

SERA JEY
LAWA KHANGTSEN
WORLD PEACE TOUR



Tibetan Monks Creating a Sacred Sand Mandala

Inviting us to become peacemakers

A Peace Practice Booklet

October 2026 – March 2027

Welcome

The Art of Building a Peaceful World

The intention is to cultivate inner peace to build a more peaceful world.

- Read one page slowly after a meditation session or mandala viewing.
- Use the practice instructions at home for five to ten minutes each day.
- Bring the questions to a peace circle, classroom, recovery meeting, sangha gathering, or family conversation.
- Let the booklet be a reminder of your own inherent goodness and your capacity to become a peacemaker.

Short Guided Meditation for Peace

Based on the teachings of Lama Yeshe Jinpa

Sit comfortably and allow your body to settle.

Let your hands rest gently. Let your shoulders soften. Let your face relax.

Take a slow breath in. And gently breathe out.

For a few moments, simply feel the body sitting here. There is nothing to force, nothing to fix.

Allow the breath to be natural.

As you breathe, begin to notice the space around you. Let this place become a space of care. A space of quiet. A space of peace.

Lama Yeshe Jinpa reminds us that practice does not only happen in a temple or Dharma center. Practice begins here, in our own body, our own home, our own life.

With each breath, touch a sense of basic goodness. Not something far away. Not something you have to create. A simple goodness already present.

Short Guided Meditation for Peace

continued

Breathing in, receive peace. Breathing out, offer peace.

Breathing in, soften the heart. Breathing out, release aggression.

If thoughts arise, do not fight with them. Let them come and go gently, like clouds moving through the sky.

Return to the breath. Return to appreciation. Return to peace.

Now bring to mind one person, place, or situation in need of healing. Hold them gently in your awareness.

Breathing in, may there be peace. Breathing out, may there be healing.

May my mind become peaceful. May my words become kind. May my actions bring benefit.

For a final moment, rest quietly.

Let this peace remain with you as you return to your day. May the peace we cultivate within become a cause for peace in the world.

Walking Meditation

Walking meditation brings practice into movement. It is especially helpful during a mandala program because participants may move between silence, conversation, art, and community.

1. Stand still for one breath. Feel the soles of the feet.
2. Walk slowly enough to feel each step.
3. With each step, silently say: arriving, arriving, arriving.
4. When distracted, return to the feeling of the foot touching the ground.
5. Let the walking become respectful, gentle, and awake.

As you walk, remember someone you love, someone who is struggling, and someone with whom you have difficulty. Walk for all three with the same wish: May you be free from suffering.

The Sand Mandala

A sand mandala is a sacred world made from colored grains of sand. It is created with patience, precision, and prayer.

- Everything arises through causes and conditions.
- Beauty can be created through patience and cooperation.
- Nothing is possessed forever.
- Letting go can become an offering.
- Sacred art can remind us of our own awakened qualities.

When viewing the mandala, pause for one breath. Notice color, shape, and detail. Then notice the minds and hands that created it. Let appreciation become meditation.

Peace Circles and Deep Listening

A peace circle is a simple way to create trust. Participants sit together with the intention to listen, speak honestly, and protect the dignity of everyone present.

- Speak from personal experience rather than theory.
- Listen to understand, not to prepare a response.
- Allow silence. Silence can be part of healing.
- Protect confidentiality when personal stories are shared.
- Let disagreement remain respectful.

Opening question: What is one place in your life where you are longing for peace?

Closing question: What is one small action you can take this week to become a peacemaker?

Nonviolent Communication

Nonviolent Communication offers a practical way to speak and listen when emotions are strong. It helps us move from blame to understanding, and from reaction to relationship.

Observation	What happened? Name what you saw or heard without blame or exaggeration.
Feeling	What are you feeling? Sad, afraid, angry, tired, grateful, hopeful?
Need	What matters underneath the feeling? Safety, respect, rest, belonging, honesty, care?
Request	What clear, doable request could support connection?

*When I hear or see _____, I feel
_____ because I need/value
_____. Would you be willing to
_____?*

Reconciliation and Forgiveness

Reconciliation does not mean pretending harm did not happen. Forgiveness does not mean accepting further harm. In peace practice, reconciliation begins with truth, accountability, compassion, and wise protection.

1. Tell the truth gently. What happened?
2. Acknowledge impact. Who was hurt and how?
3. Take responsibility. What can be repaired?
4. Make a new agreement. What helps prevent the same harm from continuing?

I do not have to carry this pain in the same way forever. May wisdom protect me. May compassion guide me. May healing become possible.

Some forgiveness takes time. Peace practice respects the pace of the heart.

The 12 Steps of Liberation

Written by Lama Yeshe Jinpa

1. The truth of suffering.	We experienced the truth of our addictions – our lives were unmanageable suffering.
2. The truth of the origin of suffering.	We admit that we craved for and grasped onto addictions as our refuge.
3. The truth of the end of suffering.	We came to see that complete cessation of craving and clinging at addictions is necessary.
4. The truth of the path.	We made a decision to follow the way of liberation and to take refuge in our wakefulness, our truth, and our fellowship.
5. Right view.	We made a searching and fearless review of our life. We are willing to acknowledge and proclaim our truth to ourselves, another human being and the community.
6. Right thought.	We are mindful that we create the causes for suffering and liberation. Our goodness is indestructible.

