

PeaceBook

The Past, Present & Future of Peace

Dedicated to My Guruji Shri 1008
Haidakhan Babaji



TABLE OF CONTENTS

Foreword

Introduction

Message from Secretary General of United Nations for World Peace Day 2019

1. Holistic Understanding of Peace
 - Personal Peace
 - Social Peace
 - Institutional Peace
 - Ecological Peace
 - Political Peace
2. Measuring Institutional Peace
 - 2.1. Global Peace Index
 - 2.2. Ten most Peaceful Countries in 2019
 - 2.2.1. Case Study of Sweden - Reforms undertaken for Peace
 - 2.3. World Happiness Report
 - 2.4. Ten Happiest Countries in 2019
 - 2.5. Some Worrying Facts about India
3. Measuring Social Peace
 - 3.1. Steven Pinker's Study: Why Violence Has Declined
 - 3.2. Thomas Hobbes's Philosophy
 - 3.3. The Arrival of Gautam Buddha
4. Measuring Personal Peace
 - 4.1. The Science of Epigenetics
 - 4.2. Spiritual Peace
 - 4.3. Purposeful Youth
5. Recent Peaceful Accomplishments – Case Studies
 - 5.1. Sub-Saharan Africa
 - 5.1.1. Botswana
 - 5.1.2. Malawi
 - 5.2. South and South East Asia
 - 5.2.1. Singapore
 - 5.2.2. Vietnam
 - 5.3. Qatar
 - 5.4. Oceania
 - 5.4.1. Australia
 - 5.4.2. New Zealand
6. Measuring Ecological Peace
 - 6.1. Fostering Political Co-Operation through Environmental Co-Operation

Prabhat Prayers for Global Peace

Case Study - Decline of Violence in The Republic of Mozambique

About the Author



FOREWORD

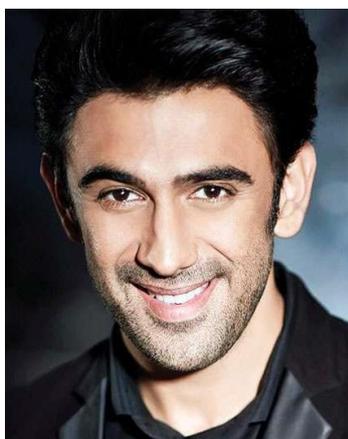


“

I have met many people in my life around the world – all in top positions – U.S. Presidents, U.S. Supreme Court Justices, Fortune 500 Companies’ Presidents and Extraordinary Youth Leaders ... Few Compare to the Energy, Capacity, and Vision of Rachna.

SAM BEARD

Mr. Sam Beard is the legendary public services leader who created and implemented various programs as an advisor to eight US presidents such as President Nixon, Ford, Clinton, Reagan and Bush. He is currently the Founder & President of GIFT Foundation in USA where many of the world’s top scientists, psychologists, educators, business persons, spiritual and religious leaders, and self-empowerment trainers share his mission to engage and transform the lives of one billion people through mindfulness over the next decade.



“

I share similar childhood memories of that of Rachna Sharma as I was born in J&K and had witnessed some of the conflict myself. This book is very useful and a very hopeful initiative to establish political & spiritual peace in India. I am confident, young people will find a structured way to approach peace by reading this book and using its knowledge to their advantage. I hope they build peace.

AMIT SADH

Mr. Amit Sadh is a well-known Indian actor who is recognised for his phenomenal performances in the films like, Kai Po Che!, Guddu Rangeela, Sultan, Akira, Running Shaadi, Sarkar 3 and Gold. Known for the versatility he brings to his roles, he made his digital debut with the Amazon Prime Original series, Breathe.

INTRODUCTION



Message from Secretary General of United Nations for World Peace Day 2019

Every year on 21 September, the United Nations calls on all nations and people to put down their weapons and reaffirm their commitment to living in harmony with one another. Today, as we mark the 100-day countdown to the next International Day of Peace, I invite global reflection on this year's timely theme.

“Climate Action for Peace” brings a clear message: the global climate emergency is a threat to security and stability. As coastal areas and degraded inland areas are becoming uninhabitable, millions of people are being forced to seek safety and better lives elsewhere. With extreme weather events and disasters becoming more frequent and severe, disputes over dwindling resources risk fuelling climate-related conflict.

Last month, I visited the South Pacific and saw the challenges being endured by those on the frontlines of this existential danger. But it is not just remote islands whose future is in jeopardy. What is happening there is a sign of what is in store for all humankind. Urgent climate action is a global imperative.

To mobilize the ambition we need, I am convening a Climate Action Summit on 23 September, at UN Headquarters in New York. I have asked world leaders to come with concrete and realistic plans to rapidly accelerate action to implement the Paris Agreement, and to make a pivotal shift toward a cleaner, safer, and greener future. In this endeavour, they will be backed by the passionate voices of young women and men around the world, who understand their future is at stake.

This is the battle of our lives, and a race against time. We can win — and we must. Solutions are in our hands: tax pollution, not people; stop subsidizing fossil fuels; stop building new coal plants by 2020; focus on a green economy, not a grey economy. I count on your continued support as we strive to build a world where we can live every day in harmony with the environment and with each other.



PeaceBook is a brochure of the past, present and future of Peace. The book focusses on sharing key information, historical facts, empirical data, and science on peace. The book indicates the Five Interrelated and Interdependent Spheres of Peace, key information on Global Peace Index and World Happiness Report, history of war and peace, what measures are being taken by most peaceful nations for maintaining peace in their societies, and remedies that can be taken for advancing peace.

The book acts a common man's guide to understanding peace from the personal, social, national, and global perspective. Some of the highlights of the book are as follows;



"Those who want war prepare young people for war; but those who want peace have neglected young children and adolescents and they are unable to organize them for peace."

- Mary Montessori

- A holistic understanding of peace from the viewpoint of right relationships with oneself, other people, other cultures, other life, Earth, and the larger whole of which we all are a part of.
- Understanding of Global Peace Index and World Happiness Report and the parameters impacting the indices. The book specifies the ranking of India on various parameters of the two indices and how as largest democracy, it is lagging way behind on the ranking lists.
- The history of peace and war, and how violence has reduced over the centuries. The book highlights the studies conducted by leading researchers on how we are moving towards an era of peace.
- An understanding of why and how violence has reduced and the role of societal reforms in creating peaceful communities.
- Tangible reforms undertaken by developed nations and the science behind the reforms in terms of epigenetics, psychology, and spirituality. Case studies on recent accomplishments on peace world over.
- Introduction of Prabhat Prayers of Global Peace aimed at creating Super Radiance Effect for developing invincible shield of peace through collective prayers.

1.
**HOLISTIC
UNDERSTANDING
OF PEACE**

Five Interrelated and Interdependent Spheres of Peace

Defined by National Peace Academy



Personal Peace refers to “the awareness of one’s authentic being, and living from and relating to others from that awareness” (Snauwaert, 2008). In the personal sphere, peace requires that we actively strive to establish right relationship with our self. Personal peace is pursued through inquiry into how we manage and act upon our internal conflicts, attitudes, actions, and emotions toward living with integrity.

Social Peace refers to the relationships of individuals with other individuals and to their collective coexistence. In the social sphere, peace requires that we actively strive to establish right relationships with others. Social peace is pursued through inquiry into our attitudes, intentions, and actions regarding how we manage our interpersonal conflicts and differences, and how we give to and receive from others the qualities and conditions that comprise human dignity.

Institutional Peace refers to the ways in which organizations and institutions are organized, and the systematic structures and processes through which power is mediated and human affairs are governed. All institutions are essentially political. In the institutional sphere, peace requires that we strive to institutionalize right relationships within and between all forms of organizations, government(s), businesses, systems of organization, and civil society structures to support the development and maintenance of peace systems. Institutional peace is pursued through inquiry into our attitudes, intentions, and actions regarding how we organize and institutionalize the values, principles and norms of justice into systemic structures that moderate human affairs.

Ecological Peace refers to the interdependent and dynamic interrelationships between and among all organisms and their surroundings in a living system. In the ecological sphere, peace requires that we actively strive to establish right relationships with Earth and its ecosystems of which we are a part and on which our survival and quality of life depend. Human systems are not separate from but integral to all living systems, and, as such, human organization affects and is affected by all other ecological systems. Ecosystems are both resilient and fragile, and human life depends upon our respect for, stewardship of, and kinship with the entire planet. Ecological peace is pursued through inquiry into our attitudes, intentions, and actions regarding how we take responsibility to shift our relationship to the natural environment from one based on control over, to one based on interdependence and living with and within.

Political Peace refers to the sphere of human relationship in which diverse individuals and groups come together to discourse, collectively make decisions, and engage in action to create a world together (Arendt, 1958). In the political sphere, peace requires that we actively strive to establish right relationships within and between groups of people, communities and organizations that are supported by just, nonviolent procedures and institutions for making and implementing policy and planning decisions at all levels of social organization. Political peace is pursued through action derived from inquiry into our attitudes, intentions, and actions regarding how we engage in decision-making processes and public discourse.

The need of our planet right now is Global Peace. The fundamental institutions responsible for key decision making, diplomacy and influence are Politics, Religion, and Social Organizations.

Historically, humanity has evolved on Survival Instincts. We have reached a moment where Evolution has to shift from Survival Instincts to Growth Instincts. The values and nature of every industry and institution have changed over time, however, fundamentals of the political system have not evolved, and are carrying the genetic impressions of survival instincts. In order for the current political system to evolve into a representative democratic system, it needs evolution in the fundamental Operational Psychology of the above-mentioned survival instincts.



Political Stability of a nation is directly linked to the Political Consciousness of the nation. Political Consciousness depends upon the activities carried by the political entities of the nation for governance. During every elections, large scale violence is reported worldwide. Though we have moved from the war and conquering psychology to political means of achieving power, we have not been able to get rid of the violence involved in the process. The need of the hour is to engage in Politics like any other profession based upon the values and principals of non-violence, tolerance, and humanity for strengthening global peace.

2.

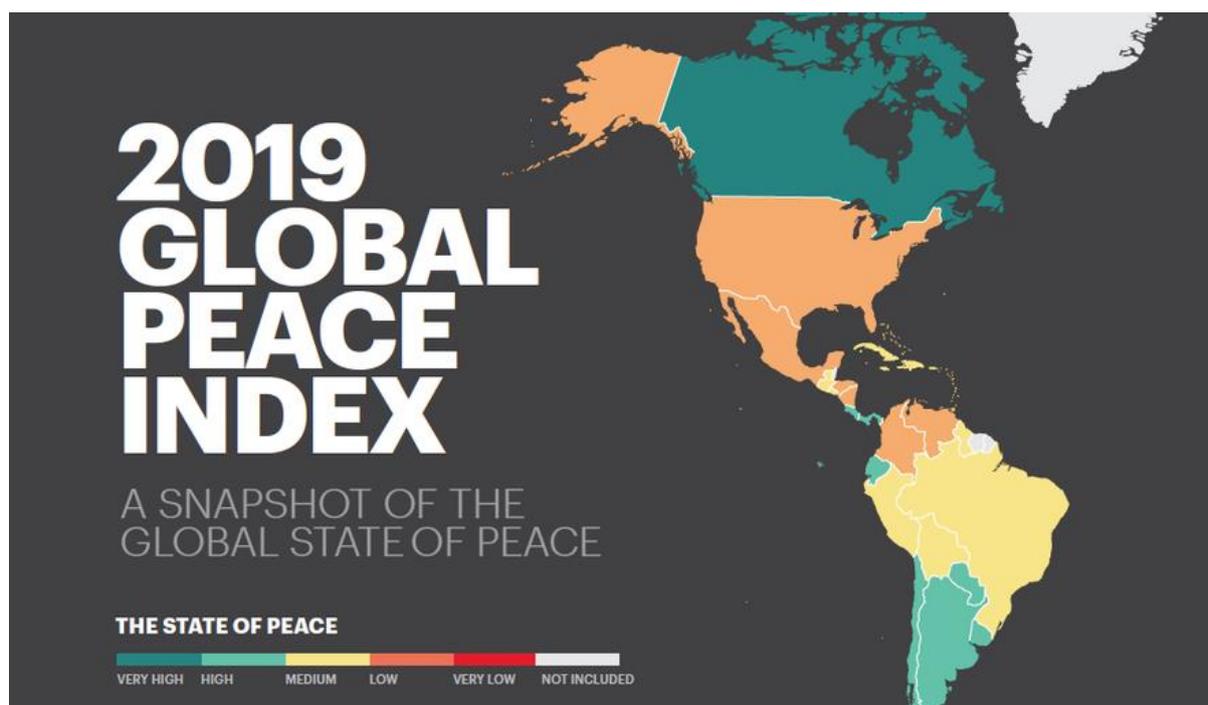
**MEASURING
INSTITUTIONAL
PEACE**



2.1. Global Peace Index

Global Peace Index (GPI) measures the relative position of nations' and regions' peacefulness. The GPI ranks 163 independent states and territories (99.7 per cent of the world's population) according to their levels of peacefulness. In the past decade, the GPI has presented trends of increased global violence and less peacefulness.

The GPI is a report produced by the Institute for Economics and Peace (IEP) and developed in consultation with an international panel of peace experts from peace institutes and think tanks with data collected and collated by the Economist Intelligence Unit. The Index was first launched in May 2007, with subsequent reports being released annually. The updated index is released each year at events in London, Washington, DC; and at the United Nations Secretariat in New York.



Methodology

In assessing peacefulness, the GPI investigates the extent to which countries are involved in ongoing domestic and international conflicts. It also seeks to evaluate the level of harmony or discord within a nation; ten indicators broadly assess what might be described as a safety and security in society. The assertion is that low crime rates, minimal incidences of terrorist acts and violent demonstrations, harmonious relations with neighbouring countries, a stable political scene and a small proportion of the population being internally displaced or refugees can be suggestive of peacefulness.

Positive and Negative Peace



Johan Galtung, the father of peace studies often refers to the distinction between 'negative peace' and 'positive peace' (e.g. Galtung 1996). Negative peace refers to the absence of violence. When, for example, a ceasefire is enacted, a negative peace will ensue. It is negative because something undesirable stopped happening (e.g. the violence stopped, the oppression ended). Positive peace is filled with positive content such as restoration of relationships, the creation of social systems that serve the needs of the whole population and the constructive resolution of conflict.

Peace does not mean the total absence of any conflict. It means the absence of violence in all forms and the unfolding of conflict in a constructive way. Peace therefore exists where people are interacting non-violently and are managing their conflict positively – with respectful attention to the legitimate needs and interest of all concerned.

Positive Peace

... is the presence of the attitudes, institutions and structures that create and sustain peaceful societies.



Negative Peace

... is the absence of violence or fear of violence



Parameters of Positive Peace



S. No.	Indicators	S. No.	Indicators
1	Number and duration of internal conflicts	13	Level of violent crime
2	Number of deaths from external organized conflict	14	Likelihood of violent demonstrations
3	Number of deaths from internal organised conflict	15	Number of jailed persons per 100,000 people
4	Number, duration, and role in external conflicts	16	Number of internal security officers and police per 100,000 people
5	Intensity of organised internal conflict	17	Military expenditure as a percentage of GDP
6	Relations with neighbouring countries	18	Number of armed-services personnel per 100,000
7	Level of perceived criminality in society	19	Volume of transfers of major conventional weapons as recipient (imports) per 100,000 people
8	Number of refugees and displaced persons as percentage of population	20	Volume of transfers of major conventional weapons as supplier (exports) per 100,000 people
9	Political instability	21	Financial contribution to UN peacekeeping missions
10	Impact of terrorism	22	Nuclear and heavy weapons capability
11	Political terror	23	Ease of access to small arms and light weapons
12	Number of homicides per 100,000 people		

Parameters of Negative Peace

2.2. Ten most Peaceful Countries in 2019

Rank	Country		Score
1		Iceland	1.072
2		New Zealand	1.221
3		Portugal	1.274
4		Austria	1.291
5		Denmark	1.316
6		Canada	1.327
7		Singapore	1.347
8		Slovenia	1.355
9		Japan	1.369
10		Czech Republic	1.375

2.2.1. Case Study of Sweden - Reforms undertaken for Peace

As we have seen how the countries rank on Global Peace Index, let us understand in detail the case study of Sweden which has shown a new light on, how measures to develop human capital can help a country rank higher on the Global Peace Index. Let us have a look at some of the measures Sweden undertook under child development epigenetics by focusing on maternity care & educating parents by creating administrative and legislative measures. We will focus at epigenetics later under measuring personal peace chapter in detail.

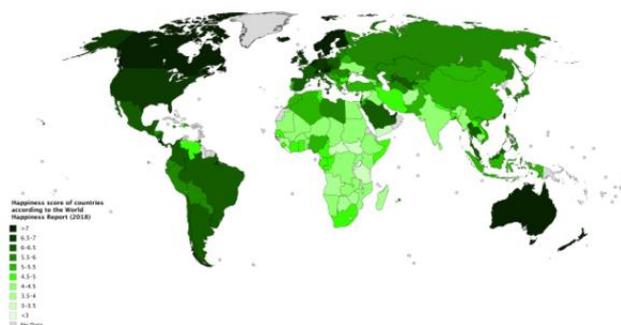
S. No.	Measures Taken	
1.		Well paid parental leave for 18 months
2.		Increased support for early intervention activities
3.		Maternity hospital increased their focus on the Psychological Needs
4.		Support to mother during full term breastfeeding

5.		Legislate all corporal punishment of children
6.		Prohibit all advertising that targets children under the age of 12
7.		Increase the use of emergent educational curriculum

The results were absolutely phenomenal and Sweden has since then sustained high rankings on Global Indices

- Drop in child abuse
- Lowest homicide rate
- Drop in youth crime and youth substance abuse
- Highest gender equality
- Ranked amongst top 10 on Global Peace Index
- Third least corrupt country
- Fourth most democratic country
- Second happiest country

2.3. World Happiness Report

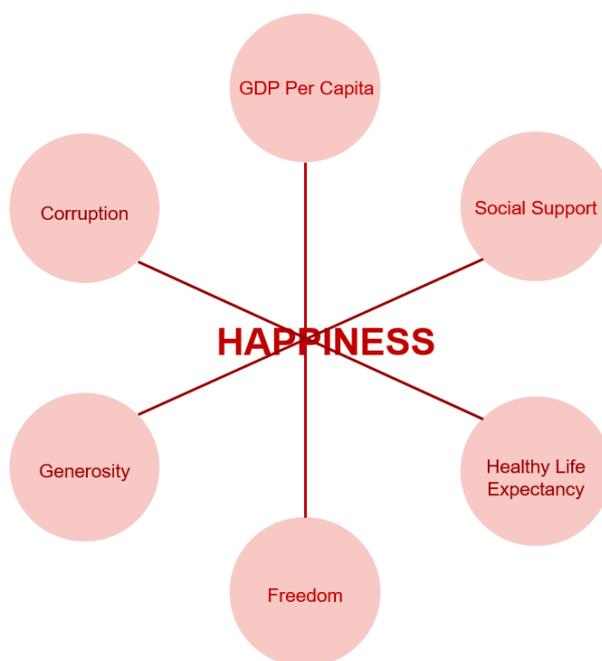


The World Happiness Report is an annual publication of the United Nations Sustainable Development Solutions Network. It contains articles, and rankings of national happiness based on respondent ratings of their own lives, which the report also correlates with various life factors.

