



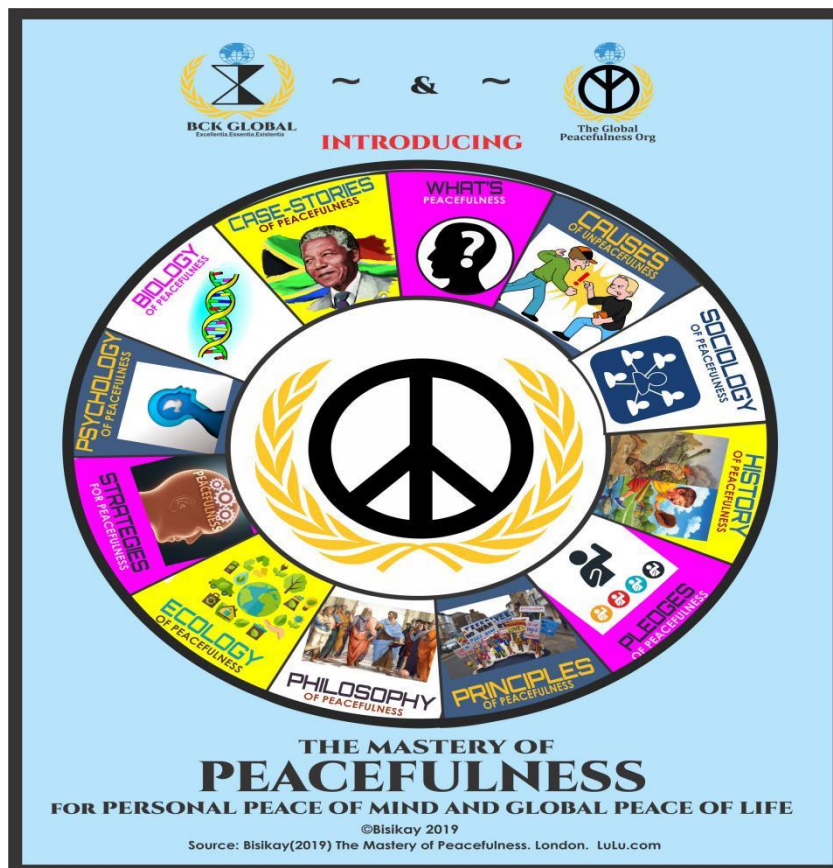
Let's Enjoy Peacefulness

The Global PEACEFULNESS Prog ORGANISATION

PeacefulnessOrg.com - 11 Ealing House, 33 Hanger Lane, London W5 3HJ, England, UK - bckglobal@gmail.com

The MASTERY of PEACEFULNESS

For PERSONAL Peace of MIND And GLOBAL Peace of LIFE



COURSE HANDOUT

The MASTERY of PEACEFULNESS

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Why PEACEFULNESS Course

WHO Wants to Be RIP?: The MASTERY of PEACEFULNESS...

PEACEFULNESS as the highest level of Human "BEING", hence when we DIE, the RIP

"Since WARS begin in the MINDS of men, it is in the MINDS of men that the defences of PEACE must be constructed" - The Preamble to the UNESCO Constitution (Ratified in London, 16 November 1945)

"Averting war is the work of politicians; establishing peace is the work of education." – Maria MONTESSORI, Italian Educator (1870 – 1952)

Let's be planting the seed of PEACEFULNESS in people's minds for the germination of peaceful life in a peaceful world for us all – Bisikay, CEO, Global Organ(isation) for Peacefulness Education (2019)

PEACEFULNESS COURSE OUTLINE

- WHY Global PEACEFULNESS Training?
- The 12 PRINCIPLES Of PEACEFULNESS
- The MAIN CAUSES of UNPEACEFULNESS
- PSYCHOLOGY of PEACEFULNESS & UnPEACEFULNESS
- SOCIOLOGY of PEACEFULNESS & UnPEACEFULNESS
- BIOLOGY of PEACEFULNESS & UnPEACEFULNESS
- PHILOSOPHY of PEACEFULNESS & UnPEACEFULNESS
- HISTORY of PEACEFULNESS & UnPEACEFULNESS
- POLITICS of PEACEFULNESS & UnPEACEFULNESS
- ECOLOGY OF PEACEFULNESS & UnPEACEFULNESS
- STRATEGIES For PEACEFULNESS
- CASE STUDIES Of PEACEFULNESS & UnPEACEFULNESS
- PLEDGES To PEACEFULNESS

PEACEFULNESS COURSE OBJECTIVES

Training People On PEACEFULNESS For Personal Peace of Mind & Communal Peace on Earth

- COGNITIVE Learning OUTCOME: Knowledge of PEACEFULNESS (PeaceAwareness)
- PSYCHOMOTIVE Learning OUTCOME: Skills for PEACEFULNESS (PeaceMaking)
- AFFECTIVE Learning OUTCOME: Attitude of PEACEFULNESS (PeacefulNature)
- BEHAVIOURAL Learning IMPACT: To Become "AGENT of PEACEFULNESS"

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1. WHY Global PEACEFULNESS Training?

