



**VISHVA SAMA SAMADHI
UNIVERSAL PEACE MEDITATION
ANURADHAPURA
2ND OCTOBER 2006**

FACT SHEET

Introduction

Sarvodaya is organising this unique event (the culmination of an 11-day programme) to influence the collective consciousness of people throughout the world towards peace and loving kindness. Over one million people, most of them from Sri Lanka's rural communities and many of them impacted by the ongoing conflict in Sri Lanka, will gather in Anuradhapura, Sri Lanka's ancient city. As with Sarvodaya's previous meditations (the last one was for 650,000 participants), this is a spiritual gathering for people of all ages, religions and ethnic origins.

Location

The location is the Mahameuna Uyana, a vast 500-acre wooded park area within the Sacred City, to the north of Anuradhapura town centre. Anuradhapura was the royal capital city, home to 119 successive Sri Lankan Kings between 380BC to 1000AC. Anuradhapura became famous as a Buddhist stronghold and pilgrims continue to flock to the Sacred City to worship at the Sacred Bo-Tree, grown from a branch of the tree under which Lord Buddha attained enlightenment. It is one of Sri Lanka's most visited cities amongst foreign visitors.

About the Meditation

Sarvodaya's founder and President, Dr A.T. Ariyaratne will lead the meditation. Leaders from many of the world's religions will be in attendance. Participants do not need to be experienced in meditation but must come in the spirit of participation – 'to offer our collective energies to bring peace to the collective conscience around the world.' A separate booklet with meditation guidance notes will shortly be available from the Sarvodaya website. Please note that silence should be observed throughout.

Timings

Most of the Sri Lankan participants are expected to arrive on 1st October. You may prefer to come on the day itself, as you wish. Events on the 2nd October are as follows (Sri Lankan time is 4.5hrs ahead of British Summer Time):-

9am – 12noon	Various lectures and discussion groups (in Sinhala and Tamil) at locations around the Ancient City
2pm – 3pm	Personal preparation for the meditation
3pm – 5pm	Meditation led by Dr A.T. Ariyaratne
5pm – 6pm	Mr K. Paranavivhana will lead the Pooja

Transport

Please note that Sarvodaya is not able to make transport arrangements on behalf of visitors. There are bus and train services to Anuradhapura (which will be heavily subscribed) but you may prefer to contact one of the Sri Lankan travel companies to arrange a car & driver or minibus. (*see separate contacts list*). There will be designated parking areas and plenty of signposts throughout Anuradhapura; you will need to walk to and from the site from the parking areas or your chosen drop-off/pick-up point.

Accommodation

Please note that Sarvodaya is not able to make accommodation arrangements on behalf of participants. Anuradhapura itself has a number of guesthouses and small hotels (listed in Useful Contacts) and there are also some interesting locations within a reasonable drive such as Habarana, Dambulla, Kandy and Polunnuwa. Your travel agent or one of the Sri Lankan travel companies can assist.

Clothing

Please wear white and ensure your shoulders and upper legs are covered. If you bring a hat, please remove it for the meditation – there is plenty of shade from the trees but please bear in mind that the sun is extremely strong and the temperature is likely to be high.

Essential Items

Please bring as little as possible! You should bring food and water to meet your own needs for the day but, above all, please bring your loving kindness and spiritual belief.

Medical Facilities and Security

Sarvodaya's own Community Health Unit, the Red Cross and St John's Ambulance are providing medical services and Sarvodaya is working with the police and other authorities on security arrangements. Basic toilet facilities will be provided.

Translations

It is not practical for us to provide translation services but the meditation itself will be conducted in Sinhala, Tamil and English.

Meditate Simultaneously – wherever you are.....

We would like to encourage you to organise your own simultaneous meditation (between 3pm and 5pm Sri Lankan time) closer to home – as Dr A.T. Ariyaratne says: 'We can bring about a dynamic equilibrium in our own planet and the planetary system as a whole. The critical mass can influence the consciousness of people throughout the world towards inner peace.' We are investigating the possibility of satellite link-ups to key places around the world; we will post details on our website early in September.

What does it cost?

There is no cost to participants whether they are Sri Lankan or from overseas. That said, donations would be most gratefully received.

HOW CAN I SUPPORT THE EVENT?

Donations are welcome!

Sarvodaya is one of the few organisations in the world that can mobilise such energy for this cause. As you may imagine, moving 1/20th of the population of Sri Lanka involves tremendous expense as well as tremendous potential benefit to the world.

US\$10 will sponsor a family; US\$200 will sponsor a busload; US\$2,000 will sponsor an entire village.

If you would like to contribute online, please click

www.sarvodaya.org/about/donate

We trust that this fact sheet will give you all the information you need. Please note that we have very limited resources to handle additional queries. If you need to contact us, email: communitytourism@sarvodaya.lk

www.sarvodaya.org

August 2006