Methodology

The rankings of national happiness are based on a Cantril ladder survey. Nationally representative samples of respondents are asked to think of a ladder, with the best possible life for them being a 10, and the worst possible life being a 0. They are then asked to rate their own current lives on that 0 to 10 scale. The report correlates the results with various life factors.

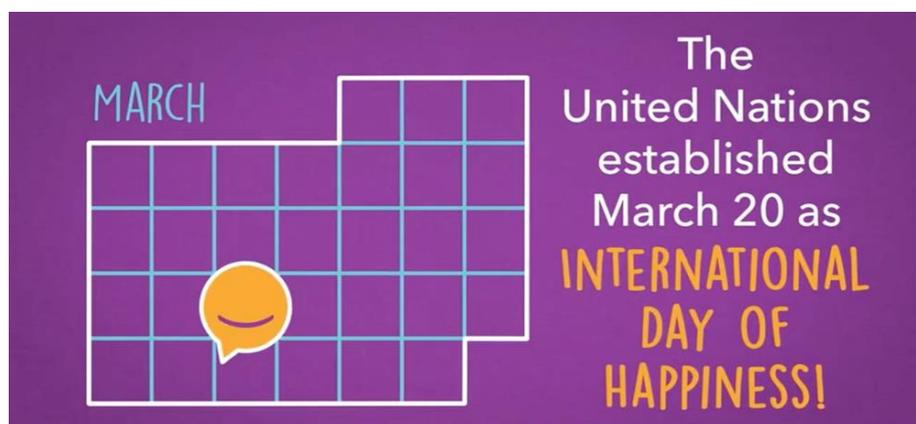
In the reports, experts in fields including economics, psychology, survey analysis, and national statistics, describe how measurements of well-being can be used effectively to assess the progress of nations, and other topics. Each report is organized by chapters that delve deeper into issues relating to happiness, including mental illness, the objective benefits of happiness, the importance of ethics, policy implications, and links with the Organisation for Economic Co-operation and Development's (OECD) approach to measuring subjective well-being and other international and national efforts.



Parameters of World Happiness Report

2.4. Ten Happiest Countries in 2019

Rank	Country		Score
1		Finland	7.769
2		Denmark	7.600
3		Norway	7.554
4		Iceland	7.494
5		Netherlands	7.488
6		Switzerland	7.480
7		Sweden	7.343
8		New Zealand	7.307
9		Canada	7.278
10		Austria	7.246

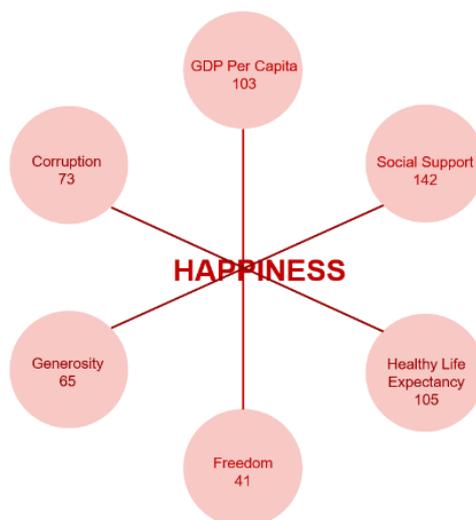




2.5. Some Worrying Facts about India

India has not fared well in a global ranking of the happiest nations, coming in at the 140th spot out of 158 countries in 2019. India also ranks a lowly 141/163 on a global peace index in 2019, lagging way behind the likes of Bhutan, Nepal, Sri Lanka and Bangladesh with Iceland emerging as the most peaceful nation in the world.

Parameters of Happiness Report & India Ranking

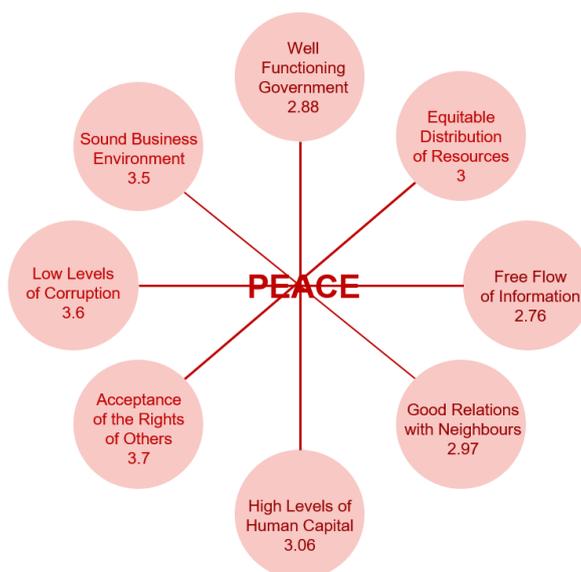


India Rank: 140
Happiness Score: 4.015

*The rank of India against every parameter is mentioned as per World Happiness Report 2019

Notes: The data are organized so that for negative affect a higher rank (i.e. a lower number) means fewer negative experiences and for corruption a higher rank means a lower perceived frequency of corruption. All other variables are measured in their usual scales, with a higher rank standing for better performance.

Pillars Of Positive Peace & India Score



India Rank: 87
PPI Overall Score: 3.21

* The score of India against every parameter is mentioned as per Positive Peace Index Report 2018

3.

**MEASURING
SOCIAL PEACE**

In recent history we witnessed the atrocity of Hitler, Mao, Stalin, Poppet, and Rwanda. Even though they have gone, their traces could be seen in today's terrorist organisations. World Wars, partitions, and ongoing genocides like the daily horrors of Iraq, Syria, Yemen, Ethiopia, Gaza, and Kashmir have lead us to a common understanding that we are in the worst era of violence. However while that is factual, it is not true that we are in the worst phase of violence. In fact violence is declining and perhaps this is the last round of violence and the future is peaceful and non-violent. Statements like this sound very hallucinatory however this is backed by the study of Steven Pinker who is a renowned scholar and psychological scientist at Harvard University. In his ground breaking research and ted talk he disclosed his lifetime's understanding of Violence & Peace in 20 minutes for us. This is incredible knowledge which is empowering for us to think big and think Peace.

His study gives us a fair idea that we are no more getting killed because of issues like homosexuality, ritualistic children slaughter, killed for talking back to your parents, capital punishments by kings over ten minutes trial, and being dragged with horses or killed underneath an elephants leg. This proves that our ancestors were far more cruel and violent than we are. Violence has been in decline for long stretches of time. Today we are probably living in the most peaceful time since humanity's existence. Let's read what Steven Pinkar has to say further;



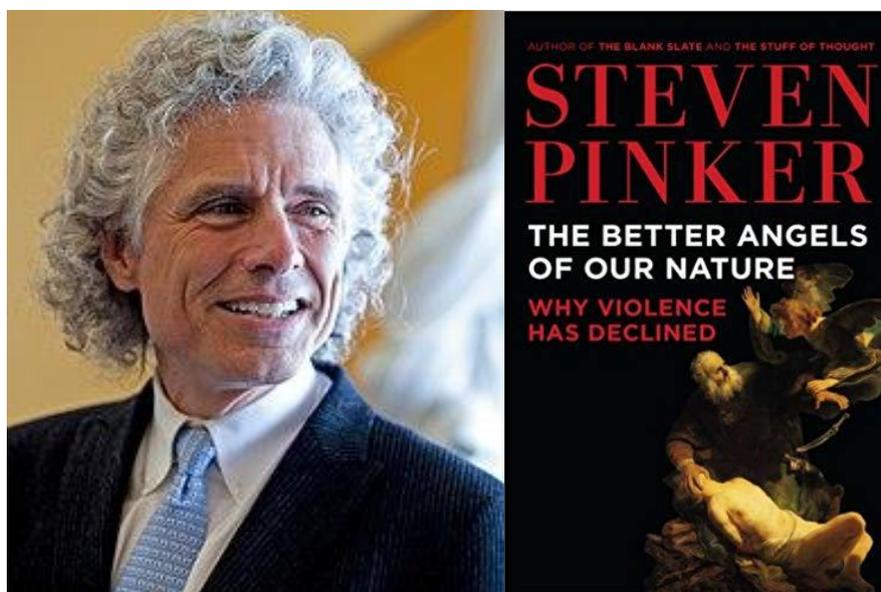
The 20th century has given us a new understanding of who we are, where we come from and times we are living in?



3.1. Steven Pinker's Study: Why Violence Has Declined

Steven Pinker collected his research on the subject in a new book called *The Better Angels of Our Nature*. To reach his conclusions, Pinker says he estimated the frequency of violence and violent deaths relative to the human population from prehistory up to the present day. His estimates are supported by ethnographies, archaeological research, law enforcement records, victimization surveys, and statistics recording casualties in armed conflicts. From these records, Pinker determined that up to 15 percent of prehistoric deaths were violent. In contrast, only 0.3 percent of human deaths in 2005 were violent.

Pinker attributes this decline in violence to multiple factors. One is government. Governments hold individuals accountable for their actions, and in turn, social movements make governments accountable to their citizens. Another factor is the co-dependence between groups that has been created by increased trade. More empathy from increased literacy and education might also be contributing to the decrease.



Millennium Scale of Peace & Violence

Steven Pinker in his TED Talk says,

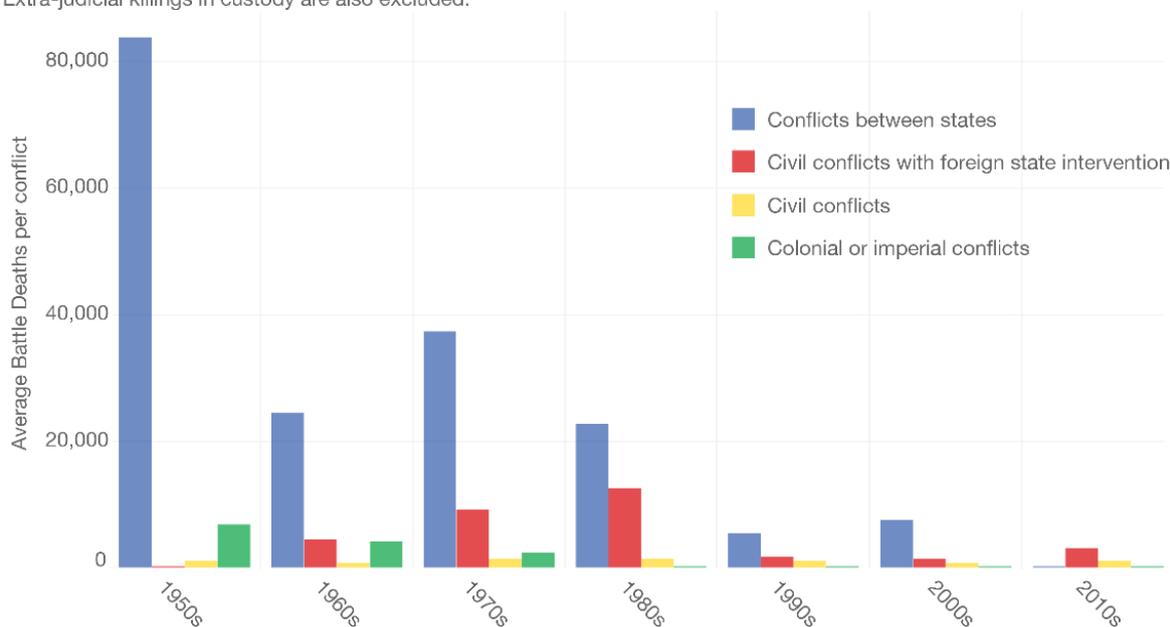
Over 10,000 years back when we were into hunting/ gathering and without permanent settlement or governments, this state was called patrimonial harmony. In that hunting and gathering society a man had 60% chances of dying in the hands of another man as supposed to passing away by natural causes.

Here is some data from Steven Pinker's research. Average number of battle deaths per conflict since 1946 show a steep decline in interstate wars, deadly ethnic riots, military coups, and a worldwide decline in deaths in interstate wars. This data is primarily from Europe & America (Decade Scale since 1946).

Average number of battle deaths per conflict since 1946, by type



Only conflicts in which at least one party was the government of a state and which generated more than 25 battle-related deaths are included. Deaths due to disease or famine caused by conflict are excluded. Extra-judicial killings in custody are also excluded.



Source: UCDP/PRIO

OurWorldInData.org · CC BY-SA

Note: The war categories paraphrase UCDP/PRIO's technical definitions of 'Extrasystemic', 'Internal', 'Internationalised internal' and 'Interstate' respectively. In a small number of cases where wars were ascribed more than one type, deaths have been apportioned evenly to each type.

Interpretation:

Death rate per conflict have gone drastically down from more than 80,000 deaths per conflict in 1950s to less than 2000 deaths per conflict in 2010s, indicating the decreasing instances of violence in present era.

So when the data says there is steep decline in violence then how come so many people are wrong for something that is so important? How can we make statements that we are living in the most horrific times than feeding upon this knowledge and acting upon it? An ideal statement would be "how do we make this stage better?" Is it because of these three factors as reported by Steven Pinker;

- Better reporting of violence than peace. Media only reports crime, violence, and things which are wrong, not things which we are doing right.
- Cognitive Illusion – memorable events judged to be more probable. Our brain absorbs shocking news faster than happy news.
- Opinion and advocacy markets which unfortunately again have opinions on everything that is not as per them.

Now when we have corrected our perception about violence, other important question which arises is why and how did violence decline. Was it an automatic evolution or up gradation in humanity? If yes, what were the trigger points and how would the next upgrade be like. Will we all be like the Buddha? Was it anything to do with the arrival of Buddha or moving on from monopolies to democracies? Well may be the English philosopher Thomas Hobbes got it right.

3.2. Thomas Hobbes's Philosophy

Thomas Hobbes was the one who said life in the state of nature was solitary, nasty, short, and brutish. Not because he argued human has aggressive instinct but because of the logic of anarchy. In a state of anarchy - it is constant temptation to invade neighbours pre-emptively before they invade them. Deterrence can work, but only if it is credible. To make it credible, must avenge all insults and settle all scores i.e. cycle of vendetta.



Cycle of vendetta decreased as cycle of monopolies moved to democracies.

A state with a monopoly free violence can reduce

- Temptation of attack as it will be punished by other democratic institutions
- Temptation to invade pre-emptively of fear of being attacked by others
- Remove the need of the trigger of retaliation to make the deterrent threat credible

Therefore, leading to a state of peace



3.3. The Arrival of Gautam Buddha

With the evolution in mankind, evolution in peace was taking place too. Many leaders, nations and communities started practicing empathy and promoting it as well.

One such community was formed by Gautam Buddha who instructed the rulers to cultivate positive moral qualities such as kindness, honesty, and frugality, and to avoid character flaws such as cruelty, arrogance, and laziness. He also advocated religious tolerance.



The specifics of Buddhist social organization changed with time and place, but the central idea of social harmony and cooperation between all levels of society remained a focal point of the religion as Buddhism moved from country to country.

The goal was to unite the entire cosmos and all beings within it - whether god or human, animal or plant, living or dead - into one harmonious whole. Every individual were well acquainted about his/her social responsibilities towards nation, communities, families, governmental organizations. A society which was free of destruction, wherein world is overflowing with examples of tranquillity and without any traces of bloodshed.

Today we are living in a much better world, which is democratic where freedom of right and speech is exercised. Sometimes, it an awful feeling to flip through newspapers, scroll through TV channels and find information about human conflict, at work, in relationships, communities, nations and natural environment.

As much as we have moved away from civil wars and literal historic ritualistic violence where “human life” was very cheap we now have a bigger issue at hand, the subtle violence of inner - conflict, poverty, diseases, and stress. We have to unlearn a lot of things and accept a new way to understand peace.

4.

