

# Inner Peace and Peace with Nature

13<sup>th</sup> to 19<sup>th</sup> October 2022 in Winterthur, Switzerland

Trainers: Natalie Jivkova & Goška Tur



## „Peace for Change, Change for Peace“

- May 2022 „Peace with Others“
- October 2022 „Inner Peace and Peace with Nature“
- until January 2023 follow-up activities
- my peace journal will be created

## Day 1

Welcome evening: Mission (im)possible > groups got different exercises to get to know each other

## Day 2

before the training course do the first session ‘What is Peace?’ of SCI’s “Peace Education in Practice” online course (<https://sci.ngo/resources/online-courses/>)

Goals of the training course:

- better understanding of peace
- how to live in peace and act for peace
- getting equipped with tools and methods for peace
- safe space for exchange
- plan follow-up actions (for myself and the world)

## Group Rules

- respect each other
- take care of yourself & others
- language understanding (say stop if you don't understand)
- ask & share
- be present here and now
- be on time
- step out of your comfort zone
- mobile phones silent & away
- enjoy

## Exercise What brought me here? What do I want to learn?

- ➔ I want to learn how to be more at peace with myself  
> learn techniques
- ➔ I want to learn how to bring more peace to my thinking and everyday life
- ➔ curious about forest bathing
- ➔ exchange with people from other parts of the world



## Levels of Peace

### Presentation What is peace?

Johan Galtung: there is positive and negative peace

- ◆ Inner Peace (harmony with self, self-respect, inner resource, love, hope)
- ◆ Peace with Others
- ◆ Peace with Nature

all together means "true peace"

## Surprise session

free time to explore Winterthur > experience time affluence

## How do we find and sustain inner peace? (techniques)

sharing personal techniques with whole group

> very different for everyone

Bogi: find "casual magic" in everyday life

**Exercise** Interviewing each other in pairs with questionnaire about our relation to inner peace

## Volunteering for Peace (our organisations)

optional evening session for sharing about our organisations

## Day 3

## Happiness

= the experience of joy, contentment or positive well-being and the sense that one's life is good, meaningful and worthwhile (Sonja Lyubomirsky – The How of Happiness; <https://thehowofhappiness.com/>)



Challenge: How to measure happiness?

- Self-assessment (How happy are you generally? (1=min, 5=max))
- Permatest
- AHI (Authentic Happiness Inventory)

if it's normal to be happy differs a lot among cultures

Hedonic Adaptation = getting used to the life conditions

Reference Point

Time Affluence = feeling of having enough time

! Happiness is a constant daily process !

**Exercise** Fill in the AHI

“The Happiness Lab” Podcast with Dr. Laurie Santos (start with episode 1)

<https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/you-can-change>

„The Science of Well-Being“ on Coursera

<https://www.coursera.org/learn/the-science-of-well-being>

**Task** 28-day happiness plan (4\*1 week of trying one thing and then reflecting)

**Exercise** The Science of Happiness > guessing in groups which statements are scientifically proven to bring long lasting happiness



The Recipe for Happiness

- Sleep (min. 7h / day)
- exercise / move (min. 30' / day)
- using your 'signature strength' > quality of character
- daily gratitude journal (recognize and appreciate what you receive)
- gratitude visit or letter (read it to the person!)
- social connections !!! (BUT you need to be genuinely connected with someone)
- restricting social media time
- meditate (min. 10' / day)
- creating experiences with people (rather than buying stuff)
- time in nature!!!
- savouring (= stepping outside of an experience to review and appreciate it)
- random action of kindness (help, donate, thank, say something kind)

# Gratitude

= to focus on what we have and appreciate

**Ted-Talk** David Steindl-Rast - Want to be happy? Be grateful

[https://www.ted.com/talks/david\\_steindl\\_rast\\_want\\_to\\_be\\_happy\\_be\\_grateful](https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful)

- “Stop – Look – Go”
- if you’re grateful, you’re not fearful

**Exercise** individually write down 100 things you are grateful for in this moment, afterwards walk’n’talk to exchange about the experience

- What was easy?
- What was difficult?
- What did you discover (for yourself)?

# Mindfulness

**Exercise** With eyes closed listen to the sounds which Goška made

- 1) keys falling on the floor
- 2) plastic packaging
- 3) cards for a game
- 4) broom
- 5) two metal cups hitting each other
- 6) calabash
- 7) cutlery falling on the floor
- 8) pills
- 9) shaking towel
- 10) flicking through a book

**Exercise** Everybody received one raisin. Natalie was giving instructions to thank each step which contributed to the raisin being in your hand, e.g. thank the sun which produced the grape, thank the truck driver who brought the raisin to Winterthur, put the raisin in your mouth and feel the texture.... Every now and then “but don’t eat it” ;-)

# Gong and Meditation for Peace

Optional session with two external facilitators:

One hour meditation with a gong and different singing bowls (and one guy snoring^^)



## Day 4

### Stress

Stress mechanics (repeating cycle)

- 1) Stimuli
- 2) Interpretation
- 3) Body Activation
- 4) Return to Homeostasis

**Exercise** Collecting points which stress us on small papers

Book: Robert M. Sapolsky - Why Zebras Don't Get Ulcers

Personalities prone to stress

- Type A – very competitive, fight-or-flight
- Type D – distressed personality, someone who suppresses emotions
- GAD (=general anxiety disorder) – more fear than others

