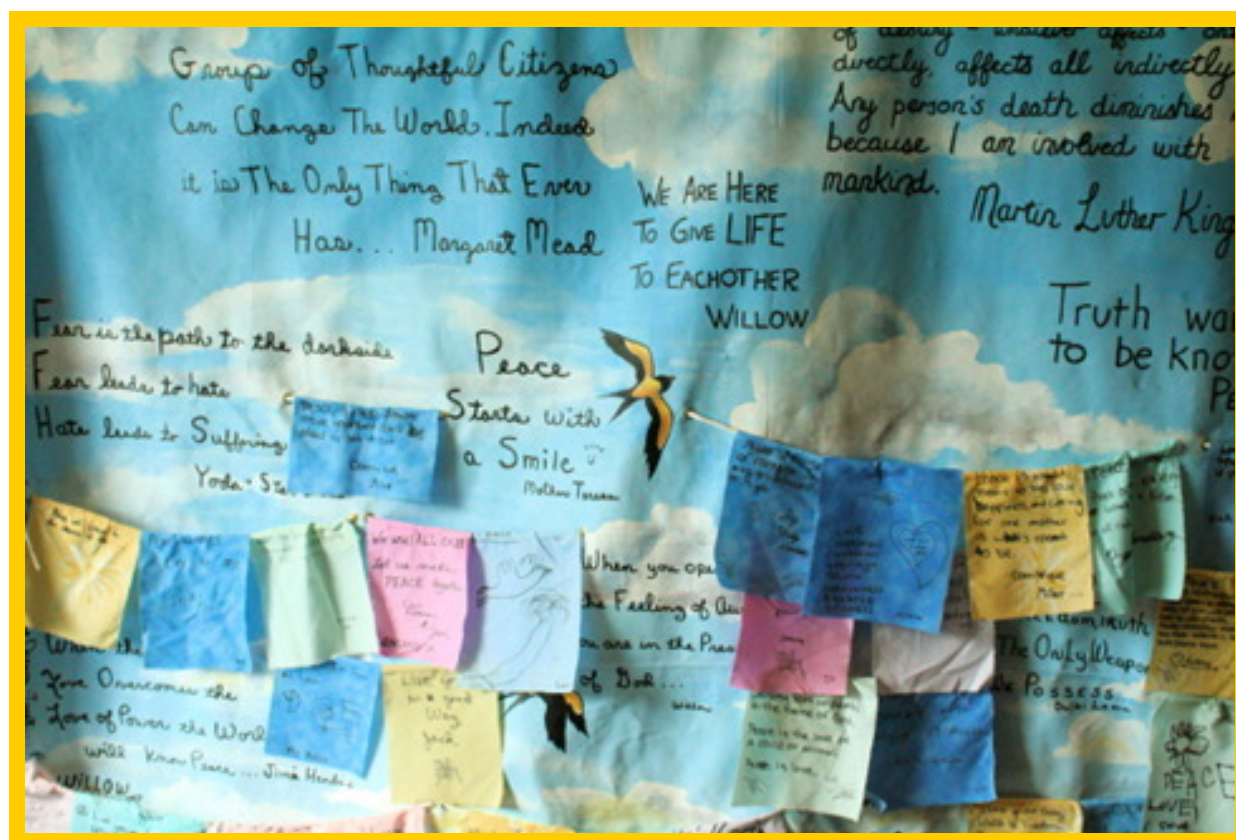


# The Peace Wall Manual



Just as the War Memorial sits in Washington as an important reminder of the pain of war, so does a society need its counterpart; a Wall of Peace. Since the beginning of time as we know it, people of wisdom have been reminding us of our birthright – the dream of peace. From Biblical times to the Greek philosophers to modern day heroes like Gandhi, the Dalai Lama and Martin Luther King, the message of peace has traveled through the ages. It has resounded all over the globe calling out with a gentle power, and profound wisdom to remind us of our connection to something greater, the preciousness of life and our own humanity. We invite you to express your own call to peace.

Contact us at: [info@dlfound.org](mailto:info@dlfound.org)

# The Peace Wall Manual

## 1. Preparing for the Peace Wall: Reflecting on Peace

### Reflection Questions:

Individually, as a class or community, take time to reflect on the meaning of peace in your own life using the following questions:

- *When was the time in your life that you really wished for peace and when was the time that you felt it?*
- *Imagine you have lived a long and good life. If you had to write some words of wisdom to your great grandchild or to someone you really cared about, what would you say?*

Following reflection, invite your group to express their thoughts through art work by drawing some elements of what peace means to them in their own life. Encourage them to also write down thoughts that their drawing inspires.