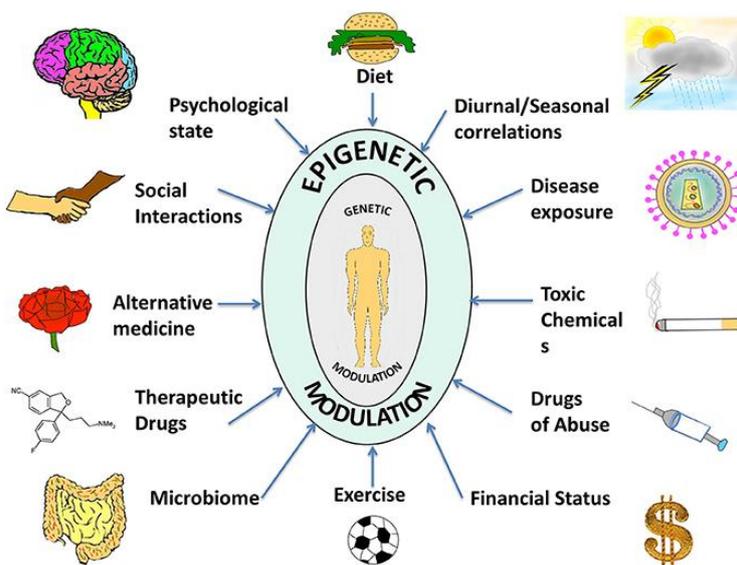
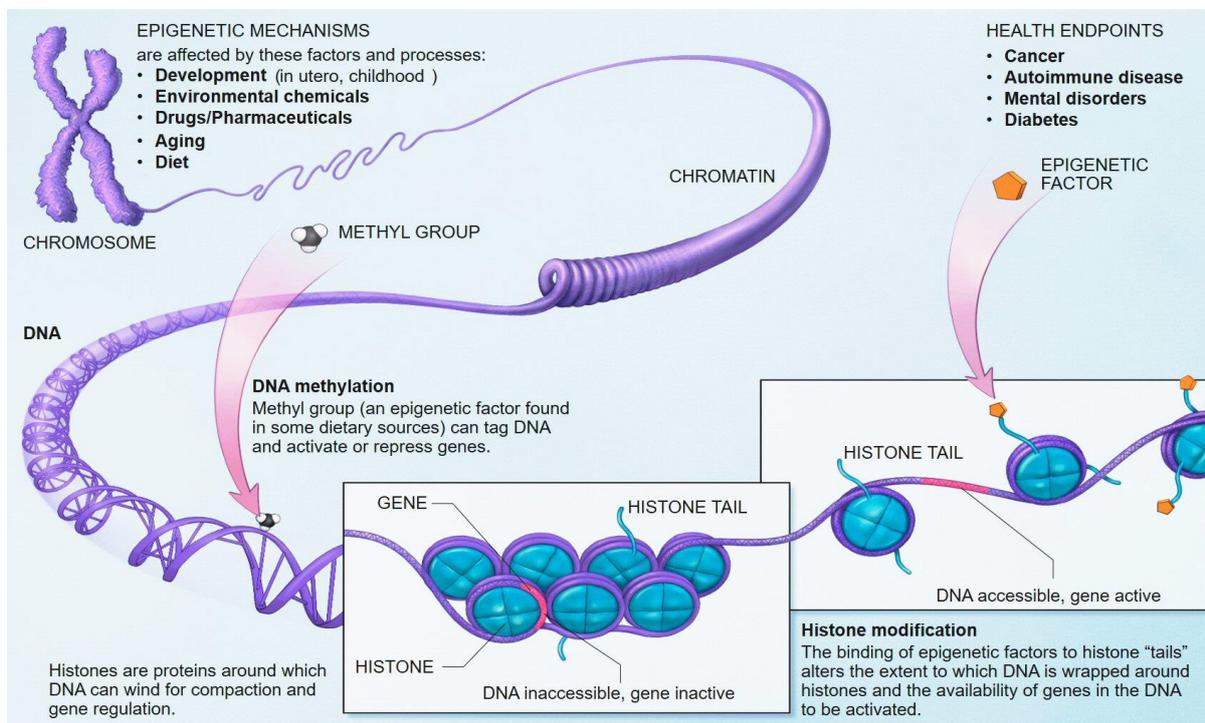
**MEASURING
PERSONAL
PEACE**

4.1. The Science of Epigenetics

The word “epigenetics” literally means “in addition to changes in genetic sequence.” The term has evolved to include any process that alters gene activity without changing the DNA sequence, and leads to modifications that can be transmitted to daughter cells (although experiments show that some epigenetic changes can be reversed).

Another way of looking at epigenetics is like this; while traditional genetics describes the way the DNA sequences in our genes are passed from one generation to the next, epigenetics describes passing on the way the genes are used.

So epigenetics is about how genes are expressed and used rather than the DNA sequence of the genes themselves. But how does this work? Many researchers have been studying epigenetics over the past few decades, and it is currently an area of intense research activity. We know that a part of how epigenetics works is by adding and removing small chemical tags to DNA. You can think of these tags as post-it notes that highlight particular genes with information about whether they should be switched on or off. In fact the chemical tag in question is called a methyl group (see Diagram below).



This latest discovery in science has been utilised by certain countries effectively as a new science (Reference - Sweden Case Study) of child development revolution, as it says that the Peace Potential is encoded in every newborn.

Let's look at some interesting facts about the science of epigenetics with Psychotherapist "Robin Grille". He says that the world that surrounds the child changes the way that child's genes are shaped. So, the childhood relationships around us and our environment drafts a genetic code by causing some genes to be switched on or some genes to be switched off.

According to Grille, "no human individual was ever born genetically predetermined to lead a life of violence. Every child (1 to 3 years age) has about ten Empathy centres which develop according to the treatment he receives.

For example; if a child grows in an empathetic environment the brain grows harmoniously, whereas if the same child grows in hostile or harsh environment, it is entirely contrary to the first one. In the first case, oxytocin hormone of love is released whereas; in the other case cortisol hormone of stress is released".



Was Epigenetics capitalised in the Earlier Civilisations?



Now when we have this knowledge available, we can reflect back and understand the kind of genes which were at play and were attempting to define the destiny of humanity. Let's look at history, the earlier civilisations in every continent, children were used as slaves, temple prostitutes, they were severely beaten, and the lord of the time committed parents to kill or abandoned their own unwanted children at an unexpected rate, 2 out of every 5.

The practice of rituals, mutilations of children bodies was widespread around many countries of the world like elongation of skull, extracting the flesh etc. Child beating was so cruel that, "What we call as child abuse now, was considered as good parenting then."

Even during the renaissance period as well as, in the era of Industrial revolution, the assassination still prevailed in millions. In Europe, families were hunted by the commune and conditions were so worse that at times survival rate was below 10%.



The potential of the Science of Epigenetics and what it can do to this world?

The above stated facts are a testimony to the fact that if we are able to capitalize on the science of epigenetics i.e. good parenting coupled with government measures, we can drastically impact the Peace Index of a nation. The science of epigenetics should be made available to every parent and youth as today's youth is tomorrow's parent, tomorrow's leader.

With this discovery, we have understood that we are already at a better place, now acting upon this knowledge would be so cheaper than trying to find remedies for repercussions, this is more responsive than reactive.

4.2. Spiritual Peace

“A life without spirituality is like a candle without fire.”



Consciousness is the conventional ground on which the objective and subjective worlds are evolved and united. With this vision, researchers have begun to reconcile and consider solutions for global issues of health, hunger, conflict resolution, and economic injustice from the perspective which joins science and spirituality.

More and more scientists are discovering its essence. Reason being, fundamental science has reached in the situation, wherein the ultimate questions of matter and origination is tedious to understand, unless awareness is accounted and factored in. Spirituality is centralized on the innermost values and meanings by which people live.

One of the great gifts of spiritual knowledge is that it realigns the sense of self to something one could hardly imagine. Spirituality has the power to convert incredible things into reality.

“Psychological peace” (such as a peaceful thinking and emotions) is perhaps less well defined yet often a necessary precursor to establishing “behavioural peace”. Peaceful behaviour sometimes results from a “peaceful inner disposition”. Some have expressed the belief that peace can be initiated with a certain quality of inner tranquillity that does not depend upon the uncertainties of daily life for its existence. The acquisition of such a “peaceful internal disposition” for oneself and others can contribute to resolving of otherwise seemingly irreconcilable competing interests.

More the humanity touches the dimension of spirituality, more a sense of freedom, individuality, and equality will prevail; all leading humanity to peace.



4.3. Purposeful Youth



Hope is the way to inner peace. Hope is a state of mind, it is optimistic in nature and optimism flows when you have something to look forward to. That something is not a goal or a cheque, it is beyond that. It is called the purpose. The purpose is the genuine deeper meaning in anyone's work. It reflects why they do, what they do. Our state of mind collectively impacts the radiance of a nation. A positive mind emits positive electro-magnetic radiations leading to collective positive effect. And a positive state of mind resides in a purposeful soul. Hence, it is very much important for us to raise youth with positive purposes and give them adequate resources to fulfil their dreams in order to inspire a collective hope of a better life.

Understanding the purpose is essential to becoming a better leader. People who lead with a sense of purpose that is aligned with their values, they take better long term decisions for themselves, their families, communities, and nations. But, this is not as easy as it sounds. Discerning the purpose takes a combination of introspection and real world experiences before they can determine where they want to devote their energies. When they ask themselves what motivates them and if the honest answers are simply power, prestige, and money; they are at a risk of being trapped by external gratification as their source of fulfilment. This never works.

This never works. Why? Simply, one can never have enough money, fame or recognition. When one gives someone else the power to decide if they're successful (whether it's the Forbes Richest and most powerful list or an invitation to Davos), one loses. If they allow some external force to define their success, they have essentially abdicated their soul. There is a deep voice inside them that yearns to bring their unique gifts to this world. If they neglect that voice, they will create deep misalignments that eventually will surface. It is important that they are able to define their success indicators for themselves rooted in to balancing their material, social, moral, and spiritual goals. So it is important to find that meaning, what besides money, power, and fame motivates them.

Mostly people's work makes them totally out of balance of these four virtues and completely disconnected from their values and their purpose. If this disconnect is not addressed on time, it leads to inner conflict and it can become like an insidious cancer that eats at their soul, leading to a world of frustration, disappointment and conflict. This starts reflecting in the collective consciousness of the nation, in terms of frustration, violence, riots, unhealthy & non conducive environment increasing crime rates in the country. In long-run, this lack of purpose leads to burnouts, poor decision-making and even moral derailment.

5. RECENT PEACEFUL ACCOMPLISHMENTS

CASE STUDIES

Sub-Saharan Africa

South and Southeast Asia

Qatar

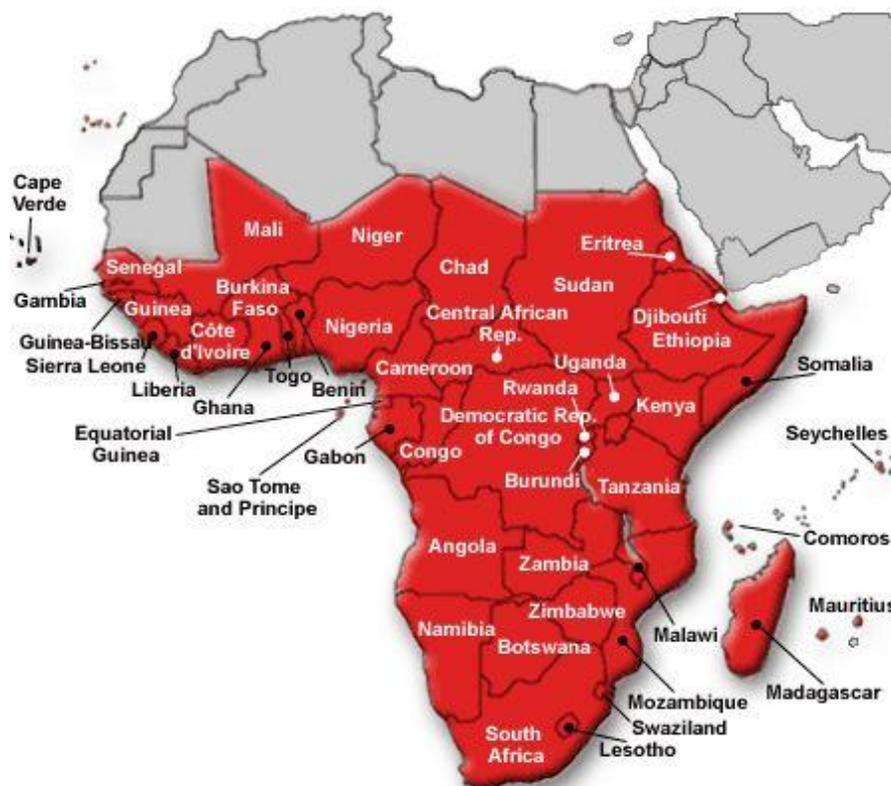
Oceania

5.1. SUB-SAHARAN AFRICA

Botswana

Malawi

Sub-Saharan Africa is the area of the African continent south of the Saharan desert and comprises the countries Angola, Botswana, Burkina Faso, Burundi, Cameroon, Central Africa Republic, Chad, Congo, Cote d'Ivoire, Democratic Republic of the Congo, Equatorial Guinea, Ethiopia, Gabon, Ghana, Kenya, Madagascar, Malawi, Mali, Mauritania, Mozambique, Namibia, Nigeria, Rwanda, Senegal, Somalia, South Africa, Sudan, Tanzania, Uganda, Zambia, and Zimbabwe.



Along with a culturally rich past and endowment of natural resources, a history of slavery and colonization have shaped Sub-Saharan Africa. This region remains one of the poorest in the world, struggling with issues such as economic collapse, government corruption, and ethnic conflict. According to UNAIDS 2008 report, two thirds (67%) of the global total of 32.9 million people with HIV live in this region, and three quarters (75%) of all AIDS deaths in 2007 occurred in this region. As this region struggles to develop amidst enormous setbacks, the countries of Botswana and Malawi have achieved great success in promoting international and domestic peacefulness have been ranked the two most peaceful countries of this region by the GPI.

Botswana has been able to maintain a strong economic growth rate despite the economic turmoil in its region. It is the largest exporter of diamonds in the world, and has been deemed the least corrupt African nation. Although the HIV epidemic remains problematic in the Sub-Saharan region, in Botswana there has been a drop in HIV prevalence among pregnant 15–19-year-olds (from 25% in 2001 to 18% in 2006), suggesting a slowing rate of new infections. It continues to work on bettering its internal peacefulness and has not engaged in the many detrimental ethnic conflicts within its region - instead it provides funding for UN peacekeeping missions. While able to achieve democratic governance, stable economic growth, and international peacefulness, Botswana continues to work towards domestic peacefulness as well.

Malawi has successfully initiated much of its own economic development, independent of the World Bank. Further, Malawian society has successfully transitioned from single-party governance to a multi-party democracy. The 2008 UNAIDS report stated that the epidemics in Malawi appeared to have stabilized, including the declining HIV prevalence among women using antenatal services in some urban areas. This greater economic development and democratic governance have allowed Malawi to move towards greater peacefulness despite its hostile region. Malawi displays commitment to promoting democratic values and peaceful relations with its neighbours, and continues to work towards reducing its crime rate and increasing respect for human rights.



5.1.1. Botswana

Botswana's notable contributions to peace:

- Achieved a strong economic growth rate and is also the largest exporter of diamonds in the world.
- Is an active member of the United Nations, the Non-Aligned Movement, the Organization of African Unity, and the Southern African Customs Union.
- Commits to remaining peaceful within its hostile region.
- Dramatically enhanced its infrastructure, education system, health facilities, and housing facilities.

Botswana GPI Profile			
GPI Score: 1.643 GPI Rank: 34			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	1
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	2.5
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	3
Level of organized conflict	1	Military expenditure as % of GDP	1.5
Relations with neighboring countries	1	Number of armed services personnel per 100,000 people	1
Perceptions of criminality in society	2	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	1
Political instability	1.25	Funding for UN peacekeeping missions	1
Respect for human rights	2	Aggregate number of heavy weapons per 100,000 people	1
Potential for terrorist acts	1	Ease of access to weapons of minor destruction	3
Number of homicides per 100,000 people	4	Military capability/sophistication	2
Level of violent crime	3	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

In 1806, Botswana became an attractive site for European hunters and merchants. As in the rest of Africa, colonial powers played a predominant role in carving out its history. The wave of foreign hunters introduced guns to Botswana while the missionaries, who worked as mediators and taught the Batswana Christianity, also greatly influenced Botswana.

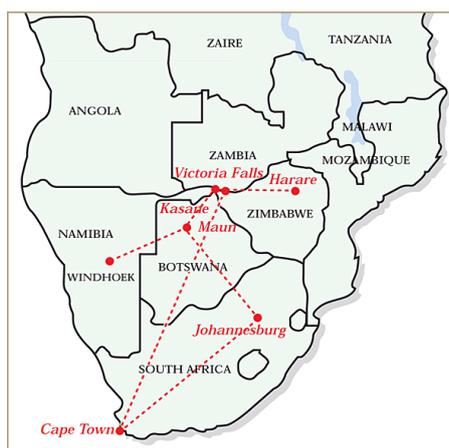
Botswana suffered many wars due to the British presence in the area and territorial conflicts with the different peoples of the region. The territory of Mzilikazi's Ndebele has been a particular source of conflict between the Batswana and the Boers in the region. The territory had earlier belonged to the Batswana, yet they later became workers in the farms of Boers. When later a large number of Boers changed their settlement to elude the British bureaucracy, the Batswana helped the British prevail over the territory and in turn became closer to the British authorities. The Boers and the Batswana still experience conflicts over the land.

The borders of Botswana were set in 1885 and the region became independent under the protection of the Boers in the south and the Ndebele in the northeast. Rhodes and Boers clashed over the Transvaal republic while the British had a protectorate over Rhodes for 70 more years until finally gaining independence in 1965. The republic of Botswana became independent on September 30, 1966, with Sir Seretse Khama as its president.

Botswana, from being a poor British protectorate under the name of Bechuanaland, slowly moved toward peacefulness, democracy and economic growth. For the first five years of its political independence, Botswana was financially dependent on Britain; however, the discovery of a huge diamond mine in Orapa in 1967 sparked Botswana's great leap in economic advancement. Since then, De Beers operates the diamond mines in Botswana, sharing a 50-50 joint venture with the country with one third of the GDP coming from the diamond mining.



Botswana has a much more powerful economy compared to the past, when it had a per capita income of \$80 annually. By the end of the 1960s, Botswana had already improved its position in international politics and was progressing as a liberal democratic country. Yet, there still exists an income gap between the rich and the poor in this new economy.



