



Welcome to the 2011 Memphis Peace & Harmony Days September 21-23

Pema Karpo Meditation Center
3921 Frayser-Raleigh Rd, Memphis, TN 38128

On September 23, 2009, His Holiness the Dalai Lama received the International Freedom Award from the National Civil Rights Museum in Memphis. During his two day visit he gave a public talk on "Developing Peace and Harmony."

The founder of Pema Karpo Meditation Center, Khenpo Gawang Rinpoche, made a commitment to honor the visit of His Holiness by creating an annual festival of peace and harmony. The purpose of the Memphis Peace & Harmony Days is to strengthen these two qualities within individuals, families, and societies.

In 2010, the Mayors of the City of Memphis and Shelby County along with the 9th Congressional District Representative declared September 21-23 Memphis Peace & Harmony Days.

September 21, 2011 -- United Nations Annual International Day of Peace and Ceasefire

Celebration of the Annual International Day of Peace and Ceasefire (for full history go to www.peaceday.org)! Learn from Memphis faith leaders how peace is practiced in the Christian, Jewish, Muslim, Hindu, Buddhist, and Native American traditions. Candle lighting ceremony with silent meditation on peace will follow. 7:00 PM to 9:00 PM at Pho Da Temple, 3943 Frayser-Raleigh Road, Memphis, TN 38128.

September 22, 2011 -- Prayers for Peace

Khenpo Gawang Rinpoche will host an evening of chanted prayers for peace from the Tibetan Buddhist tradition and will talk about cultivating individual peacefulness. 7:00 PM to 9:00 PM at Pema Karpo Meditation Center, 3921 Frayser-Raleigh Road, Memphis, TN 38128. Chanted in English -- all are welcome! Featured chant written by His Holiness the Dalai Lama.

September 23, 2011 -- Peaceful Walk

A mindfulness peace walk will start at 7:00 PM at Sleepy Hollow Park in Bartlett, TN. Find a map to the park at <http://communitylink.com/us/tn/bartlett/map/city>. Please prepare for summer conditions.

September 21- 23, 2011 -- Create Personal Peace

Create peace wherever you are -- design your personal peace practice or activity! Tell us what you're doing! Post a link or write about what you did for peace on the Memphis Peace and Harmony Days Facebook page.

Website: www.memphispeaceandharmony.org

Twitter: <http://twitter.com/#!/memphispeace>

Facebook: www.facebook.com/MemphisPeaceAndHarmonyDays

Contact: info@memphispeaceandharmony.org

To attend online, go to our website, click on the Connect Online link and follow the instructions.