Eustress = positive stress, excitement (e.g. before happy events)

Distress = negative stress (e.g. before negative events)

Symptoms of stress: stomach issues, no sexual desires, sweat...

long-term stress affects especially the immune system (after one hour of strong stress our immune system goes down to 30% capacity, at some point it can become chronic)

Dealing with Stress

- the best solution against stress >> elimination (of what is causing the stress)
- social support !!! (BUT...not from everyone)
- dedications to others !!! (donate, volunteer, being needed,...)
- control
- Breathing exercises
- noticing your emotions
- visualisation
- “not thinking of the polar bear” (i.e. don't focusing thoughts on the problem)
- understanding what your unmet needs are
- optimism
- predictability
- mediation (regular!!!)
- noticing that the situation is improving
- exercise (20-30 minutes a few times per week, has to be voluntary only!)
- re-framing the situation (e.g. traffic jam can provide time to talk to children while in the car)
- having a possibility to “ventilate”
- religion? (complicated)
- (self) hugs

**Exercise** What three things will make my life less stressful?

**Exercise** To-be-list







## Art Time

Free to choose: Journaling, Mandala, painting, music, shooting a movie...

## Silent Time

3.5 hours not talking to anybody

## Systemic Constellation

Optional evening session with external facilitator



## Day 5

### Connect to Nature



creating LandArt in small groups on the topic of peace, exhibition walk

### Sustainability Inspiring practices

Discussing in smaller groups and presenting to the group,  
divided between personal, community, governmental levels

### Shinrin-yoku (Forest Bathing)

Facilitated by Loretta Scherler & Sandra Spiess

! no phones

- stepping over an imaginary border into the forest
- walking veeery slowly
- looking around observing the forest
- in pairs: one person eyes closed following the sounds which the partner is creating with natural materials
- tasting needles of spruce and fir
- collecting beautiful things from the forest and creating art by fixing them onto a double sided tape on a white postcard
- in pairs: one person eyes closed is being lead by the partner to a tree, memorizing the tree without sight, being lead back to the starting point > find your tree again with eyes open
- Qi Gong exercise
- sitting alone in silence somewhere in the forest
- tea (from the needles) ceremony with a Japanese poem



## Day 6

### SCI (history, values, mission, vision)

session facilitated by me, videos of 'Words by the Campfire' plus poster about values, mission, vision  
<https://2020.sci.ngo/videoswords-by-the-campfire/>

### Open Space

Upcycling & how it can help with peace(by me), Free hugs, Theatre Exercises, Wild Plants Tour, Living in an Eco-community, Mental Health, Stillness in the Dark and in the Light, The Privilege Walk, Active Listening

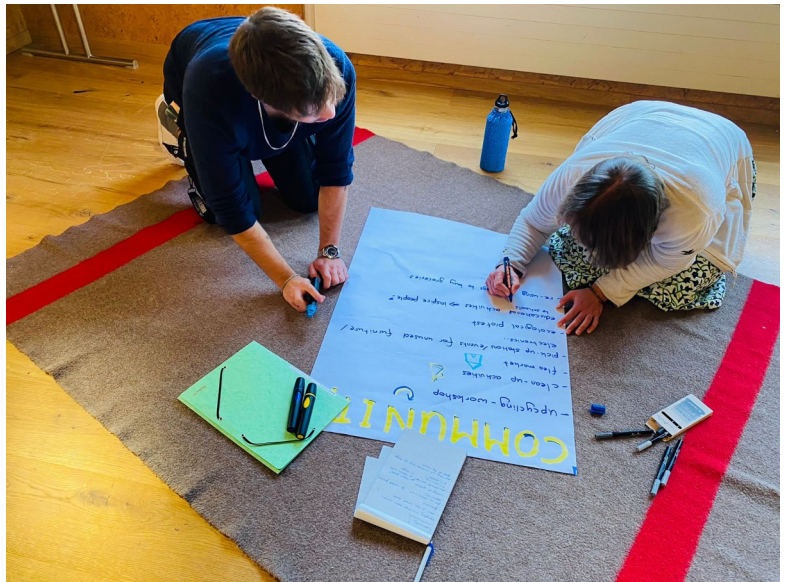
### Follow-Up

- aim
- which change (heart, head)
- skills
- size
- when
- how many people

What will be my first step? > brainstorm ideas for an advent calendar of inner peace (mind-map)

### Evaluation & Closing Certificate awarding ceremony

Everybody received one certificate and had to describe this person (without gender) to the group which has to guess who it is





## Every Day

Reflection family of four people which always meets before dinner to reflect about the day and write their points (positive and negative) as a letter to the trainers

Teams with rotating daily duties: (1) Heartkeepers (energizers, music, time-keeping), (2) Breakfast support Serving food lunch and dinner, (3) Dish washing, (4) Cleaning squad

Optional yoga sessions every morning at 7:30 with Natalie

(on the last morning a sunrise walk to a viewpoint tower in the forest...with fog instead of sunrise^^)



Report written by Nora Tesch (participation through SCI Germany)