The history of Botswana is intermingled with the histories of South Africa, Zimbabwe, Namibia, Angola, and Zambia. Botswana acted as a "Front Line State" to found a popular government in Zimbabwe, Namibia and South Africa. Botswana became a destination for refugees escaping the civil war in Rhodesia and urban uprisings in South Africa. In the early 1970s, Botswana finally began to build its own army, which engaged in regional conflicts. In 1978 during the Rhodesian war that ended in Rhodesia's independence as Zimbabwe, the Rhodesian army killed 15 Botswana soldiers. Also, in the late 1980s, the conflicts in South Africa spilled over to Botswana when the South African army killed 15 civilians in Gaborone; though later Botswana became an important actor in the establishment of the Southern African Development Coordination Conference. In 1990, Namibia declared its independence, and in 1994 South Africa followed, finally leading to considerable peace in the region. Botswana became a member of the UN, NAM, the OAU, and the Southern African Customs Union.



GPI Strongest Indicators

In the 2009 GPI, Botswana scored extremely well in 13 of the 23 factors showing domestic and international peacefulness. Botswana ranks number 34 among the 144 countries analyzed for GPI. The areas where Botswana scores extremely well include:

- Number of external and internal conflicts fought: 2002 – 2007
- Estimated deaths from external conflict
- Estimated deaths from internal conflict
- Level of organized conflict
- Relations with neighboring countries
- Number of displaced people as % of population
- Potential for terrorist acts
- Likelihood of violent demonstrations
- Number of armed services personnel per 100,000 people
- Volume of exports of major conventional weapons
- Volume of imports of major conventional weapons
- Funding for UN peacekeeping missions
- Aggregate number of heavy weapons per 100,000 people

New York Times reporter Alexander McCall described Botswana as “one of the most remarkable countries of Africa.” Botswana had a growth rate of 7.7% in 1999/2000, compared to 4.1% in 1998/1999. Botswana's economic growth rate has been high, and the World Bank acknowledges, “Botswana is one of the world’s great development success stories.”

The real GDP economic growth rate is at 6.9% while per capita income is stable at 4.3% annual growth. About 60% of the population lives above the international poverty line of US\$1.25 a day. As its economy strengthened, Botswana extended the basic infrastructure for mining development and the basic social services for its population. Botswana is still working on big infrastructural projects, such as the North- South water pipeline, and the Trans-Kalahari road that connects the Walvis Bay in Namibia with Gaborone, South Africa and Zimbabwe. Botswana provides financial assistance for investments in rural areas or regions that have a development potential. Botswana is the largest exporter of diamonds in the world and according to Transparency International Botswana is the least corrupt country in Africa and ranks similarly close to Portugal and South Korea.

Opportunities for Growth of Peace

While making great strides towards peacefulness on many factors, Botswana could improve its performance in some domestic areas according to the 2009 GPI:

- Number of homicides per 100,000 people
- Level of violent crime
- Number of internal security officers and police per 100,000 people
- Ease of access to weapons of minor destruction
- Number of jailed population per 100,000 people

One of the crucial problems Botswana faces is the AIDS rate in the country, which is among the highest in the world; although it has implemented projects to address and mend this problem. The Botswana government is committed to managing the conflict with the Bushmen, an economically deprived sector of the population seeking their own land and the right of recognition. While the Botswana government has excelled in its international peaceful posture, it continues to manage and improve the domestic issues it faces.

Reflections from the Global Symposium of Peaceful Nations

Botswana’s journey to democracy has influenced its respect for institutions and free and fair elections. In democratic politics, Botswana believes stronger institutions, not people, should be the focus and the unit of analysis for government performance. While diamonds have been a source of violence and strife for many of its neighbors, the strong institutions in Botswana allowed for fair distribution of the diamond revenues, which were invested in the betterment of the country’s social sector, particularly education and infrastructure.



5.1.2. Malawi

Malawi's recent peaceful accomplishments:

- Established a multi-party democracy from previous single- state rule.
- Improved economic conditions independent of the World Bank.
- Maintains peaceful relations with its neighbors despite regional conflict.
- Has increased youth education and continues to work towards better security for its citizens.

Malawi GPI Profile			
GPI Score: 1.711 GPI Rank: 47			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	3
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	1
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	1
Level of organized conflict	2	Military expenditure as % of GDP	1.5
Relations with neighboring countries	1	Number of armed services personnel per 100,000 people	1
Perceptions of criminality in society	3	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	1
Political instability	2.375	Funding for UN peacekeeping missions	1.5
Respect for human rights	2.5	Aggregate number of heavy weapons per 100,000 people	1
Potential for terrorist acts	1	Ease of access to weapons of minor destruction	4
Number of homicides per 100,000 people	2	Military capability/sophistication	1
Level of violent crime	3	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

“The home heart of Africa.”

The region that is now Malawi has historically been a conflict zone due to tribal differences and the impact of immigration, European settlers, slavery, and colonialism. Beginning in 1891, Malawi was ruled by the British and known as the British Central African Protectorate, until 1907 onward when it became known as Nyasaland. In 1953, Britain connected Nyasaland with Rhodesia to be a part of the Central African Federation; however, African nationalists resisted this decision seeking instead to preserve their identity and topple the British rule. Not wanting the internal clashes to harm its interests, Britain allowed Nyasaland to be a self-governing colony in 1953.



Essential to the resistance efforts in Nyasaland against British plans for control was the particular opposition of Hastings Kamuzu Banda. After a year in prison, Banda came to Nyasaland to work on the new Constitution that gave the Africans majority in the legislative council. Banda became the prime minister of Nyasaland in 1963 when the federation dissolved and in 1964, Nyasaland declared its independence and was named Malawi. Banda ruled Malawi for over thirty years as a single party state; however, Banda organized a referendum in 1993 as a result of popular discontent with the one party rule as well as pressure from international institutions. The referendum finally resulted in the establishment of a multiparty democracy in Malawi with a new constitution ending

the lifetime rule of a president. In 1994, the first multiparty elections were conducted. On May 19, 2009, the fourth elections were conducted in Malawi where Bingu Mutharika was elected for his second term.

As a result of long political struggles both domestically to found a democratic regime and internationally to eradicate the colonial settlements, Malawi has become a peaceful country. Malawi dealt with extreme poverty for years, but has managed to generate momentum in its economic development as well.

GPI Strongest Indicators

In the 2009 GPI, Malawi performed well in 13 of the 23 factors showing domestic and international peacefulness. Malawi ranks number 47 among the 144 countries analyzed for the GPI. The factors where Malawi scores extremely well are:

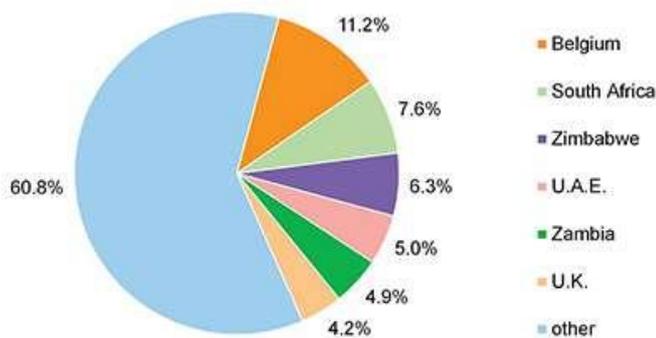
- Number of external and internal conflicts fought: 2002 – 2007
- Estimated deaths from external conflict
- Estimated deaths from internal conflict
- Relations with neighboring countries
- Number of displaced people as % of population
- Potential for terrorist acts
- Number of jailed people per 100,000 people
- Number of internal security officers and police 100,000 people
- Number of armed services personnel per 100,000 people
- Volume of exports of major conventional weapons
- Volume of imports of major conventional weapons
- Aggregate number of heavy weapons per 100,000 people
- Military capability/sophistication





Malawi has been dependent on international financial assistance, from institutions such as the World Bank, African Development Bank, USAID and from Norway. The assistance aims for improvement in health services and the fight against HIV/AIDS, agriculture, education and water. The Malawi government works hand in hand with these organizations to ensure the efficiency of the incoming aid.

Malawi major export destinations (2014)



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According to an IMF press release, the Malawian economy developed at an admirable rate of 9.7 percent in 2008. The growth rate has been on average 7 percent between 2005 and 2008. Also, inflation has dropped to single digits from the previous 30 percent. Where in 2005, 13 million Malawians needed emergency food aid, 2007 was a much better year for Malawi which sold the most corn to the World Food Program for South African countries.

There have been some controversies on the development assistance

Malawi has been receiving from the World Bank. An article in the New York Times stated that Malawi has managed to create some improvements in its economy by not following the advice of the World Bank. While the World Bank insisted Malawi had to convert to free market policies and stop subsidizing agriculture, President Mutharika stated that “[a]s long as I’m president, I don’t want to be going to other capitals begging for food” and continued his policies of subsidized agriculture. Malawi attributes much of its economic prosperity to homegrown economic practices, which enabled to the country to produce enough food for its people and even to export and donate food abroad.

Opportunities for Growth of Peace

Malawi has demonstrated great efforts to improving the quality of life for its citizens and economic growth for the country as a whole. This has undoubtedly contributed to its internal peacefulness. However as revealed by the 2009 GPI, Malawi could further improve its peacefulness in consideration of the following factors:

- Ease of access to weapons of minor destruction
- Perceptions of criminality in society
- Level of violent crime
- Likelihood of violent demonstrations
- Respect for human rights

The multiparty democracy experience in Malawi is still quite recent, and the country must continue to adapt. Malawi is still a poor country and struggles with a high rate of HIV/AIDS. While these complex issues will take time and effort to improve and resolve, the seeds of democratic governance and economic prosperity have been planted in Malawi that can help the country continue its peaceful journey.

Reflections from the Global Symposium of Peaceful Nations

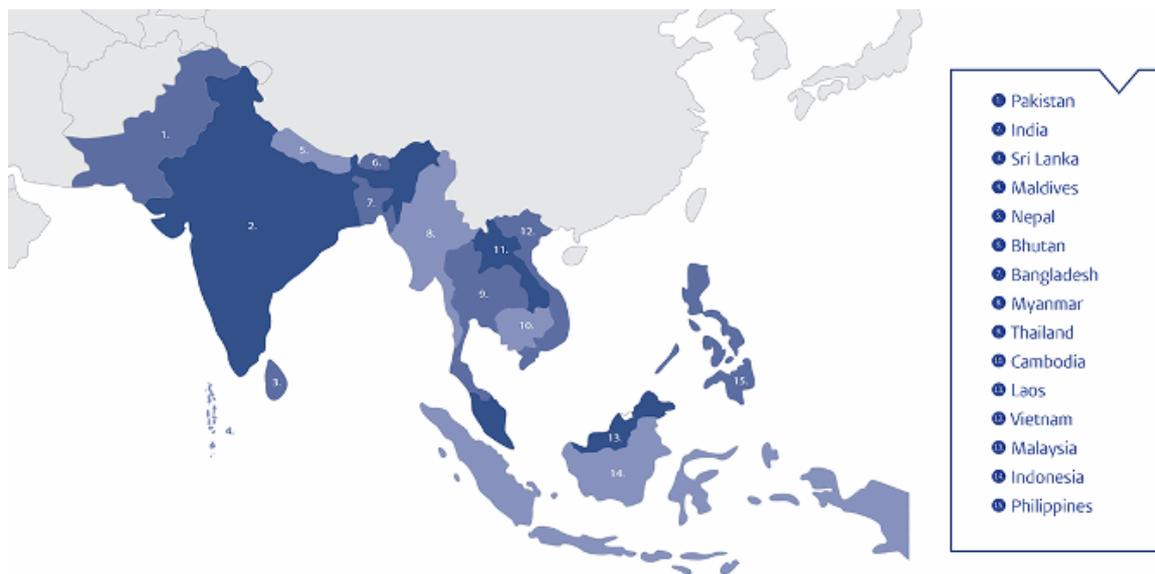
Malawi has traditionally been a peaceful society, with a culture that values peace, tolerance, and accommodation. While situated in a region of conflict, Malawi maintains a peaceful foreign policy that appreciates and utilizes dialogue and negotiation. Malawi has given refuge to many affected by the violence pervading the region. Also, as tribal differences can be a source of contention in African politics, Malawi places high emphasis on unity, ensuring and adhering to the principle that everyone is a Malawian. This is achieved by including all groups to participate in government, and maintaining a balance of all interests.

5.2.
**SOUTH AND
SOUTHEAST
ASIA**

Singapore

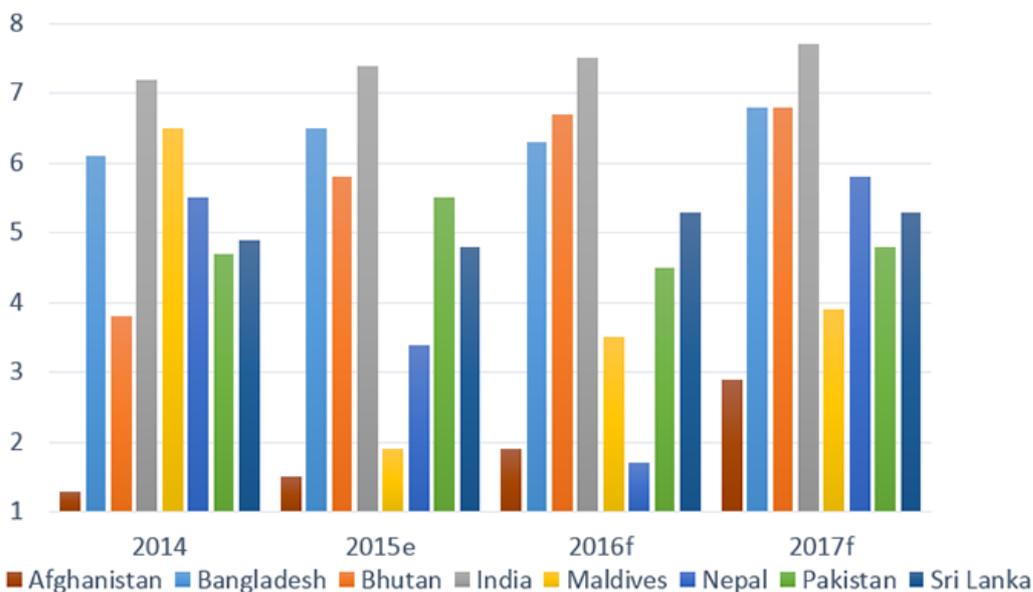
Vietnam

South and Southeast Asia comprises the countries Afghanistan, Bangladesh, Bhutan, Cambodia, India, Laos, Nepal, Myanmar, Pakistan, Singapore, Sri Lanka, Thailand, and Vietnam.



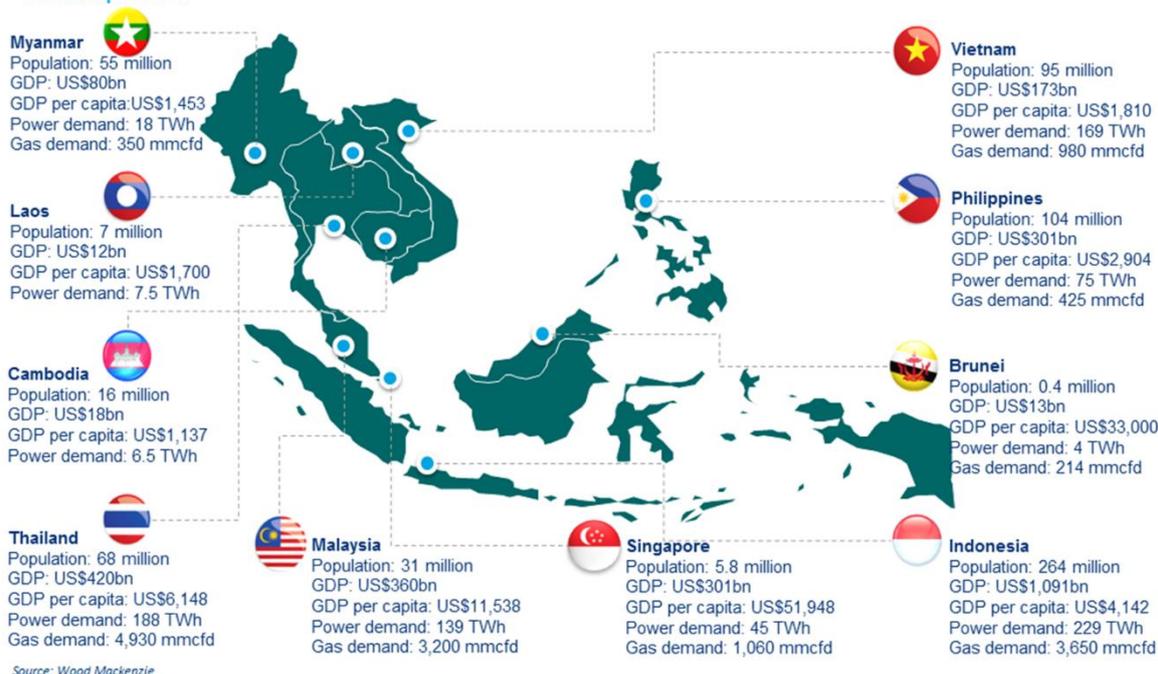
This region has been influenced by many civilizations throughout its history, particularly Chinese, Indian, Persian, Arab, and European. Buddhism, Hinduism, and Islam are three religions that have most shaped this region, which is ethnically, linguistically, and geographically very diverse. Almost all of the countries in this region have come under European subjugation, as the region has always been critical for world trade. Imperialist power struggles have taken their toll on many states in South and Southeast Asia, with a history of protracted war and violence. The Vietnam War, fought mainly in Vietnam but also in Cambodia and Laos, resulted in great human casualties and chaos in all three countries. For the past thirty years beginning with the Soviet invasion, Afghanistan has suffered from bloody wars and conflicts for control, and as a safe haven for terrorists. Presently as the Global War on Terrorism continues in the region, Afghanistan remains in turmoil with escalating levels of insurgent violence by the Taliban. Previous British colonies, India and Singapore today boast fast growing markets and economies; although, India still suffers from a major income gap and extreme poverty. While many parts of this region continue to suffer from extreme violence and poverty, Singapore and Vietnam have made great leaps towards domestic and international peacefulness, and have been ranked the two most peaceful nations in this region according to the GPI.

