



## **Spread the Word - Memphis Peace and Harmony Days** **September 21-23, 2010**

**For Immediate Release on September 15, 2010**

**CONTACT:**  
[pemakarpomeditation@gmail.org](mailto:pemakarpomeditation@gmail.org)

**CONTACT:**  
[mikii@memphispeaceandharmony.org](mailto:mikii@memphispeaceandharmony.org)

**CONTACT:**  
[debbie@memphispeaceandharmony.org](mailto:debbie@memphispeaceandharmony.org)

### **PROCLAMATIONS FROM MAYORS AND DISTRICT 9 CONGRESSMAN**

Congressman Steve Cohen, Memphis City Mayor A.C. Wharton, and Shelby County Mayor Mark Luttrell have unanimously proclaimed September 21-23, 2010 "Memphis Peace and Harmony Days." In their proclamations, each acknowledged the active and productive community of citizens who cultivate and strive for peace and harmony on local and international levels, and each urged all citizens to join in this celebration of local and global peace and harmony. Event organizers are thrilled that the event is being recognized by local, county, and national government. Says Event Organizer, Sara Free, "These proclamations show that all levels of government are aware that personal peace, and harmony amongst the people of our local regions and our nation is of vital importance to the well-being of all. This event will give people ideas for ways more peace can be integrated into their lives."

Memphis' First Annual Peace and Harmony Days, which will be celebrated from Tuesday, September 21 to Thursday September 23, 2010, will begin with a kick-off event at the Levitt Shell on September 21. The event will feature 24 hours of peaceful dancing, singing, praying, meditating, speaking and performing. At 7:00 PM, Khenpo Gawang Rinpoche, Founder of Pema Karpo Meditation Center, and Jacob Flowers from the Mid-south Peace and Justice Center will speak. Immediately following will be a performance by the band, Free World. A candle-light vigil for peace will occur just before midnight. On September 22, individuals are asked to practice peace in a way of their choosing. The 3-day celebration will conclude on September 23, 2010 starting at 5:30 PM at the Veteran's Plaza at Memphis' Overton Park with drumming and a Walk for Peace led by Khenpo Gawang Rinpoche. For more details, visit [www.memphispeaceandharmony.org](http://www.memphispeaceandharmony.org).

### **KHENPO ENCOURAGES EVERYONE TO PARTICIPATE**

Khenpo Gawang Rinpoche, who spearheads the Memphis Peace and Harmony Days and will lead the Peace Walk, encourages everyone to participate in these events. He describes the purpose of the event by stating, "A great example of a peaceful person is His Holiness the Dalai Lama. The Memphis Peace and Harmony Days are celebrating his visit last year and the UN International Peace Day. Gathering together like this strengthens peace and harmony between individuals, families, and communities. It will help bring peace to Memphis and the world."

When asked why people outside Memphis should participate, he responded, "We [Memphis Peace and Harmony Days] are organized in Memphis....We are practicing for peace. When we practice, we are not thinking only about Memphis but we are thinking about everyone all over the world. Our regular purpose and practice is to bring peace all over the world. Our intention includes all beings and peace for everyone."

Addressing why organizations should participate, he provided, "This event benefits all beings and their companies because they all need peace and harmony. When people have more peace and happiness in their lives, it brings more happiness to them [as well as] the company. The event is a gathering; it is purposeful. It is not political or against anything....When all gather together, it benefits all."

Khenpo Gawang Rinpoche encouraged the participation of people who thought that their individual voice was not strong enough. He said, "Each seed is small, not big. If it grows, it gets big. The person is similar. Each group is made of individuals; and [when the individual] changes, he changes all. One peaceful person can affect their friends, family, and their society."

Finally, he showed deep compassion for those who thought that they had nothing to offer for the event. He said, "Even if you do not come to the event; just rejoice in what is being done. This counts; you are doing a great thing. You are part of the event by simply rejoicing in it. This is better than doing nothing."

(END)