A message of peace from Thupten Tendhar

Hope this Special Edition Peace Post finds you well, healthy, and safe amid the health pandemic and economic crisis. As a small attempt toward uplifting the overall well-being of our community, we wish to dedicate this post to Mental Health and Inner Peace. It is our sincere hope that this issue brings you some comfort, joy, and peace in such challenging times.

**Inner Peace:** It is needless to say how important it is to safeguard a bright candle during a dark stormy night. The candle helps us greatly as a source of hope, comfort and light until the sun rises again. Yet, it is the toughest time to keep a candle burning during such stormy weather due to the constant threat. Similarly, it is crucial to protect our Inner Peace during this pandemic for the physical and mental well-being of ourselves and others. However, it is the most challenging time to maintain calm as the pandemic terrorizes our core with constant fear, danger, and worries. Yet, we should neither use the storm as an excuse to extinguish our candle, nor the pandemic to smother our Inner Peace. When we maintain peace of mind, we are better able to function fully as a human being with wholesome values, wisdom, and potential.

Peacefully,

Thupten Tendhar, Ph.D.
Coordinator, Healthy Minds Inner Peace Project

**Update: Gandhi Essay Contest**

"Exciting news for the RI 8th Grade Gandhi Essay Contest! All 108 essays have been
screened and scored by two readers, and the finalists' essays have been sent to the final judging committee. Readers were dazzled by the wonderful essays from students this year. There will be an online, remote awards ceremony on May 1st. More news to come soon!"

Best,

Gianna Chavez
8th Grade Gandhi Essay Contest Coordinator

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Mindful Moment

Our well-being can be significantly affected by the individual state of mind as well as its relationship with others. These Mindful Moments are intended to help remind us to be calm, nonviolent, and mindful as we deal with this international crisis.

New Mindful Moment every day! Visit us on our website and social media.

Mindful Moments

Join podcast with Michael Nagler Discussing his new nonviolence book

A poem by Thupten Tendhar
Let it close our gateways
It can’t confine our hearts
Let it impede our busyness
It can’t defeat our oneness.

Watch Dr. Bernard LaFayette's discussion of “Human Resilience in Troubling Times: Stories from the Civil Rights Movement”

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Weekly Peace Blog

Creativity – A Nonviolence Essential

Every convenience we enjoy sprouted from some mind that envisioned the possibility of a new object. We’re all hoping that some creative mind will look through the microscope and see a way to stop the COVID-19 virus...
Finding Peace in the Arts

The Word by Tony Hoagland
Down near the bottom of the crossed-out list of things you have to do today, between "green thread" and "broccoli" you find that you have penciled "sunlight." [continue reading]

Keeping Quiet by Pablo Neruda
Now we will count to twelve and we will all keep still for once on the face of the earth, let's not speak in any language; let's stop for a second, and not move our arms so much. [continue reading]

Listen to this beautiful interpretation of the Redemption Song of Bob Marley by his son Stephen and musicians around the world to sing a song of freedom. In this song there is a feeling of rising above the past and moving forward with love in our hearts and hope in our eyes.

Listen to “Somewhere over the Rainbow” interpreted online by a high school choir after their event was cancelled due to the pandemic outbreak. Their energy lifts our hearts and gives us hope in these uncertain times.

Recent Center Events

Intellectual Pilgrimage of Dr. Martin Luther King Jr.

February 20, 2020 - Vincent Colapietro, Liberal Arts Research Professor Emeritus of Philosophy & African American Studies with URI Humanities delivered a lecture and discussion on the Intellectual Pilgrimage of Dr. Martin Luther King, Jr where students had the opportunity to engage and learn more about Dr. Martin Luther King Jr.
Seeking Happiness in All the Right Places
- Demo Rinpoche

February 27, 2020 - Demo Rinpoche, a reincarnated lama, graced the URI campus and South Kingstown community with his special presence. This lecture was part of the continuing “Inner Peace Healthy Minds” series, coordinated by Dr. Geshe Thupten Tendhar from the URI Center for Nonviolence & Peace Studies.

Learn more

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Update: International Nonviolence Summer Institute

The health and safety of our community is our top priority. National, state, and University of Rhode Island guidelines in response to the COVID-19 pandemic have shifted our plans for our annual International Nonviolence Summer Institute scheduled in early June. Safety precautions, as well as visa and travel complications for many of our participants, have caused us to rethink our plans to meet the continued and even growing needs for nonviolence training and peace education in the world today. Because all University courses and conferences scheduled for summer are to be delivered in an online format, we are currently exploring alternatives to our traditional in residence on campus Summer Institute by safely presenting our nonviolence training through distance learning and online instruction. We hope this will result in even more participants being able to join us in a virtual institute! As our plans evolve, we will keep you informed.

We will get through this together as one global Beloved Community. We shall overcome!

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Stay connected with the center:

Visit our website!