- DEFINITIONS...
- INTERPRETATIONS...
- EXPECTATIONS...

2. The 12 PRINCIPLES Of PEACEFULNESS

- **P – Pacifism:** Belief in NO War /Violence, opposition to militarism
- **E – Endurance:** Capacity to withstand unpleasant condition
- **A – Acceptance:** Receiving/welcoming positively/favourably
- **C – Commonisation:** Seeing sameness beyond differences
- **E – Empathy:** Understanding and sharing others feelings
- **F – Forgiveness:** “Letting go” of hurt/anger, pardoning offenders
- **U – Understanding:** Sympathetic awareness/tolerance of feelings
- **L – Love:** Intense feeling of deep affection, great interest for others
- **N – Negotiation:** Discussion/process towards reaching agreement
- **E – Engagement:** Communicating and interacting constructively
- **S – Sapience:** Ability to think, reason through situations as human
- **S – Sacrifice:** Giving up things for the sake of others consideration

3. MAIN CAUSES of UNPEACEFULNESS

- **Hatred – Intense dislike...**
- **Conflicts – Serious disagreement, clash, struggle...**
- **Grudges – Feeling of ill-will, resentment...**
- **Misunderstanding – Lack of understanding, argument...**
- **Prejudice – Wrong preconceived opinion, bias...**
- **Injustice – Lack of justice, unfairness...**
- **Instigation – Incitement, foment a quarrel...**
- **Provocation - Arousing anger or annoyance...**
- **Competition – Rivalry, contest for supremacy...**
- **Greed – Avarice, selfish desire for excess possession...**
- **Differences – Dissimilarity, disparity, unlikeness...**
- **Bitterness – Anger and unhappiness for unfair treatment...**

4. ECOLOGY of PEACEFULNESS & UnPEACEFULNESS

- **Personal – The World of Me and Myself and I**
- **Familial – The World of Me and My Family and My Friends**
- **Communal – The World of Me and My Community**
- **Societal – The World of Me and My Society**
- **Global – The World of Me and My Planet**

5. PSYCHOLOGY of PEACEFULNESS & UnPEACEFULNESS

- **Assertiveness – Relating with others with positivity**
- **Aggressiveness – Relating with others with hostility**
- **Passiveness – Relating with others with submission**
- **Manipulativeness – Relating with others with deception**

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6. SOCIOLOGY of PEACEFULNESS & UnPEACEFULNESS

- Individualism – Self Centredness
- Communalism – Communal Centredness
- Universalism – Global Centredness

7. BIOLOGY of PEACEFULNESS & UnPEACEFULNESS

- Type A Personality - Hawkishness
- Type B Personality - Doveishness
- Type C Personality - Owlshness

8. PHILOSOPHY of PEACEFULNESS & UnPEACEFULNESS

- Theocentrism – God based Peace
- Homocentrism – Human Based Peace
- Autocentrism – Self Based Peace

9. HISTORY of PEACEFULNESS & UnPEACEFULNESS

- Political History of War & Peace - Territorial & Political domination
- Economic History of War & Peace - Commercial & Fiscal Interests

10. STRATEGIES For PEACEFULNESS

- From STRESSFULNESS To Personal PEACEFULNESS
- From STRIFEFULNESS To Communal PEACEFULNESS
- Personal EMPOWERMENT For PEACEFULNESS
- Communal EMPOWERMENT For PEACEFULNESS
- Global DISARMAMENT For PEACEFULNESS

11. CASE STUDIES of PEACEFULNESS & UnPEACEFULNESS

- Personal PEACEFULNESS: MANDELA / OJAJAI
- Communal PEACEFULNESS: UAE / RWANDA
- Global UnPEACEFULNESS: Syrian Civil War, WWW 1 & 2

12. PLEDGES For PEACEFULNESS

- PERSONAL Pledge To Total PEACEFULNESS
- COMMUNAL Pledge To Global PEACEFULNESS

Bisikay (2019) The MASTERY of PEACEFULNESS. London: GPTP & BCK International / lulu.com



*To reach peace,
teach peace.*