Percent change, y-o-y **Real GDP Growth in South Asian Countries**



South East Asian country snapshot in 2017

ASEAN comprises 10 member countries, each at a different stage of economic and energy development



After years of British control and Communist governance, Singapore gained independence and became a multi-party democracy. Singapore is a model for urbanization and development and is involved in many regional and international development frameworks through the Association of South East Asian Nations (ASEAN) and the Singapore Cooperation program. Along with cooperating internationally for nuclear disarmament, Singapore sends military and medical assistance for UN missions in many conflict-ridden areas abroad. Singapore continually works to maintain peaceful relations with its neighbors while pursuing an actively peaceful foreign policy dedicated to assistance and aid.

After thirty years of war and violence, Vietnam has made great strides to becoming a cooperative nation seeking political stability and economic prosperity. While still a one-party Communist state, Vietnam has demonstrated steady economic improvement and commitment to social rights. Vietnam refrains from international conflict and actively promotes regional and international peace through its membership in multiple international organizations dedicated to development and security. Vietnam continues to work towards improving human rights and quality of living while remaining domestically and internationally peaceful.

5.2.1. Singapore

Singapore demonstrates peacefulness in the following ways:

- Provides developmental assistance around the world, from humanitarian aid to education funding.
- Works with China to create an eco-city in order to achieve sustainable development.
- Has provided military and police forces to a number of UN peacekeeping missions.
- Works to protect its multi-ethnic society, as protected by law since 1969.
-



Singapore GPI Profile			
GPI Score: 1.533 GPI Rank: 23			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	1
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	2
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	2
Level of organized conflict	1	Military expenditure as % of GDP	2
Relations with neighboring countries	2	Number of armed services personnel per 100,000 people	2
Perceptions of criminality in society	3	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	3.5
Political instability	1	Funding for UN peacekeeping missions	1
Respect for human rights	1.5	Aggregate number of heavy weapons per 100,000 people	1.5
Potential for terrorist acts	2	Ease of access to weapons of minor destruction	2
Number of homicides per 100,000 people	1	Military capability/sophistication	4
Level of violent crime	1	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	



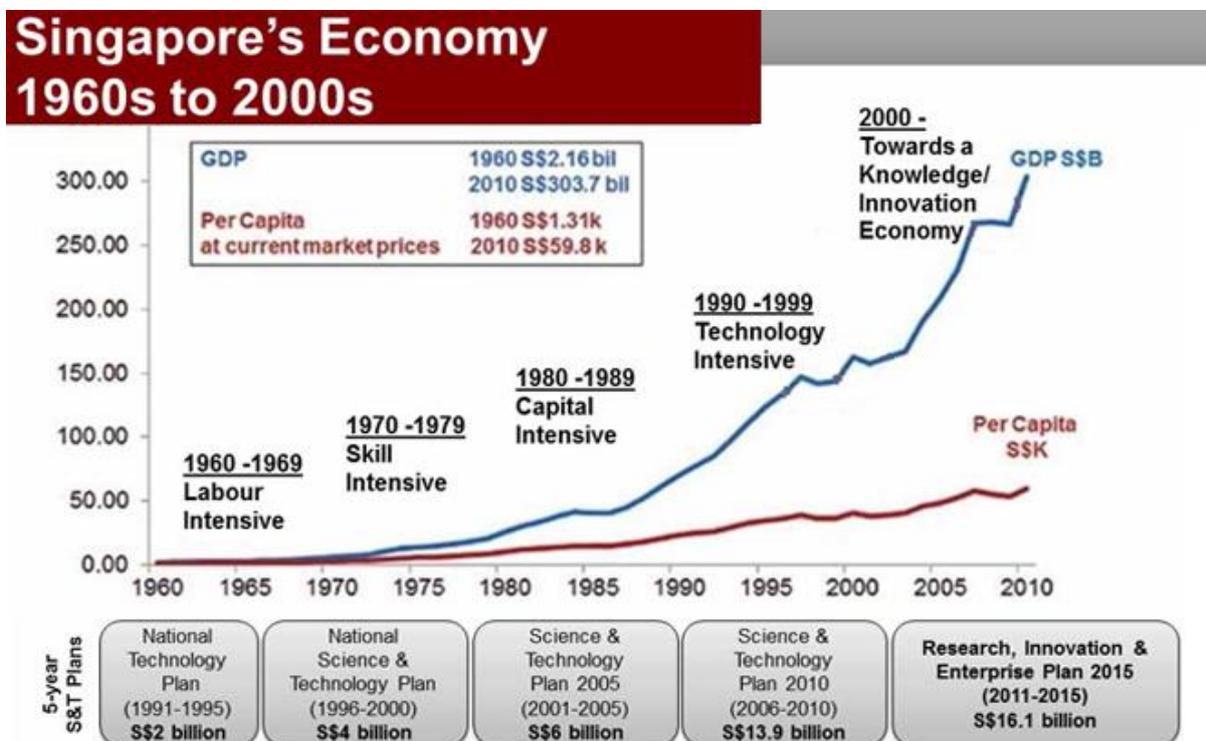
Recent Peaceful Accomplishments

The region where Singapore is located has been a battlefield between various regional powers such as the Kingdom of Siam, the Majapahit Empire, Parameswara, through which Singapore became a part of the Malacca Sultanate, and the Sultan of Johor. Afterwards the British colonized Singapore as a trading post, and in 1819, made an agreement with its rulers to take over the island inhabited by 1000 people.

The British wanted to control Singapore as a port in the region and by 1823 the trade volume in Singapore had increased considerably. The British colonization of Singapore was official by 1824. Singapore developed into a significant port between Europe and East Asia in 1869, which in the following years transferred to further immigration and wealth. The population of one thousand became more than 80.000 in 1860.

During the Second World War Japan targeted Singapore, and occupied the country from 1942 until 1945. After the war, the British resumed control and established a military administration that continued only until mid-1946 when the crown colony for Singapore began. The first elections in 1948 followed the conflict in which the Communist Party sought to exert its influence over Malaya and Singapore, leading to a declaration of a state of emergency that lasted 12 years.

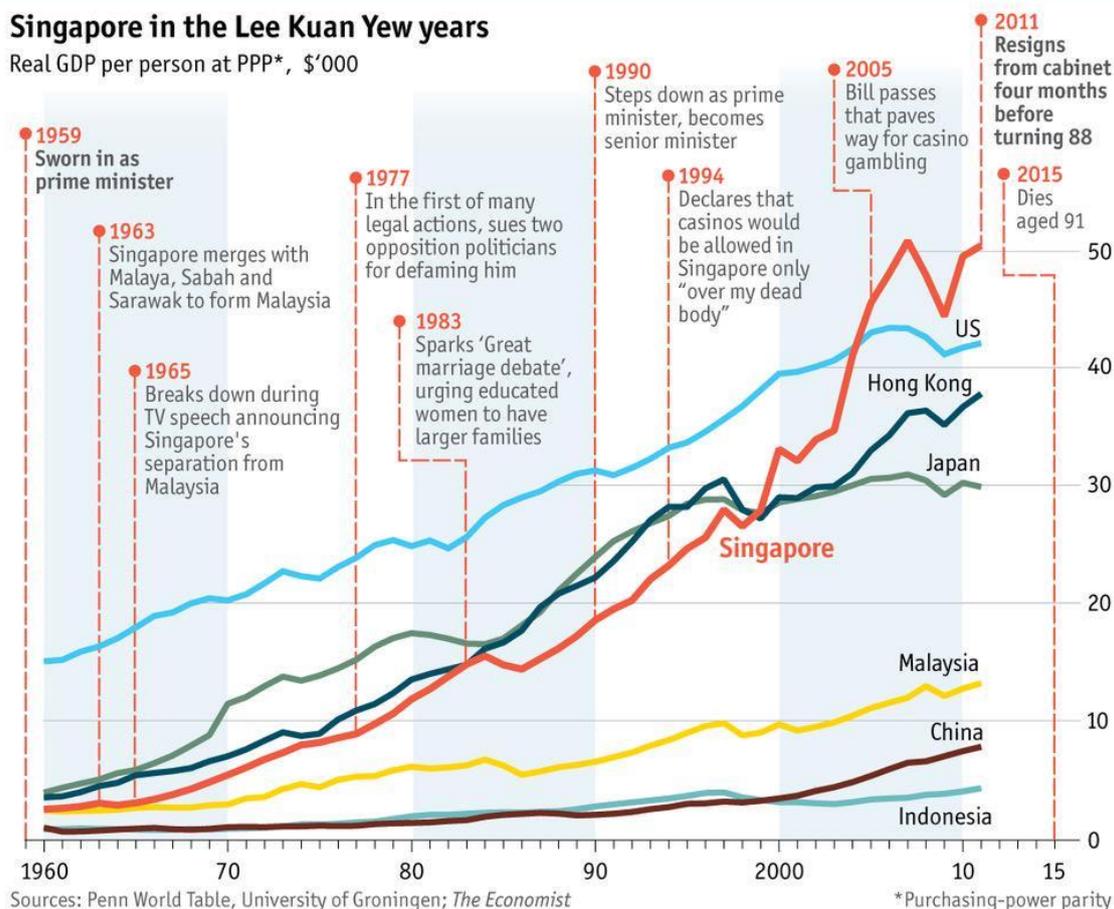
The Labor Front constituted a coalition government with the United Malays Organization and the Malayan Chinese Association after the 1955 elections, yet the country was not fully independent. In 1958, the new Constitution of Singapore was signed in Britain. The first democratic election was conducted in 1959 when the People's Action Party (PAP) took the office, along with the elected parliament. At that time, Singapore was dealing with issues such as malaria as well as providing health care and education for its citizens. Singapore became a self- governing state in June 3, 1959.



PAP assumed the government post alongside the Communist Party in an effort to eradicate British colonial settlement, but they experienced internal clashes. In 1961, a federation was established with Malaya, Singapore, Sarawak and North Borneo, with Indonesia against the federation. In 1963, Malaysia was founded. Singapore conflicted with the federal government until 1965 when finally declaring its independence on August 9, 1965. Singapore became a member of the UN within a month. Its multi-racial and religious groups were accorded protection by law in 1969. In 1967, Singapore founded the ASEAN with Indonesia, Malaysia, Philippines and Thailand. The World Development report in 2009 acknowledges that Singapore is a model for development and urbanization.

Singapore in the Lee Kuan Yew years

Real GDP per person at PPP*, \$'000



GPI Strongest Indicators

In the 2009 GPI Singapore scored very peaceful in 11 of the 23 factors showing domestic and international peacefulness. Singapore ranks number 23 among the 144 countries analyzed by the GPI. The factors where Singapore scores extremely well are:

- Number of external and internal conflicts fought: 2002 – 2007
- Estimated deaths from external conflict
- Estimated deaths from internal conflict
- Level of organized conflict (internal)
- Number of displaced people as % of population
- Political instability
- Number of homicides per 100,000 people
- Level of violent crime
- Likelihood of violent demonstrations
- Volume of exports of major conventional weapons
- Funding for UN peacekeeping missions



Singapore is involved in numerous international and regional development projects, as well as international interventions. Singapore offers developmental assistance to other countries through the Singapore Cooperation program. This development assistance involves funding and organizing training courses for officials from all around the world. Sensitive to environmental protection, Singapore cooperates internationally on this issue. Singapore and China work together to create an eco-city in Tianjin to eventually be applied to other cities in China to achieve sustainable development.

Singapore participates in international cooperation for disarmament of weapons of mass destruction (WMDs). Also, according to the Memorandum of Understanding on UN Standby Arrangements, Singapore has military and planning officers and medical employees on standby for UN missions. The country has military and police forces in UN missions in Iraq/Kuwait (UNIKOM), Eritrea/Ethiopia (UNMEE), East Timor (UNMISSET), and UN Department of Peacekeeping Operations in New York. Since 1991, Singapore has participated in 11 peacekeeping missions and has worked for supervising elections in Namibia, Cambodia, Afghanistan, Guatemala, and South Africa. Singapore also delegated a Special Envoy to direct a mission to mediate a peaceful resolution between the Baltic States and Russia.

Opportunities for Growth of Peace

Singapore is a model state for economic growth and dedication to development and prosperity for its citizens and people all over the world. While being a state of stability and growth in its region, Singapore shows room for improvement on a few factors in the 2009 GPI:

- Military capability/sophistication
- Volume of imports of major conventional weapons • Perceptions of criminality in society

As Singapore has increased peacefulness both domestically and internationally, it continues its work on the protection of individual and political liberties. Singapore's multi-ethnic composition can be a cause for tensions in the society and Singapore may consider appropriate measures in this regard.

Reflections from the Global Symposium of Peaceful Nations

Concerning its multi-ethnic society, Singapore manages the situation by creating an open and tolerant society. However, "even with tolerance, you can break one day." Therefore the government encourages different ethnic communities to interact and share with each other. Singapore also stresses the importance of economics and regional organizations as paths to peace. As demonstrated by this small country's involvement in regional developmental programs and focus on internal development and economic prosperity, it provides a model that values a high quality of life for all its citizens in order to promote peacefulness and tolerance.



5.2.2. Vietnam

Vietnam's notable contributions to peace:

- Is presently positioned as one of the most peaceful nations in South East Asia despite a recent history of war and violence.
- Strives for domestic stability through a rigorous agenda of economic development known as the Doi Moi, ushering in “change and newness”.
- Advances regional and global peace and security through its proactive participation in multilateral development and diplomatic forums.
- Presents a model of military restraint in navigating international peace

Vietnam GPI Profile			
GPI Score: 1.664 GPI Rank: 39			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	2
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	1.5
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	3
Level of organized conflict	1	Military expenditure as % of GDP	2.5
Relations with neighboring countries	2.5	Number of armed services personnel per 100,000 people	1
Perceptions of criminality in society	2	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	1
Political instability	2.75	Funding for UN peacekeeping missions	1.5
Respect for human rights	2.5	Aggregate number of heavy weapons per 100,000 people	1
Potential for terrorist acts	1	Ease of access to weapons of minor destruction	3
Number of homicides per 100,000 people	1	Military capability/sophistication	2
Level of violent crime	2	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

Vietnam's ranking as the 39th most peaceful nation in the GPI attests to the great strides the nation has taken towards domestic stability, regional integration and global security. The twentieth century was a period of immense strife for Vietnam. During this time the country witnessed forty five years of foreign domination and thirty years of war and violence. The period was characterized by the struggle against French colonialist rule, American military intervention, internal rifts and intense political unrest that kept the country divided as two separate entities, known as North and South Vietnam, from 1954 to 1975.

The French invasion of Vietnam 1858-1884 led to French rule that lasted through the Japanese invasion of 1940 until Vietnam declared independence in 1945, although France continued to contest Vietnam's sovereignty for nine more years. Subsequently, the Geneva Peace Treaty (July 1954) temporarily divided the country into South and North Vietnam with plans for reunification in 1956. However political rifts between the two states escalated into a war that was further complicated by US military intervention, driven by Cold War rivalries and in support of South Vietnam. Direct US military engagement between 1964 -1973, known in the US as the Vietnam War, and in Vietnam as the American war, claimed 58,000 American lives alone. According to Vietnamese official estimates, during the 21 years of partition and war between South and North Vietnam, 4 million civilians and 1.1 million fighters were killed in both countries.

Vietnamese official estimates, during the 21 years of partition and war between South and North Vietnam, 4 million civilians and 1.1 million fighters were killed in both countries.

In this backdrop Vietnam has charted a steady path towards internal peace and stability, and as an exemplary member of the global community. The country takes tremendous pride in propagating its motto: "Viet Nam is willing to be a friend and reliable partner of all countries in the world community, striving for peace, independence and development."

...followed by the **opening-up** of
Vietnam to some degree of "Western capitalism"
with **Doi Moi** in 1986, and
subsequent **rapid**
development,
especially since **2000**



Since its unification in 1975, the country has been successful in establishing friendly and cooperative relations with neighboring and regional countries. Economic partnerships through various collaborative frameworks have contributed immensely to Vietnam's own progress and development, and its commitment to shared regional prosperity and security. In this regard the Doi Moi, which literally means change and newness, was introduced as a policy for economic reform and development in 1986. The Doi Moi was the hallmark of Vietnam's transition from a centrally planned economy towards market socialism. The strategy favoured political stability and economic restructuring over drastic privatization of the country's assets. The Doi Moi era has been crucial in overcoming Vietnam's erstwhile economic and political isolation from the rest of the world.

Vietnam has actively promoted regional and international development and security through its proactive participation in multilateral diplomatic and development fora, such as the UN, the Non-Aligned Movement (NAM), ASEAN, the Asia-Pacific Economic Cooperation (APEC), and the Asia Europe Meeting (ASEM). Economic diplomacy underpinning socio-economic development has been a key component in advancing Vietnam's national security and development goals. Economic initiatives are rigorously combined with Vietnam's political interactions within South East Asia and with key economic and political players in the global community.

GPI Strongest Indicators

Vietnam scores very well in 17 out of 23 indicators of domestic and international peacefulness in the 2009 rankings of the GPI. It is ranked as the 39th most peaceful among 144 countries. Furthermore, Vietnam is one of two most peaceful nations in South and South East Asia, providing a model that many states in the region and elsewhere could emulate. While scoring well in many areas, Vietnam's performance has been outstanding in the following:

- Number of external and internal conflicts fought: 2002 – 2007
- Estimated deaths from external conflict
- Estimated deaths from internal conflict
- Level of organized conflict
- Potential for terrorist acts
- Number of displaced people
- Number of homicides
- Number of armed service personnel per 100,000 people
- Volume of exports of major conventional weapons
- Volume of imports of major conventional weapons
- Aggregate number of heavy weapons per 100,000 people

The findings of the GPI suggest that Vietnam is a relatively peaceful country domestically and in the global context. Its restraint from military engagement in recent years is laudable especially in view of its turbulent past. This assessment by the GPI also validates its findings, in terms of the country's exceptional performance in the estimated number of deaths from conflicts fought externally and internally. Vietnam has made remarkable progress in reducing poverty, human development and quality of life improvement. The Human Rights Council's Universal Periodic Review (UPR) reports that since 1990 the Vietnamese standard of living has improved on an annual basis. Between 1990 and 2004 the country's GDP tripled and its annual growth rate remained 7.5%, a benchmark of success.



