

Feedback on the 2022 Peace Conference of the One World Community in Boizenburg

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1. Feedback from a Ukrainian participant

My name is Evgenij (also known as Jonny in Boizenburg), I am 68 years old and I come from Dnieper, Ukraine. I have been practicing Kundalini Yoga for a long time, which I really enjoy. It's a subtiles, smart, proven, ancient yoga system. By beginning to breathe calmly and observing one's own state, one prepares for attunement with a mantra. This leads to an exalted sense of oneself as one with the world.

Warm-up and stretching exercises awaken the body, tension alternates with relaxation. The pranayamas alternate between the held, long and deep breathing and the fire breath. Special series of exercises - Kriyas gradually prepare the body for a process of dynamic or silent meditation. This is followed by complete relaxation and the feeling of oneness of mind and body in Shavasana. At the end of the practice one chants a mantra - SatNam - My Name is Truth. It is enough to practice 45-50 minutes a day to feel great or, for example, to work through all seven chakras in a week.

Mantras do not come from any religion, they are beautiful musical vibrations. This is how I experienced Kundalini Yoga at home. When I discovered Vita Kirtan Rajdev's free Kundalini Yoga offer for Ukrainians in Cologne, I was very lucky.

A little later I was invited to the Peace Festival in Boizenburg with the Cologne delegation. Organized by the One World Community, the festival offered free participation to anyone interested from Ukraine and Russia. It was a great opportunity to deepen the knowledge and experience of Kundalini Yoga. The experience of real communication and joint training with yoga practitioners from Berlin, Frankfurt, Cologne and Ukraine. Online participants from other countries - Russia, Ukraine, Switzerland and Kazahstan. Visit to the local Ashram and Guru Ram Das Academy. Friendly and relaxed atmosphere and valuable workshops. Perfectly prepared facilities and a tent for yoga classes in any weather. The location was chosen in Boizenburg at the confluence of several rivers. A pleasure for the soul and invigorating movements for the body. Very tasty, lovingly prepared vegan food. I have the best memories of the music at the festival - a wide variety of musical instruments and the high quality of the sound. Mantras and all kinds of pleasant sound vibrations, including gong meditation. There was a lot of useful practical advice with comments from experienced teachers. The festival program was very close to various topics, with the main focus being on peace in Ukraine. Unfortunately, due to time constraints, I was not able to take part in all of the offers.

A rally for peace in Ukraine was held on the central square in Bolzano, where Ukrainian songs and mantras were sung. Finally, the participants exchanged addresses. I would have liked to have helped the hosts to dismantle the large tent before we left, which was also possible due to time constraints. I would like to visit and participate in such workshops and festivals many, many more times. Many thanks to the organizers, sponsors and all of Germany for everything that is made possible and

available to the Ukrainian guests. Special thanks to the organizers of the Peace Festival for covering the costs of travel, accommodation and meals. To you very soon!!

Evgeny

2. Feedback from Shamrang (co-organizer)

The meeting with the Ukrainian, Russian and German yogis was and is a milestone for me. The conflict got a face, destinies became transparent. Through the international exchange, in which people laughed, cried, sang, yogad, and talked, it became clear to me which geopolitical caesura and which existential questions are connected with it. In contrast to the German-Russian exchange 7 years ago, when the conflict seemed far away because it was regionally limited, this time the topic of war and traumatization was tangible, authentic and within reach for everyone.

It was good that this conflict, which for me and many others was relatively abstract, suddenly got a human face. It's like when you and I suddenly wake up one day and it's war. A war that questions everything and sweeps everyone away. A war that the vast majority of people do not want and cannot understand, but which at the same time is existentially threatening. Who goes right through the families and through the relatives. It was so healing to do yoga, chant, meditate intensively and celebrate together for 3 days - despite and because of the conflict. The human encounters are so important, the meeting with like-minded yogis lets us guess that this war of aggression is shaped by purely power-political interests, which we must oppose with our humanity, our compassion and our entire yogic consciousness.

Shamrang

3. Feedback from a German participant

In these days of the peace conference in Boizenburg I have a present? obtain.

The gift of letting go of the old that allows for the magic of a new beginning.

First of all, I felt the division of the program on Saturday (without a common sadhana - the yogic practice in the morning) as a very missing connecting group element after the first two days together.

But then a comforting analogy to families and other communities came to mind, where time is first spent together before going their own way, only to eventually come together again, like the Peace Conference group on Sunday.

I feel gratitude from the bottom of my heart

- for a wonderful gong meditation,

- for delicious food ? in community and partly also the joint preparation in the kitchen

- as a children's yoga teacher for the first experiences in teaching yoga with young people, which I was able to gain there and also mixed-age yoga ? ॐ for everyone in the family context of the event and especially

- for the final dance in a circle on the Boizenburg market square

Satnam Carolyn Sahej Dhyana Kaur Lüthe

4. Feedback from Pritamjeet (co-organizer)

A meeting with guests & YoginIS from Ukraine and Russia, and Kundalini-YoginIS from Germany. This at a time of tension and wars; could this project succeed?

Conclusion: as it turned out positively from the beginning (on Ascension Day, May 26th), the expectations of meeting in mixed countries (bilingual: Russian/German) on the subject of peace and understanding were not set too high and the expectations - Attempts to live in community were not disappointed.

On the preparation day (May 25th) I took part in setting up the community tent (for the event), which took place mainly in Boizenburg, "am Weidenschneck" - (a beautifully situated river meadow - on a branch of the Elbe). We already experienced a piece - community - due to the interaction during the on-site furnishing work; also a joint sadhana on Thursday morning gave a harmonious start - for the peace festival.

Some insights into content highlights

When we then gathered together with the Ukrainian/Russian guests - on Thursday afternoon - in front of the tent, an intuitive sense of togetherness arose.

The program began... In the evening we had the soothing pleasure of a gong meditation (guided by Ada Devindejeet Kaur) combined with yoga and dance. An intense experience; a beginning of possible healing.

Most of the visiting Ukrainian and Russian guests had already practiced Kundalini Yoga (at home) and also in the Ukraine; they were also partly yoga teachers themselves - so they were able to get involved (and strongly) in the organization of the events.

On the Japa meditation day we sang the mantra "Ap Sehai Hora, Satche Da, Satcha Doa, Har Har Har" - a yogic, empowering source for everyday life; for the deepening of the respective "inner space" - for transformative change and at the same time stability.

A workshop together with Christine Schweitzer on "Non-violent action and social defense" - that gave some impetus in terms of content, that it can certainly be possible to think about non-violent ways together in the face of injustice/war situations - The workshop offered the opportunity for Discussion and exchange of own experiences - together with the Ukrainian YoginIs.

A group constellation work with Etleva Cela-Seider on the (now current) world order/because of the war in Ukraine: as one of the deputy participants, I experienced the intensity of the energy field directly - with the other participants - which constructive networks in the direction of peace - could(d) be possible, how it feels to want to overcome a friend-enemy scheme - that there could definitely be chances of change in the direction of world peace due to the intuitive movements of all parts in the energy field .

The food was delicious - the ashram leader Siri Kartar Kaur and her team of wonderful supporters worked tirelessly to ensure the well-being of the guests. Special thanks also go to her and all the helpers that everything was able to run smoothly in the basic structure.

An atmosphere of mutual consideration, tolerance and mindfulness could be experienced throughout the four days. And it was a successful step for community building for peace and understanding.

There was a friendly/trusting atmosphere of encounters with the YoginIS from Ukraine - a clear sign of hope to work together concretely on the vision of peace.

by Pritamjeet Kaur Martina Pawlowski, June 13, 2022