The moment you decide to participate in a mass peace meditation programme, contemplate on the depth of your decision. Prepare your mind, speech and body for this important task.

### Think on these lines

I shall not kill. I shall not harbour the thought to kill. I extend loving kindness to all beings. I shall not steal. I shall refrain from sexual misconduct. I shall talk truth only. I shall refrain from taking intoxicants, drugs and smoking. I shall refrain from indulging in useless talk, carrying tales, using words expressing hate and blaming people who do not co-operate with us. I shall take in sufficient food to sustain myself and not to satisfy greed. During this period, I shall only take vegetarian diet. I shall not come for the meditation programme decked in gold and silver. I shall wear white, an appropriate dress when I engage myself in spiritual activity and participate in the mass meditation.

If a person desires to be benefited by the mass meditation it is essential that such persons should prepare their mind, body and speech in this manner. Then even after the meditation their lives will be directed on the right path. They will receive divine blessings which they have hitherto not experienced. Persons who come to associate with them too will be led on the right path. More spiritual energy that is released, more the society is fortified with peace and development.

### Invocation

I am a participant in the mass meditation effort to bring about spiritual awakening within the country and across the entire planet. I make my contribution to unite people of all races, nationalities, religions, political views, without any difference whatsoever. Through this endeavour of mine, ours, may violence and war cease to exist.

Release this pure thought to space, to the psychosphere.

**'May there be seasonal rains  
May the harvest be bountiful  
May all minds be peaceful  
May the rulers be righteous.'**

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