Given Vietnam's commitment to the provision of social rights it does not come as a surprise that the country shows extremely low levels of organized conflict and a low homicide rate, evidence of its internal peacefulness, steadily improving development levels, and efficacy in deterring crime. In an effort to boost its economy and ensure human development, 1.5 million jobs were created every year between 2001 and 2008 by the government. Education remains a high priority for Vietnam, having achieved a 94% literacy rate by 2008. According to the

World Bank the country's accomplishments in healthcare are much ahead of most developing countries.

The strikingly low investment in arms imports and an equally low rate of arms transfers to other countries speaks volumes for Vietnam's earnest efforts to root out militarism at home and abroad. Vietnam's domestic, regional and international development agenda resonates with its triumph in shunning the specter of terrorism, a dilemma that increasingly threatens global peace and security.

Opportunities for Growth of Peace

The GPI data reveal that Vietnam does not show any particular inclination to upset international and domestic security. Interestingly, in all of the GPI's 23 indicators of peacefulness there is not one where the country demonstrates poor performance. To be sure however, there are some areas where Vietnam's global positioning is average and where it has opportunities to revisit policy. These include the following in their order of importance:

- Ease of access to weapons of minor destruction
- Number of internal security officers and police
- Political instability
- Respect for human rights
- Military expenditure
- Relations with other countries

To address concerns stemming from the access to weapons of minor destruction, Vietnam's permanent representative to the UN Security Council recently reaffirmed his government's resolve to support the UN Programme of Action to Prevent, Combat and Eradicate the Illicit Trade in Small Arms and Light Weapons in all its aspects. Another concern stemming from the threat of political instability in the country may be attributed to Vietnam's one-party Communist state. In the short-term, a one-party state could potentially ensure regime stability, often translating as political stability in developing countries. In the long-term however such a system may stymie the growth of democratic processes associated with trends in national growth and development, putting the country at risk of significant political unrest.

Reflections from the Global Symposium of Peaceful Nations

"Shelve the past: do not forget, but look forward to the future."

Vietnam is a peace-loving nation. Its one party system has promoted unity within. It aspires to build consensus on issues of national concern. Its domestic policy pursues the provision of food, education, healthcare, human services, and social justice for its citizens. The government seeks to build its local and national institutions and to strengthen them as a high priority. Vietnam's example shows that peace is the result of a long and arduous struggle. Sustainable peace should be the goal. "Think of the next generation. Educate them about history and the present – and pass on the torch of peace education to younger generations".

Vietnam believes in peaceful relations with its neighbors with great emphasis on reconciliation and moving forward. It demonstrates a preference for active bilateral partnerships with its neighbors, followed by regional and global frameworks for cooperation. Vietnam opted not to develop nuclear weapons during the Cold War through its alliance with the Soviet Bloc. The decision was reached after an internal debate despite the presence of a nuclear reactor in the country. The Vietnamese leadership opposed the value of nuclear weapons as an effective deterrent in favor of a strong economy and an advanced society.



5.3. QATAR



Qatar's notable contributions to peace:

- Boasts the absence of violent conflict in the country and low military expenditure.
- Working to improve women's rights and steady integration into society.
- Is a peaceful presence within a conflict ridden region and provides financial and medical assistance to many Arab nations.
- Provides social services to its citizens with special attention to improving the quality of life for young people and women.

Qatar GPI Profile			
GPI Score: 1.392 GPI Rank: 16			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	1
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	1
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	3
Level of organized conflict	1	Military expenditure as % of GDP	1
Relations with neighboring countries	1	Number of armed services personnel per 100,000 people	1.5
Perceptions of criminality in society	2	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	1
Political instability	1.875	Funding for UN peacekeeping missions	1
Respect for human rights	2	Aggregate number of heavy weapons per 100,000 people	1.5
Potential for terrorist acts	1	Ease of access to weapons of minor destruction	3
Number of homicides per 100,000 people	1	Military capability/sophistication	3
Level of violent crime	1	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

Qatar's rich history dates back to 4000 BC and during the 14th century under the Abbasid State rule, the region saw a prosperous era. Then from the 16th century until the early 20th century, Qatar lived under the rule of the Ottoman Empire, after ousting the Portuguese in collaboration with the Ottomans. With the end of the First World War came the end of Ottoman Empire rule in Qatar; however, independence was not achieved as Qatar had made an agreement with Britain in 1916 to have a protectorate in the country.

Sheikh Jassim bin Mohammed Al Thani, who ruled until 1913, is considered the founder of the modern state in Qatar, where Sheikhs from The Al-Thani family have ruled since the early 18th century. Hoping to balance out the British influence in the regions contiguous to Qatar, Sheikh Jassim asked the Ottoman Empire to increase its presence in the country, and as a result of this confidence-building request, was conferred the governor position in 1876. However, the Sheikh's advancement created conflicts with Britain, who also aspired to have influence over the region. Some Qataris who had not sought for complete control over their territory later fought a war with the Ottoman forces that were looking to increase their presence and influence in the region. Qataris won this battle in 1893, and have since considered this date a sign of national pride and solidarity for the Qatari people. Although Qatar officially declared its independence on September 3, 1971, the national day is celebrated on December 18th, when Sheikh Jassim took office in 1878.

Oil was discovered in Qatar in 1913 changing the dynamics in the country. The Emir who ruled Qatar since 1972 did not ensure proper distribution of the oil revenues leading to economic difficulties, was toppled by a coup in 1995, by his son, who is still the Emir of Qatar.

Besides the border issues with Bahrain and Saudi Arabia, which were resolved in 2001, Qatar does not have any ongoing regional conflicts or domestic unrest. Since the resistance to the Ottoman rule and the British protectorate, the Qataris managed to found their independent state by mobilizing behind their leader. Also, the diminishing control of Britain and the Ottoman Empire in the region helped Qatar achieve this objective.

The present day Qatar has a balanced foreign policy between different regions, religions, and ideologies in the world. As apparent in Sheikh Hamad bin Jassim's speech in the opening of the Doha Forum for Democracy, Development and Free Trade, Qatar respects and underlines the importance of rule of law and international governance. Qatar is a member of the UN, the Arab League and the Non-Aligned movement, is one of the founders of the Arab Gulf Cooperation Council, and engages in providing aid to developing countries, working in collaboration with their governments and non- governmental organizations (NGOs), and also makes donations to regional and international development funds. Qatar provides financial and medical assistance to some Arab countries, and some countries in Asia and Africa. It also supports the negotiations for re-establishing peace in South Sudan.

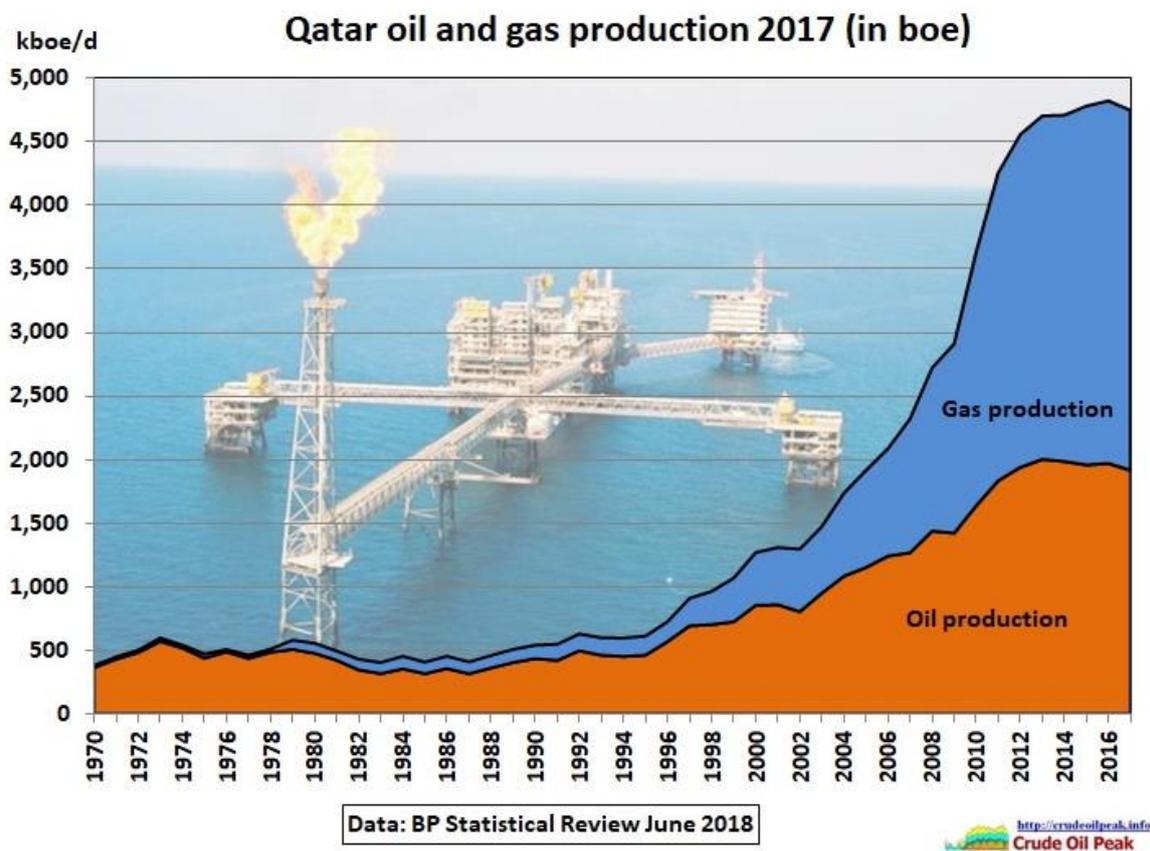


GPI Strongest Indicators

In the 2009 GPI, Qatar fared extremely well in 15 of the 23 factors showing domestic and international peacefulness. Qatar ranks number 16 among the 144 countries analyzed for GPI. The factors where Qatar scores extremely well are:

- Number of external and internal conflicts fought: 2002 – 2007
- Estimated deaths from external conflict
- Estimated deaths from internal conflict
- Level of organized conflict
- Relations with neighboring countries
- Number of displaced people as % of population
- Potential for terrorist acts
- Number of homicides per 100,000 people
- Level of violent crime
- Likelihood of violent demonstrations
- Number of jailed population per 100,000 people
- Military expenditure as a % of GDP
- Volume of exports of major conventional weapons
- Volume of imports of major conventional weapons
- Funding for UN peacekeeping missions

There is no violent conflict in the country and the military expenditure is low. In 2007, Qatar earned the second highest GDP per capita in the world. The wealthy Qatari state, mostly due to the oil reserves, provides social services to its citizens, such as health care, and has various programs for the enhancement of life quality and rights of young people and women. The government emphasizes the importance of youth education in producing quality citizenship.





A special committee works on improving women's integration into the society. While the government works to help women earn salaries on par with men and to provide equal opportunities for their education and employment, women's important role in family responsibilities is also emphasized. An important female figure and wife of the Emir, Sheikha Mozah bint Nasser Al Missne, works for the protection of women's rights, and has sponsored events such as The Woman between the Family and the Workplace conference. The development of women's rights is recent in Qatar; only in 1999 were women granted the right to vote and run for public office. The Emir has been taking some measures to implement democratic reforms, such as decreasing censorship of the media, which is apparent in the success of the Al Jazeera network. Also, Qatar began its environmental efforts rather early, by establishing a permanent committee for environmental protection in 1981.

Opportunities for Growth of Peace

While Qatar's internationally peaceful posture and great strides towards domestic peace are remarkable, Qatar still scores moderately less peaceful on three factors in the 2009 GPI:

- Number of internal security officers and police per 100,000 people
- Ease of access to weapons of minor destruction
- Military capability/sophistication

Although Qatar maintains a peaceful foreign policy and domestically a low level of violence, it is a militarized country with a relatively high number of internal security officers. Qatar also faces the challenge of illegal immigration in the country, and needs to consider appropriate measures to address the issue. The driver information in the GPI also points to room for peaceful growth in Qatar. The country has a relatively high ranking for political culture, 4.8 out of 10, revealing the level of social consensus to strengthen democratization efforts and move to secularization. However, the political participation in the country is ranked lower relative to the political culture, 2.22 out of 10. Also, despite government efforts to emphasize women's rights, no women were elected to parliament in 2007. However, it must be understood that the development of democratic ideals and practice takes times, and these figures show that Qatar's political participation levels may soon catch up with its level of political culture.

Reflections from the Global Symposium of Peaceful Nations

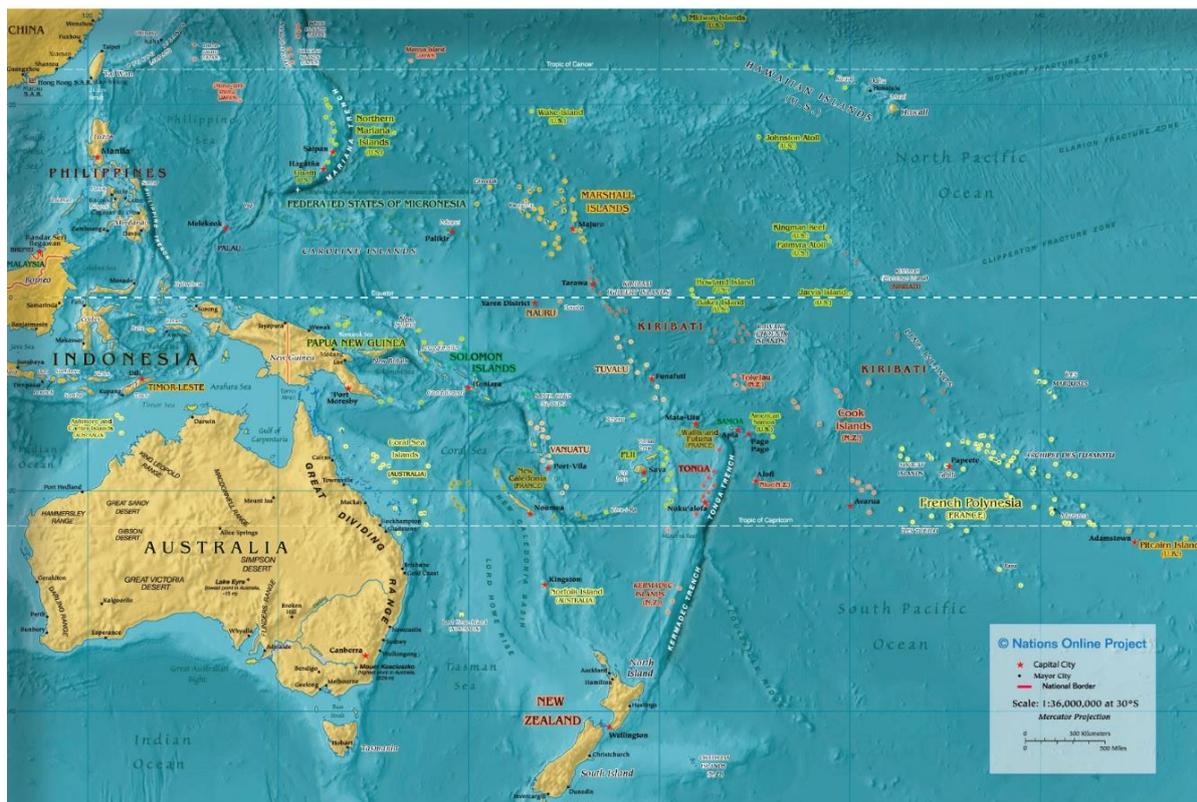
In terms of Qatar's internationally peaceful posture, the country is dedicated to open and direct dialogue with many different parties. Qatar believes its relationship with its neighbors is important to peacebuilding. It extends this vision by working in Darfur and engaging with Hamas. Qatar invests in its people as a strategy for building peace, through education, healthcare, and enterprise development. Like other countries, a strong and visionary leadership in Qatar made way for positive changes that have modernized and developed the country to increase its domestic peacefulness and be a peaceful presence internationally.



5.4. OCEANIA

Australia

New Zealand



The Oceanic region comprises Australia, Indonesia, Malaysia, New Zealand, Papua New Guinea, and the Philippines.

As a multicultural, multi-ethnic region, Oceania comprises mainly Pacific Islands and continental Australia. European settlement of this region began with the Spanish in the Philippines, the British in Australia, Malaysia and New Zealand, and the Dutch in Indonesia. Muslim traders greatly influenced Indonesia and Malaysia, with Islam being the official religion of both nations. Papua New Guinea came under the control and influence of many different European powers, particularly Germany, and eventually Australia itself. With the end of World War II, many of the settlements and territories in the Pacific Islands began to unite and become independent from Europe. After Malaysia and Indonesia's independence in the mid-20th century, both countries have undergone an economic boom and are both part of the D-8 Organization for Economic Cooperation. After many years of instability, the Philippines has returned to democratic governance and continues to work towards economic stability. This region has suffered conflicts relating to indigenous mistreatment and inter-ethnic struggles. While many of the Pacific Islands are continually working to improve their political and economic situations, Australia and New Zealand have become stable, democratic nations in the region. Achieving both domestic and international peacefulness, these two nations are ranked the two most peaceful Oceanic countries according to the GPI.

Australia dedicates itself to domestic, regional, and international peace. Through UN peacekeeping missions and delivering of humanitarian aid, Australia exemplifies a nation committed to promoting global peace. Domestically, Australia has vastly improved its stance towards indigenous rights and is working to redress past mistreatment of the Aborigines. Maintaining low levels of violent crime and conflict, Australia stands out as a nation that respects peacefulness, egalitarianism, equality, tolerance, and individual freedom. Australia continues to promote peacefulness abroad while improving its domestic situation by progressively ensuring indigenous rights.