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7. Right speech.	We purify, confess and ask for forgiveness straightforwardly and without judgment. We are willing to forgive others.
8. Right action.	We make a list of all persons we harm and are willing and able to actively make amends to them all, unless to do so would be harmful.
9. Right livelihood.	We simplify our lives, realizing we are all interconnected. We select a vocation that supports our recovery.
10. Right effort.	We realize that continuing to follow this path, no matter what, is joyful effort.
11. Right mindfulness.	Through prayer, meditation and action we will follow the path of kindness, being mindful moment by moment.
12. Right concentration.	Open to the spirit of awakening as a result of these steps, we will carry this message to all people suffering with addictions.

Lion's Roar Dharma Center Recovery Group

www.lionsroardharmacenter.org

Daily Peace Practice

A short daily practice can help the mandala experience continue after the tour.

1. Sit and feel the breath for one minute.
2. Remember the mandala and the patience that created it.
3. Name one feeling honestly.
4. Send kindness to one person who is suffering.
5. Choose one peaceful action for the day.
 - Apologize when needed.
 - Listen without interrupting.
 - Pause before sending a difficult message.
 - Speak one sentence that reduces fear.

*Peace becomes real when it changes
how we walk, speak, listen, spend,
forgive, and serve.*

Resource: Mission: Joy

Mission: Joy is a film about the friendship and shared wisdom of His Holiness the Dalai Lama and Archbishop Desmond Tutu.

Film credit: Mission: Joy - Finding Happiness in Troubled Times was directed by Louie Psihoyos, co-directed by Peggy Callahan, and produced by Peggy Callahan and Mark Monroe.

The film can support an evening dialogue after mandala viewing or meditation.

1. What moment in the film touched you most?
2. How do humor and humility support peace?
3. Where do you see friendship becoming peacework?
4. What practice from the film could you bring into your life this week?

Resource: The Book of Joy

Authors: His Holiness the Dalai Lama and Archbishop Desmond Tutu, with Douglas Abrams.

The Book of Joy: Lasting Happiness in a Changing World explores joy through conversation, story, spiritual friendship, and practical reflection.

1. What helps joy remain possible during suffering?
2. How does compassion protect us from becoming isolated in pain?
3. How can gratitude become a practice rather than an idea?
4. How might a community become a place where joy is protected?

Resource: Beyond Religion

Author: His Holiness the Dalai Lama.

Beyond Religion: Ethics for a Whole World presents universal ethics rooted in compassion, responsibility, and concern for all people, whether religious or not.

1. What ethical values can people share across different beliefs?
2. How does compassion become a public responsibility?
3. What does it mean to act from shared humanity?
4. What would a culture of kindness look like in your workplace, school, or family?

Resource: Ethics for the New Millennium

Author: His Holiness the Dalai Lama.

Ethics for the New Millennium invites readers to consider compassion, restraint, responsibility, and warm-heartedness as foundations for a more peaceful world.

1. What inner values are most needed in the world today?
2. How does personal discipline support peace?
3. What is the relationship between happiness and ethical conduct?
4. What ethical commitment can you strengthen this month?

Resource: The Power of Patience

Author and contributors: His Holiness the Dalai Lama; translated by Geshe Thupten Jinpa and edited by Nicholas Vreeland.

The Power of Patience from a Buddhist Perspective teaches patience as strength, not passivity. Patience gives us room to respond wisely rather than react from anger or fear.

1. What is the difference between patience and suppression?
2. When anger arises, what helps create space before action?
3. How can patience protect dignity in conflict?
4. What situation is asking for wiser patience?

Resource: How to Be Compassionate

Author and contributors: His Holiness the Dalai Lama; translated and edited by Jeffrey Hopkins.

How to Be Compassionate offers accessible reflections on training the heart. It supports the message that peace begins as an inner practice and becomes visible through care for others.

1. What makes compassion difficult in daily life?
2. How can compassion include both self and others?
3. What is the difference between pity and compassion?
4. What compassionate action is possible now?

Keepsakes, Sponsors, and Friendship

A small blessed object, card, or mandala image can become a meaningful keepsake when it carries a story.

This keepsake has been blessed and prayed with during the World Peace Tour. May it remind you of your inherent goodness, the friendship created here, and your own capacity to bring peace into the world.

Sponsors help make the tour possible by supporting travel, housing, food, translation, venue costs, educational materials, and offerings for the monks.

Closing Dedication

May the merit of this mandala, these prayers, these conversations, and these acts of kindness become a cause for peace.

May all beings be free from fear. May those in conflict find a path to reconciliation. May those who are grieving find comfort. May those who are angry find space. May those who are lonely find friendship.

May inner peace become outer peace.

Notes
