



The Oneness-World International Youth Project

We warmly invite the exceptional young citizens of the new generation to join a long line of prestigious and inspiring individuals who have participated in an international biennial event, the Sri Chinmoy Oneness-Home Peace Run, since its founding three decades ago.

The motto of the Peace Run is "Peace Begins with Me," meaning we can all play a role in making our world a more harmonious place to live.

We would like to symbolically pass our Peace Torch to you by asking you to join this global event and participate right from where you are.

It is very easy; just follow these steps:

1. Choose an activity that you would like to dedicate to peace.

Physical Activity

You can dedicate any sport to peace: running, walking, swimming, cycling, kayaking, etc.

Creative Expressions of Peace

Visual art, poetry, photography, music, singing, dancing, writing, etc.

2. Consciously dedicate your activity to world peace.

Take a moment of silence before you begin, become aware of the quiet flow of your breath, and feel peace expanding in your heart. Feel your oneness with other Peace Run participants doing the same thing all over the world.

3. Begin!

4. Share it!

Send photos or short videos of your creative expressions or activities to youth@peacerun.org and we will post them on our website to inspire others. You can also see submissions from others taking part in the project with you. Your e-mail address will never be shared.

5. Invite your friends!

FOUNDER:
Sri Chinmoy

OFFICES:
HEADQUARTERS
New York, USA

INTERNATIONAL
Argentina, Buenos Aires
Australia, Canberra
Austria, Graz
Belgium, Brussels
Brazil, Sao Paulo
Bulgaria, Sophia
Canada, Ottawa
Czech Republic, Prague
Denmark, Copenhagen
England, London
Finland, Helsinki
France, Paris
Germany, Munich
Greece, Athens
Guatemala, Guatemala City
Hungary, Budapest
Iceland, Reykjavik
India, Panaji
Indonesia, Bali
Ireland, Dublin
Israel, Tel Aviv
Italy, Rome
Japan, Tokyo
Macedonia, Skopje
Mexico, Mazatlan
Mongolia, Ulaanbaatar
Montenegro, Podgorica
Netherlands, Amsterdam
New Zealand, Auckland
Norway, Oslo
Poland, Warsaw
Portugal, Lisbon
Russia, Moscow
Scotland, Edinburgh
Serbia, Belgrade
Singapore
Slovakia, Bratislava
Slovenia, Ljubljana
Spain, Madrid
Sweden, Uppsala
Switzerland, Zurich
Ukraine, Kiev
Wales, Cardiff
Zimbabwe, Harare

You will be joining thousands of others who have participated, including Nelson Mandela, Billie Jean King, Muhammad Ali, Mother Teresa, Elizabeth May, Fred Penner, and many, many children and young adults all over the world.

It is fitting that this global initiative begins in Canada, traditionally a peace-keeping nation, to lead the youth of the world in striving for a consciousness of universal peace. Our website will feature a montage of videos, audios, and photos from communities all across Canada.

It is our privilege to host you in this way, as we are very grateful to be part of this incredible global initiative. Now it is time to pass the Torch on to the next generation.

The Peace Run has become the longest-running and farthest-reaching torch relay run in the world. Since its inception in 1987, the Run has traversed over 150 nations and territories and touched the lives of millions of people. We estimate the Torch has been carried over 395,000 miles (632,000 km). As an awareness run, it does not seek to raise money or represent any religious or political cause. All are welcome to participate.

“Lasting peace must begin within the depths of the individual, and from there spread in ever-widening circles as a dynamic force for world change.”
-Sri Chinmoy

For more information:

Visit our international website www.peacerun.org

Visit our Canadian website www.peacerun.org/ca

Follow us on instagram [@peaceruncanada](https://www.instagram.com/peaceruncanada)

Contact us:

E-mail youth@peacerun.org

Our privacy policy: <https://www.peacerun.org/privacy-policy/>

We are reminding everyone to please follow the safety guidelines that are in effect right now regarding the covid-19 virus. In activities with others, maintain a safe distance, and please make sure to wash your hands before and after any event. Be safe, be happy and take a step for peace!