Renowned for its domestic and global peacefulness, New Zealand is ranked the most peaceful nation in the world according to the GPI. Low levels of crime, excellent relations with its neighbors, and dedication to international peace efforts earned New Zealand this honorable rank. As a multi-cultural society, New Zealand has also made great strides in enforcing gender rights while establishing an egalitarian approach to human development and human rights. New Zealand shines as a leader of peacefulness with low military expenditure yet strong support for peacekeeping missions abroad.



5.4.1. Australia

“Australia makes a very energetic and very substantial contribution to creating greater harmony on our troubled planet, both in terms of promoting international arms control and disarmament measures and through our aid program.” The Hon Kathy Sullivan MP, Parliamentary Secretary to the Minister for Foreign Affairs. World Peace Day, 15 September 1998.

Australia demonstrates peace in the following ways:

- Has engaged in more than 50 peace operations both independently and in support of larger multinational or UN efforts.
- Works to advance indigenous rights and correct past mistreatment of the Aborigines.
- Maintains a very low crime rate and a relatively small military.
- Values peacefulness, egalitarianism, equality, tolerance, and individual freedom.

Australia GPI Profile			
GPI Score: 1.476 GPI Rank: 19			
Number of external and internal conflicts fought: 2002 - 2007	2,5	Likelihood of violent demonstrations	2
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	1.5
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	2
Level of organized conflict	1	Military expenditure as % of GDP	1.5
Relations with neighboring countries	1	Number of armed services personnel per 100,000 people	1
Perceptions of criminality in society	2	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	2
Political instability	1.25	Funding for UN peacekeeping missions	1
Respect for human rights	1	Aggregate number of heavy weapons per 100,000 people	1
Potential for terrorist acts	2	Ease of access to weapons of minor destruction	2
Number of homicides per 100,000 people	1	Military capability/sophistication	4
Level of violent crime	2	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

Throughout their history the Australian people have demonstrated a real commitment to championing the cause of peace and peacefulness around the globe. Since it first deployed peacekeepers to Indonesia in 1947, Australia has engaged in more than 50 peace operations both independently and in support of larger multinational or UN efforts. In fact, Australia provided personnel to the very first U.N. military observation force in the world in 1947. During this initial effort Australians were the first to be deployed into the field. Much of Australia’s engagement has been regional, with forces deployed to restore and maintain peace in the Solomon Islands, and in East Timor following Timorese independence in 1999. Australia has likewise



supported peacekeeping and humanitarian efforts in several other regions including sub-Saharan Africa, North Africa, the Middle East, South Asia, and the Mediterranean region. Current commitments of military, civilian, and police personnel include Australian support in the UN Truce Supervision Organization in Israel, Lebanon, and Syria; the Multinational Force and Observers in Egypt; the UN Peacekeeping Force in Cyprus; as well as maintaining forces in East Timor, the Solomon Islands, Iraq, and Afghanistan.

Australia's commitment to regional and international peace extends well beyond its incredible commitment to peacekeeping. Australia is committed to delivering humanitarian aid and development assistance to the poorest countries in the world. The Australian Agency for International Development (AusAID) administers many development programs throughout primarily the Asia Pacific region. Recent advancements in Aid commitment and delivery include over \$1 billion in aid to Tsunami affected regions in Indonesia; the commitment to increase official development assistance to 0.5% of gross national income by 2015; as well as leading international crisis and disaster response throughout the region including places in Papua New Guinea and East Timor.



Domestically Australia has made great strides in advancing indigenous rights. During its early years as a British outpost and penal colony, and later in the early years of Australian statehood, the indigenous Australians suffered greatly through the loss of lands, rights, and freedom. Early on, indigenous Australians were refused citizenship, and nearly all Aboriginal Australians were wards of the state. Early policies of 'assimilation' allowed many children to be removed from their families in efforts to culturally assimilate them. However, as early as the 1920s, the indigenous rights movement began to grow and call attention to the plight of Australia's original inhabitants. The movement was overshadowed by the First and Second World Wars. However, the movement made great strides following the end of WWII. During the years 1949 to 1973 citizenship rights, suffrage rights, pay/employment rights, and land rights were progressively awarded to Aboriginal and Torres Strait Islanders. Progress in indigenous rights continues today. While much progress remains to be made, Australians throughout the country continue to push for indigenous rights. Recent advancements include a formal apology from the Australian Prime Minister Kevin Rudd to the indigenous peoples in 2008, and Australia's adoption of the United Nations Declaration of the Rights of Indigenous Peoples in April 2009, overturning its position in 2007 when it rejected the U.N. declaration. While there is still much progress to be made on the issue, great strides have been made across Australia to redress past mistakes in the treatment of indigenous Australians.



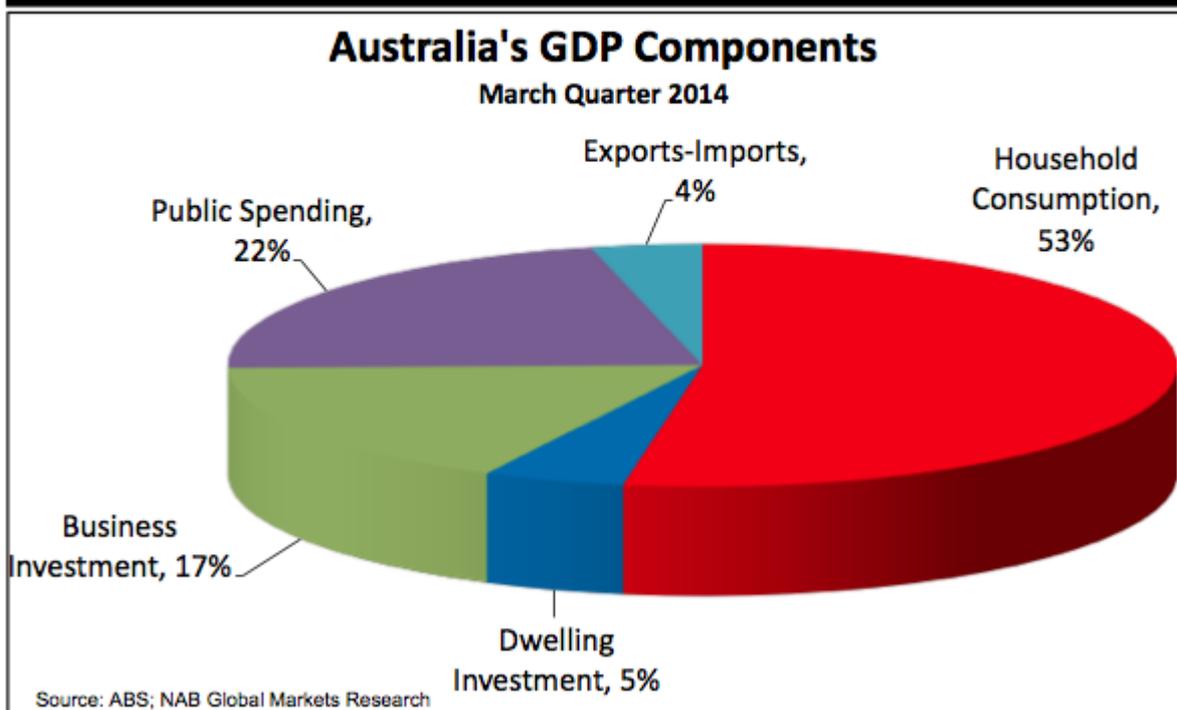
GPI Strongest Indicators

In the 2009 GPI Australia rates moderately well to extremely well in 21 out of 23 factors that are strong indicators of domestic and international peacefulness. Such scoring earns Australia the rank of 19 out of the 144 countries analyzed by the GPI. While scoring well on nearly every factor, Australia is noted for scoring extremely high in a few key areas. These are:

- Level of organized conflict
- Relations with neighboring countries
- Number of displaced people
- Respect for human rights
- Number of homicides
- Number of armed service personnel per 100,000 people
- Exports of conventional weapons
- Funding for UN peacekeeping missions
- Number of heavy weaponry per 100,000 people
- Estimated deaths from internal and external conflict

These factors indicate that Australia's peacefulness is both internal and external. In the domestic context, Australian society stands out for its low rates of violent crime and organized conflict. In many countries violent crime and conflict force millions of people to flee their homes, becoming internally displaced or refugees. Australia's domestic order, however, has attracted rather than displaced many people. In fact, since 1945 over 6.5 million people have migrated to Australia, including approximately 675,000 refugees displaced by violence and natural disasters. One of the most attractive aspects of Australian society for many of these people is the Australian commitment expectation to uphold the shared values of peacefulness, egalitarianism, equality, tolerance, and individual freedom. From its early roots as a far-flung outpost in the British Empire, Australia has grown into a truly cosmopolitan society with more than 200 languages spoken in households across the country.

Consumer spending still the biggest part of the GDP pie





In its foreign affairs, Australia demonstrates a commitment to international peace. Australia maintains a comparatively small military force compared to the size of its population. When these forces are often deployed, it is typically for major peacekeeping operations either regionally or abroad, or in multi-national coalitions. This is not without certain costs. The total number of Australians who have lost their lives in military service is over 102,000, many during World Wars I and II. This commitment to peacekeeping is not only demonstrated by the support of personnel to peacekeeping missions, but also to the financial support of U.N. missions. The high GPI score for this factor is supported by the fact that Australia is currently the 12th largest financer of the U.N. peacekeeping budget.

Opportunities for Growth of Peace

The GPI positions Australia as one of the most peaceful countries in the world in 2009. However, comparative data suggest that Australia's exemplary performance in that index is relatively undermined by two factors associated with peacefulness. These are:

- Military capability/sophistication
- Number of external and internal conflicts fought between 2002 and 2007

As noted in earlier sections of this report, there was concern among delegates to the Global Symposium of Peaceful Nations that certain standards employed in the GPI like military capability are not accurate measures of peacefulness. Australia is proud of its military capability, as it has been a major force in many international peacekeeping missions. Likewise, Australia is proud of its research and development branch of the Department of Defence - the Defence Science and Technology Organization (DTSO). This branch is focused primarily on maintaining and supporting Australia's national defense and ensuring that Australia is a smart buyer of military equipment. The branch's 2,300 staff of scientists, engineers, and technicians are responsible for investigating future technologies, developing new capabilities, and enhancing existing capabilities of the Australian military. The DTSO and the military work closely with private sector firms to ensure that Australia maintains state-of-the-art military capability.

Military sacrifice or the willingness to engage in military activity has been a persistent element of Australian foreign policy throughout its history. The First and Second World Wars were definitive periods, with Australia making major contributions and sacrifices for the allied war efforts. Indeed, over 62,000 Australians were killed in WWI, and nearly 40,000 in WWII. In the post-Cold War world Australia has maintained its commitment to military engagements, leading many peacekeeping operations around the globe. Among many others, these commitments include leading operations in Rwanda, Timor L'este, and the Solomon Islands. Currently, Australia maintains forces in Iraq, Afghanistan, Timor L'este, and the Solomon Islands. During the Cold War Australia contributed to many of the major military engagements including the Korean and Vietnam Wars. Every year on April 25th Australians commemorate ANZAC Day in solemn remembrance and reflection on the terrible costs of war and the sacrifices of those who served to defend the country.

Reflections from the Global Symposium of Peaceful Nations

Australia thrives as a secular democracy. It appreciates and encourages cultural diversity and has a huge immigrant population. Australian society is based on merit and provides fair opportunities to all its residents. The country's free media is perceived as a useful instrument for ensuring good governance. Australia is proud of its peacekeeping efforts around the world. Australia has cultivated alliances with many great powers of the world including the United States to ensure its own security. However Australia has elected neither to possess nuclear weapons nor aspires to develop them.



5.4.2. New Zealand

New Zealand's notable contributions to peace:

- Demonstrates firm commitment to regional and international peacekeeping.
- Progressively promotes race and gender equality as well as gay rights.
- Maintains low military expenditure and works closely with Australia in promoting regional peace.
- Boasts an extremely admirable human rights record.

New Zealand GPI Profile			
GPI Score: 1.202 GPI Rank: 1			
Number of external and internal conflicts fought: 2002 - 2007	1	Likelihood of violent demonstrations	1
Estimated deaths from external conflict	1	Number of jailed population per 100,000 people	1.5
Estimated deaths from internal conflict	1	Number of internal security officers and police per 100,000 people	1
Level of organized conflict	1	Military expenditure as % of GDP	1
Relations with neighboring countries	1	Number of armed services personnel per 100,000 people	1
Perceptions of criminality in society	2	Volume of exports of major conventional weapons	1
Number of displaced people as % of Population	1	Volume of imports of major conventional weapons	1
Political instability	1.25	Funding for UN peacekeeping missions	1
Respect for human rights	1	Aggregate number of heavy weapons per 100,000 people	1
Potential for terrorist acts	2	Ease of access to weapons of minor destruction	1
Number of homicides per 100,000 people	1	Military capability/sophistication	3
Level of violent crime	2	*All indicators ranked on a 1-5 scale, with lower scores indicating greater peacefulness	

Recent Peaceful Accomplishments

New Zealand is ranked the most peaceful nation in the world in the 2009 GPI. This peacefulness is as much cultural as it is political. Indeed, the peacefulness of New Zealand is best captured in the anthem God Defend New Zealand, which celebrates the nation of "men of every creed and race" living free from "dissension, envy [and] hate". That anthem goes on to declare the New Zealander pride in peace, and later reinforces the national values of love, peace, and truth.

The peacefulness of New Zealand is exemplified in both its domestic situation and its foreign relations. Internally, New Zealand demonstrates: low levels of crime; tolerance and acceptance of race, class, gender, and ideology; and an orientation for social welfare. Internationally, New Zealand maintains excellent relations with its neighbors, demonstrates a firm commitment to regional and international peacekeeping, and maintains an incredibly open and developed economy.



For much of its history New Zealand had at least two distinct cultures, the Maori (original inhabitants) and the Pakeha (largely of European descent). This has shifted in recent years however. Following the end of the Second World War New Zealand adopted an immigration policy that directly targeted White/European settlers.

Throughout the 1990s this policy shifted, and large numbers of immigrants came to New Zealand from around the Pacific Islands, Asia, Africa, and the Middle East. While nearly three quarters of New Zealanders are of European descent the demographic character of the country has opened dramatically in recent years. Today, New Zealand is an increasingly multicultural society, with well over half a million of New Zealand's 4.3 million people speaking at least one language other than English.



The 1980s and 1990s witnessed additional opening of New Zealand society. During this time advances were made in women's rights and sex and gender rights across New Zealand's legal and social systems. Particular advances were made during those years to redress the economic and political disparities between men and women. While there still exist gender differences, particularly in the economic realm, by 2005 women held many key political positions including: the Prime Minister, Governor General, Chief Justice, Attorney General, and Speaker of the House of Representatives.

Likewise, gay rights improved significantly from the late 1970's onward, first through decriminalization of homosexual acts, and then later, as laws were passed prohibiting discrimination based on sexual orientation. In the 2000s openly gay men and women have begun to win seats in Parliament and hold key positions inside the government.

GPI Strongest Indicators

New Zealand scores extremely well on 17 of the 23 indicators of peacefulness in the 2009 GPI. Additionally, New Zealand scored moderately well on 5 of the remaining 6 indicators. These scores set the country apart as the most peaceful nation in 2009. The following indicators from the GPI are New Zealand's most peaceful aspects:

- Number of external and internal conflicts fought between 2002 and 2007
- Estimated deaths from internal and external conflict
- Level of organized conflict
- Relations with neighboring countries
- Number of displaced people
- Respect for human rights
- Number of homicides
- Likelihood of violent demonstrations
- Numbers of internal security and armed services personnel
- Volumes of imports/exports of conventional weaponry
- Funding for U.N. peacekeeping missions
- Number of heavy weapons
- Access to weapons of minor destruction

In the domestic arena New Zealand manifests low levels of violent and organized crime. This is highlighted by the almost static number of registered offenses between 2007 and 2008, which grew by only 0.2% when adjusted for population increases. Its human rights record is also well respected. In both the GPI and other independent rankings, New Zealand consistently scores well for its human rights record. The score of 1 in the GPI is assigned due to the rule of law, legal and political tolerance for individual views/opinions, and the absence of torture by military or police. In addition to these baseline indicators for human rights, New Zealand is proud of its egalitarian approach to human development. This approach is evidenced in both the ease of access to higher education for all New Zealanders and the social welfare systems that are in place. While there exist disparities among various social, ethnic, and gender groups pertaining to the level of human development currently being achieved, the New Zealand government undertakes periodic reviews of its human rights context in society, identifying groups and areas that are marginalized, and recommending strategies for addressing social disparities.

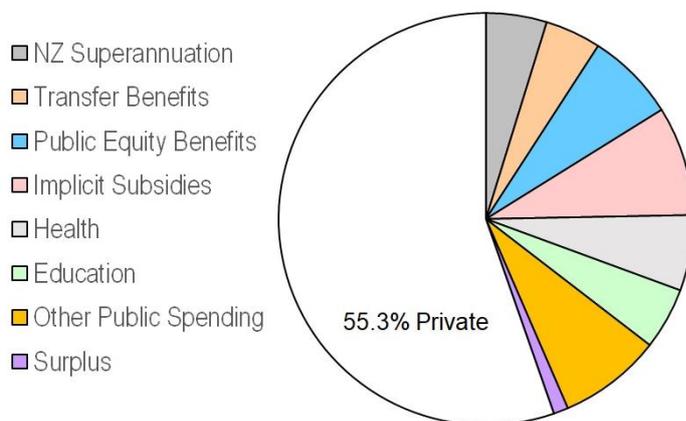
In foreign affairs New Zealand also stands out as a leader of peacefulness. Its relations with neighbors are exceptionally strong. Most notable among its regional affairs are its military and economic cooperative relations with Australia. These two regional leaders of peacefulness have committed to mutual protection and maintaining security in the South Pacific. Likewise, under a Closer Economic Relations (CER) agreement and Trans-Tasman Travel agreements, citizens of both Australia and New Zealand are permitted to travel and work in either country.