## 2. Peace Wall Overview

### Making Your Own Peace Wall

Each community or school can begin by creating a large mural painting. Select sayings of peace that resonate most deeply with you from icons of peace such as the Dalai Lama, Mahatma Gandhi, Martin Luther King, Mother Teresa, Rev. Desmond Tutu, Albert Einstein, American Indian, Mayan sayings and so on. Write these messages on the background of your Peace Wall. Then using the inspiration of Tibetan Prayer Flags, each person in your group will create their own Peace Flag, with their personal message of peace, signed by them, to be joyously displayed for all to see on their very own Peace Wall (for specific directions, follow step **3. Making Your Peace Wall**).

OR

### Making your Own Peace Flags

When the Peace Wall is too large a project for your group to undertake, another way of spreading the message of peace is to create a series of Peace Flags to be hung on a rope that stretches across a prominent wall or area. It can also be hung around a tree to create a Peace Tree (for specific directions, follow step **4. Making Your Peace Flags**).

### 3. Making Your Peace Wall

#### **Materials:**

- 4 feet x 15 feet canvas
- Paint and painting supplies (rollers, brushes, etc.)
- Dark markers (e.g., Sharpie pens)
- Peace sayings from icons
- For Peace Flag materials, see step 4. **Making Your Peace Flags**

*Note: One source to order a piece of canvas is Merit Supply Drop Cloth Co. (Tel: 1-800-726-5639). The 4' x 15' cotton drop cloth costs \$ 8.58 US plus shipping. The item number is: 9448110209 Reaves 10209.*

#### **Directions:**

1. Collect a group of peace sayings from people that you admire. These can be from Mahatma Gandhi, Martin Luther King, Mother Teresa, Rev. Desmond Tutu, the Dalai Lama, Albert Einstein or from American Indian sources, Mayan, African, Irish... any nationality (Note: For ideas, follow the message of peace link on the Peace Wall website ([www.dalailamafoundation.org/members/en/youthPeaceWall.jsp](http://www.dalailamafoundation.org/members/en/youthPeaceWall.jsp)).

#### **Sample Messages of Peace**

*The Dalai Lama when asked why he didn't counter the Chinese with violence answered: War is obsolete you know. Of course, the mind could rationalize fighting back, but the heart would never understand. Then you would be divided in yourself: the heart and the mind, and the war would be inside of you.*

~ The Dalai Lama

*We are all tied into a single garment of destiny – whatever affects one directly, affects all indirectly. Any person's death diminishes me, because I am involved in mankind.*

~Martin Luther King

*We are all connected – what affects one affects all in the web of life called earth.*

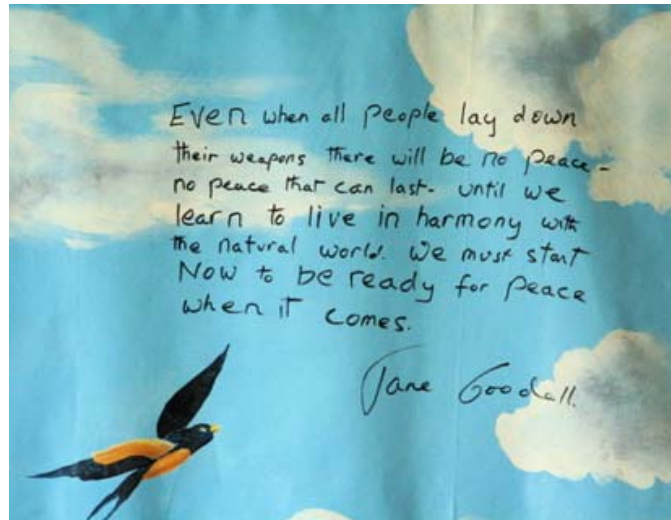
~ Chief Seattle

2. Prepare the Peace Wall canvas by painting a mural on it. Keep in mind that you will be writing the peace sayings on top of the painted background, so for the sayings to be visible, the color of the mural should not be too dark.



## The Peace Wall Manual

3. The peace sayings that you have collected can be hand written by students on the top half of the Peace Wall. Save space on the bottom section of the mural for the individual Peace Flags (Note: A Sharpie pen works well).



4. The bottom half of the Peace Wall will have two or three rows of rope that stretch from side to side. On the rope will be attached the Peace Flags that are created by the individuals in your group. The flags can easily be attached with safety pins. It is very powerful if each participant can pin his/her Peace Flag onto the Peace Wall. Follow step **4. Making Your Peace Flags**, on the following page to find out how to make the Peace Flags for your Peace Wall.



## 4. Making Your Peace Flags

### Materials:

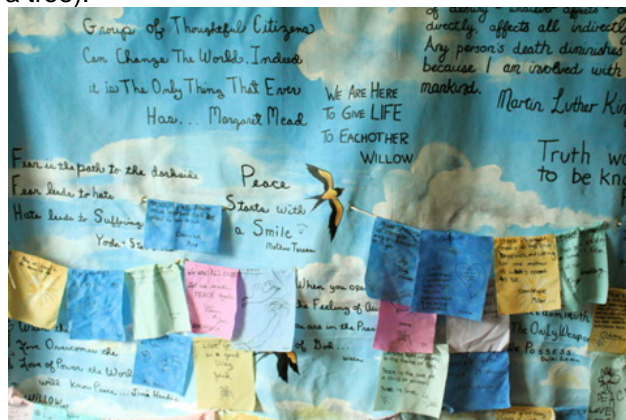
- Sheets
- Dark markers (e.g., Sharpie pens)
- Safety pins
- Rope

### Directions:

1. Collect several brightly or pastel colored flat sheets.
2. Cut the sheets into the size of a Tibetan Prayer Flag, approximately 12 inches by 12 inches. They can also be as small as 8 inches by 8 inches.
3. Sort into piles by color and give students their choice of what color inspires them the most.
4. Each person uses a Sharpie pen to write or draw their message of peace on their Peace Flag.



5. Allow enough space at the top of the sheet to turn the fabric over the rope that holds all of the Peace Flags together.
6. Simple safety pins can be used to secure the Peace Flags to the rope.
7. If you are creating a Peace Wall, complete it by hanging your string of Peace Flags onto the bottom section of your Peace Wall. With a large group of participants, you might have two or more rows of Peace Flags. If you are simply creating Peace Flags, decide where you would like to hang them (e.g., prominent wall, area or even around a tree).



## 5. Displaying Your Peace Wall or Peace Flags

Print out the two “**The Peace Wall**” pages on the following pages of this manual to display beside your Peace Wall or Peace Flags, so those visiting your messages of peace will understand the meaning behind the project and how to add their own peace message.

## 6. Extension Activity: Sharing Your Peace Message Globally

### Peace Flag Exchange

To extend your message of peace beyond your classroom or school, select a school or community in another area or continent of the world to exchange Peace Flags with. The premise is to share the peaceful wishes we have for one another. Imagine the power of Israelis and Palestinians exchanging garlands of Peace flags with prayers or expressions of peace for one another. Sister groups, sister cities, healing in war torn areas...the possibilities are endless. From grassroots to global, the world becomes very small.

### Pen Pals for Peace

Peace messages can be exchanged via the Internet through "Pen Pals for Peace". This can stand alone or be a direct outgrowth of a Peace Flag Exchange.

For more info. contact: [info@dlfound.org](mailto:info@dlfound.org)

# The Peace Wall

*By  
Randy Taran & Willow Zarlow*

Peace is for everyone. Since the beginning of time, people of wisdom have been reminding us of humanity's eternal call to peace. In Washington, the War Memorial sits as a compelling reminder of the pain of war. It's time for our society to know and be reminded of its counterpart - through a Wall of Peace.

In the presence of these eternal messages of peace that you see in front of you, people here and now can join to have their voices heard and their thoughts acknowledged on the Peace Wall. These messages will travel and be seen in many places. They'll inspire others to know that peace can be a choice that ripples out to those around us. The choice for peacefulness creates more peace.

Peace can come in many forms. It is available if we really listen to the directives of the heart. Everyone can spread a little peace in their own personal way - small or gigantic - it all counts.

So, state your peace. State your truth. Your voice is more important than you may know. Peace, like laughter, can be contagious. Catch some peace and help spread it around! We invite you to share in the adventure ...

# The Peace Wall

## How it Works:

1. Think about what peace means to you and what message you want to send out to future generations. Take your time. (You can jot your message on a piece of paper.)
2. When you're ready, get a Peace Flag, sharpie and clipboard.
3. Leave 2 inches at the top (for the fabric to turn over) and write or draw **YOUR** peace message on the fabric.
4. Using a safety pin, please attach your Peace Flag message onto the Peace Wall, and join your voice with all those who gave expression to their longing for peace. We honor your participation.

*Thank you for being an important part of The Peace  
The Peace Wall.*