New Zealand is unique among peaceful nations for its strikingly low military expenditures yet strong commitment to peace and peacekeeping. With a military force of less than 15,000^{cxliii}, and military spending under 1.1% of GDP, New Zealand supports and maintains personnel in peacekeeping missions or observation roles in Sudan, Sinai Peninsula, the Middle East, Iraq, Afghanistan, Korea, Timor L'este, and the Solomon Islands.

Allocation of New Zealand's \$288 billion GDP 2017-18



Source: Budget 2017, Key Facts for Taxpayers

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Opportunities for Growth of Peace

New Zealand scores moderately less peaceful on only one indicator:

- Military capability/sophistication

The New Zealand Defence Act of 1990 charges the New Zealand Defence Force (NZDF) with: the defense of New Zealand and its domestic and foreign interests; the contribution of forces to treaties and alliances; and the contribution of forces to U.N. and multinational operations. With these goals in mind the New Zealand government strives to maintain its forces such that they are current with state-of-the-art technology and training. According to the Government's Defence Policy Framework of 2000, this is fundamental for maintaining both its effectiveness in national defense and its interoperability with allies.

An additional limit to New Zealand's peacefulness is its moderate score on the jailed population. While crime is very low in New Zealand compared to other countries - prison system can only accommodate roughly 6,000 inmates- there is a surprising disparity in the demographic of the jailed population. Approximately half of the jailed population is below the age of 30, and more than 40% of the jailed population is ethnically Maori. Thus, while across countries New Zealand scores well for its crime and jailed indicators, it is clear that internally there still exist social and institutional aspects of New Zealand society that marginalize some groups more than others.

Reflections from the Global Symposium of Peaceful Nations

Economic prosperity has been an essential ingredient of New Zealand's rise as the most peaceful country in the world. Its internal security environment may partly be attributed to effective environmental resource management. Sustained leadership has been a critical element of New Zealand's success. Under former Prime Minister Helen Clark New Zealand grew as a harmonious and inclusive society. Clark promoted social welfare focusing on health and education, thereby laying the foundation for a sustainable nation. Fundamental values and human rights were upheld, putting the country in a leadership position on the international stage. New Zealand is proactive in advancing its foreign policy of good relations with Australia and Asia and supports the principals of regional and global interconnectedness.

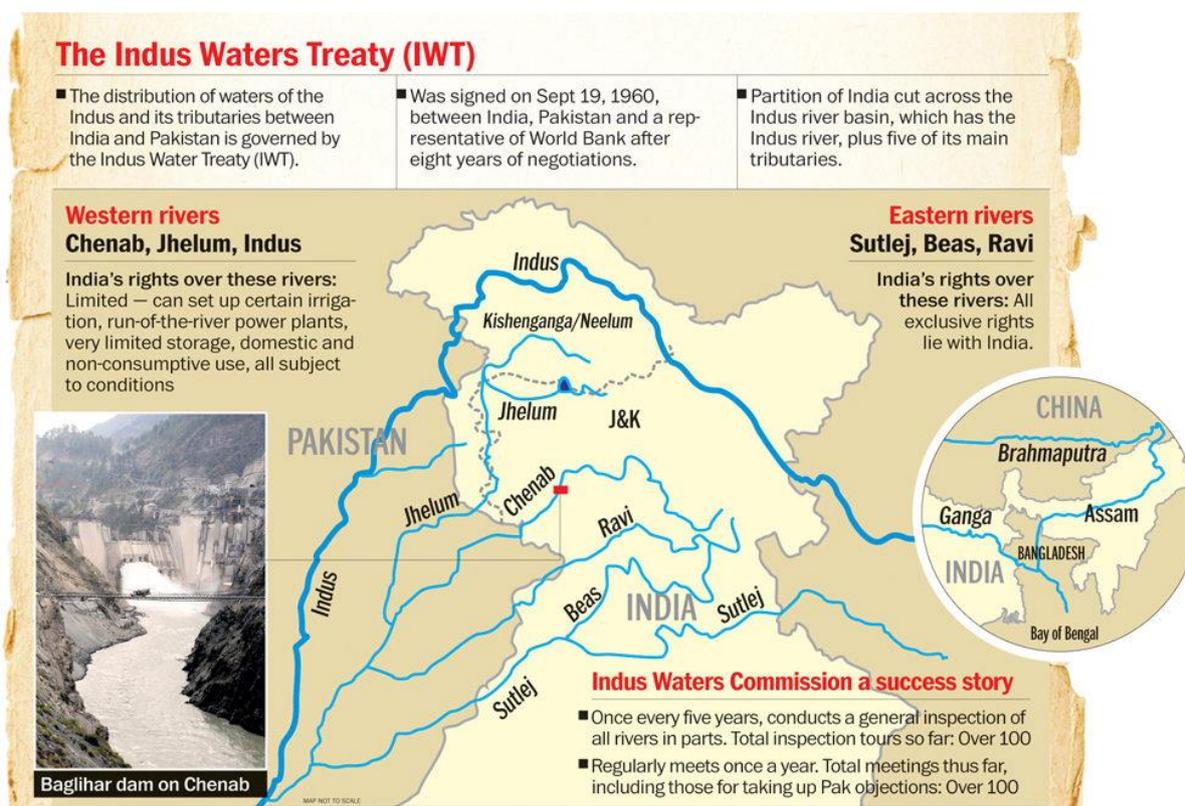
6.
**MEASURING
ECOLOGICAL
PEACE**

5.1. Fostering Political Co-Operation through Environmental Co-Operation

There is a general agreement on the fact that issues relating to environmental deterioration can trigger off a conflict in a region but its capacity to provide a platform for co-operation and collaboration to meet common challenges is often underestimated.

Common environmental questions encourage people to come together, transcending regional, political or ethical differences. In regions where several communities are dependent on shared resources like water or land, concerted and co-operative endeavours to successfully manage such resources can act as drivers of peace consequently building mutual faith and trust between conflicting parties.

There are numerous examples of environmental mediation between nations who were hostile towards each other. The Indus Water Treaty was signed in 1960 between India and Pakistan in response to the latter's fear that since the basin of the River Indus was situated in India, this could have an adverse effect on agricultural lands in Pakistan.



Also, in many war-torn areas of the world, Transfrontier Conservation Areas or peace parks have been established which act as “buffer zones” and provide scope to reduce tension and promote dialogue between the countries. For example, the Cordillera Condor between Peru and Ecuador stands as a shining example of achieving peace through conservation efforts. Similar efforts were noticed between the North and South Korean demilitarised zone, and the establishment of a peace park has also been proposed between India and Pakistan.

Once the parties concerned have addressed the question of ecological decline through meetings and workshops and have paved a way for sharing information and data to ensure better solutions, there is a likelihood that general points of contention relating to political development may overtake the discussion.



Even though this may be a lengthy process and may take more time than expected, the fact that joint efforts to restore ecological system can prove to be the entry point to extensive political discourse should not be ignored.

The environment – cause for concern or a source of hope? In recent years there have been numerous studies devoted to the increasing tendency of environmental degradation to give rise to conflicts or catalyse already existing struggles. But in attempting to find solutions to these problems, peacebuilders have begun to appreciate that environmental factors can play a key role in solving, as well as creating, problems.

In order to understand how the environment and natural resources can facilitate peacebuilding, it is important to explain the causes that lead to environmental conflicts. Environmental conflicts are those induced by ecological factors such as the scarcity and destruction of natural resources, the transboundary movement of hazardous materials, the loss of livelihoods dependent on natural resources that may lead to demographic pressure and forced migration, and degradation resulting from climate change.

Even though some of these circumstances may result only in a trade dispute, others can be more serious in nature and can contribute to or induce violent clashes. Such agitation is more likely to occur in areas where the environment has already suffered from serious depletion, for example, in Africa where many interstate and intrastate conflicts have been fuelled by the greed for resource extraction which has resulted in ecological depreciation.

Even though the scarcity of natural resources can be the root cause which may sometimes foster unrest between/within nations, resources can at the same time also play a vital role in peacebuilding. They help in developing long-term sustainable peace and are therefore important factors in the post-conflict period in order to encourage durable peace. The rationale behind the integration of environmental resources in the entire peacebuilding procedure is crucial.

**PRABHAT
PRAYERS FOR
GLOBAL PEACE**



Prabhata Prayers for Global Peace is inspired by the concept called Vedic Defense Technology or Peace Technology. Maharishi Mahesh Yogi, the famous Indian born guru of the Beatles, known for developing the Transcendental Meditation technique first introduced his Vedic Defense Technology theory in 1976 based upon the Vedic Principal of Samhitā, the unifying power of Natural Law – Yoga.



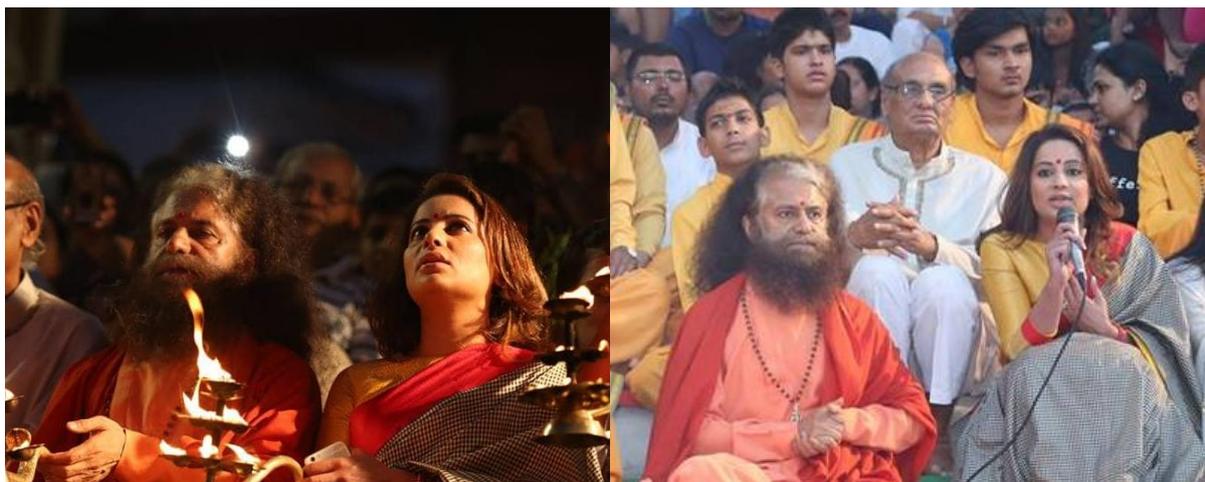
The findings of a team of Harvard University and Maharishi University of Management, USA published in the Journal of “Conflict Resolution” confirmed the effectiveness of the Vedic Defence Technology and Maharishi Effect as a peace technology. According to Maharishi, when one percent of the population practices the Transcendental Meditation (TM) Programme, or the square root of one percent of the population practices the TM-Sidhi Programme and Yogic Flying, the infinite coherence of the field of pure existence is enlivened in the entire collective consciousness of the nation which creates an invincible armour of defence for the nation, which can never be penetrated by any outside negative influence. This is also termed as Super Radiance Effect or Maharishi Effect.

When Maharishi Yogi first introduced this concept, many considered it to be mystical and unscientific. Now more than 500 scientific studies conducted at 200 universities and research institutes in 32 countries document that Transcendental Meditation is a rigorous, systematic, scientific procedure to eliminate individual and collective stress that underlies crime, social tensions, terrorism, and warfare. As per this logic, all we need is 1.3 crore Indian’s practicing meditation or prayers.

Violent events in recent times have not only impacted humans but also trembled Mother Earth. There were times when during war, conflict, and violence; prayers and spiritual practices used to act as a safety armor around humanity. However, now we as humans only rely on human and technical intelligence to support us in times of conflict, which in turn creates a vicious circle of never-ending violence. The day is not far when nothing on this planet will retain sanity if collectively we do not stand for Prayers and Peace seeking universal forgiveness, tolerance, and compassion.

The recent terrorist attacks and mass killings e.g. in New Zealand and Sri Lanka, and as reported in India and other places globally; are testimonies that wars have evolved and are expanding their territory without any ethical or moral boundary.

To respond to such a situation, I am introducing Prabhata Prayers for Global Peace which is a volunteer-run social movement for the Spiritual Growth of people to set in a Super Radiance Effect to bring peace in the conflicted regions, we invite the ones who share with us the vision of Global Peace and believe in the concept of collective prayers to create an invincible shield of peace & positivity.



Case Study decline of Violence in The Republic of Mozambique

The Republic of Mozambique executed Transcendental Meditation Programme in 1993. By 1992, Mozambique had got crippled in the 27 years of continuous warfare. The country had become a hostage to the ruthless Cold War rivalry and a surrogate battleground for the Super Powers. Out of a population of 19 million, at least one million lost their lives and five million people became displaced. By 1987 Mozambique had got levelled to being the world’s poorest country. The combination of war, ideological fanaticism and drought had brought the country to the lowest level of survivability making it dependent on international food aid simply to feed itself. Inflation touched 70% with zero economic growth.

During 1992 Mozambique’s then President, Joaquim Alberto Chissano, learned the technique of Transcendental Meditation which transformed his life. It was during this period that he was able to put an end to the war by securing the General Peace Agreement in 1992. Soon he began to integrate the practice of Transcendental Meditation in the administration and armed forces of the country.



Within a short span of time, about 16,000 soldiers and 30,000 civilians were trained in Transcendental Meditation. As per the “Square Root of 1%” factor, 3,000 of these meditators were trained in advanced TM-Sidhi programme to form 435 TM-Sidhas grouped in one place to create Super Radiance Effect or Maharishi Effect.

During next two years, many of these people meditated in large groups which as per Lt. General Tobias Dai, then Commander of the Armed Forces, had helped in the maintenance of peace during those 2 years, and had made free and just elections a possibility.

However, as the military started demobilising from about 1994 onwards as stipulated in the General Peace Agreement, the larger groups also started disbanding. Dai attributed the dip in coherence to this demobilization of the troops and said, “In 1994, there was a remarkable decrease in coherence in the country as a result of decreased participation in the group practice of the Transcendental Meditation and TM-Sidhi Programme...”

Shortly post easing of the situation, President Chissano started recreating TM based coherence groups. This resulted in immediate end of the fighting and signs of economic revival. A year later, the US National Defence council dropped Mozambique from the list of conflicts in the world, and stability has since been sustained.



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I was born and brought up in Kishtwar, a small town in the hills of Jammu & Kashmir, adjacent to river Chenab and Kishtwar National Park. Being diverse in nature, geographically and demographically, I learnt its culture expressed in different languages, religions, traditions, and festivals. Brotherhood and Peace was seen and felt in every celebration which was held personally or socially by the children of this piece of land.

Unfortunately things didn't remain same post 90's. I woke up to gun shots at a tender age of 16. At the cusp from childhood to adulthood, my schooldays were surrounded by terrorism manifesting into civil riots, religious riots, and mourning. Everyday people were killed or murdered brutally, women were raped and youngsters kidnapped. It followed a darkness of hatred and vendetta where every day was a struggle to live, talk, or walk freely if one woke up alive the next morning. As a young child, my only concern was my school and cinema which had been bombed and that my freedom to play with my schoolmates was curtailed down if they were not Hindu or vice versa. I was not able to fathom why the same children who celebrated diversity were now killing each other over same calling it my land, my nationality, and my religion. Not every child experiences mourning. Mourning had made me wise that after all when everyone is dying they are not able to carry with them what they died for, in-fact they are giving up their life. This was not a fair deal, whoever the dealmaker was.

Historically millions of people have died in these violent conflicts and those who survived these conflicts also passed away naturally after sometime. Only thing that is eternal is the same piece of religion or tradition which has their blood soaked in it. Still there is no awareness, no awakening, and no realisation. Something is amiss. May be some kind of knowledge and a contextualization that for small tenure of 100 years we are ready to kill, loot, attack, and waste our life in something which yields no results. We are born empty handed and we die in the same way. While I grew up, to my surprise I realised that all this was the teaching of religion whichever the one it was. So what had gone wrong? Was it the people themselves? A big question kept leaping to its greatest heights, "has the belief of solving differences amongst people died?"

Unable to register the harsh feelings, bitterness, conspiracy, and uneasiness as a young child, I took a flight mode and went away to live a more peaceful and meaningful life with a pursuit in my heart that one day when I will grow up, my leadership skills and thought process might change their hearts & minds. I was helpless, powerless, and tiny in that situation, however I had something more powerful than the conflict; Hope.

Later on, during my educational and professional exposure my acquired belief system that people have forgotten to solve their differences changed. It was inspirational to meet people from different religions, geographies, nationalities, and traditions who believed in harmony. Peace was their priority whether it was Personal, Social, Institutional, Ecological or Political. Not all of them had experienced mourning in their childhood, however their compassion was equivalent to mine. What was so different about them? ... Possibly an ability to learn from past and present that violent conflicts end up in devastation. That the possession for the subject of attachment becomes poisonous for the subject and object both. This to my surprise was also a teaching of the religion only. Still they were fighting in the name of religion scarring the light and touching their lives with it.

Light is subjective. You can light a candle to burn the place down. After all we use freewill and & that also has been taught to us by religion only. This world has so much more to offer and experience if people could divert their passion for religion to self-study and then use free will. There would be no mourning for the next generation of children. If more children from the valley could get involved in self-study and study all religions, they would be able to have more confident conversations than arguments which turn into cycle of vendetta.

After restoring my life, it is my moral obligation to share the truth of the outside world with them. Truth that any attachment which is not regulated would lead to devastation.



Hence this initiative of researching and creating a short book to explain youngsters, peace and its relevance for our country at this stage. This book has the knowledge on which they have a free will to act upon. What they choose will define the destiny of this country. Destiny is a sum total of our choices in independent and collective consciousness. One destiny is offering a life which is miserable and full of mourning. Another destiny is offering a life which is happy and peaceful. And this time again I have something more powerful than this conflict which is Hope. Hope that you will choose the later. The future belongs to you.

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