

Peace Mala[®]



www.peacemala.org.uk



“ Creative education that empowers and embraces all ”

Purpose of the Peace Mala®

A **Peace Mala** is a symbolic double rainbow bracelet that focuses on **'The Golden Rule'**. It promotes friendship, respect and peace between people of all faiths and none; all cultures and lifestyles. Its intention is to educate and remind everyone that this rule is recognised by many scholars, teachers and philosophers. It is also universal to all compassionate faiths. Simply stated, it is:

"Treat others as you would wish them to treat you."

This is the central message of the Peace Mala bracelet and youth project that I started in the aftermath of the events of 9/11 when some of the pupils in my school were being bullied because of their race or religion. Its intention is to cut through all forms of prejudice and bullying. Peace Mala celebrates what makes us different from each other. Fourteen spiritual traditions, along with their individual versions of the Golden Rule, are represented on the bracelet. In addition to the Golden Rule there are two very important messages on the bracelet. These are represented by smiley faces which are placed next to the first knot (the very first thing that is made on the bracelet) and the final knot (which holds the bracelet together).



Peace Mala is a vision for the future. Wearing the Peace Mala bracelet is a promise to help create a more compassionate world. Together we **can** make a difference.



With my love, prayers and every blessing,
Pam Evans
Founder of Peace Mala



Peace Mala®



FIRST KNOT: You are unique and special! Each one of us is important no matter what our race, colour, religion, gender, sexuality, ability, age or size.



RED: This is for **Christianity** which grew out of Judaism. Jesus taught that we should love and forgive our enemies if we hope to enter the Kingdom of God.

Peace message: Treat others as you would like them to treat you.



ORANGE: This is for **Buddhism**. Buddha Shakyamuni taught that we should be mindful of our thoughts, words and actions and show loving kindness to everyone. All beings by nature are one.

Peace message: I will act towards others exactly as I would act towards myself.



YELLOW: This is for **Sikhism** whose founder, Guru Nanak, preached equality, love and tolerance between all people.

Peace message: As you wish for yourself, so wish for others.



GREEN: This is for **Islam** whose prophet Muhammad (p.b.u.h.), taught that Allah created the whole of humankind from one soul and that their differences were intended. (Surah 30.22)

Peace message: None of you truly believe until you wish for your brother and sisters what you wish for yourself.



BLUE: This is for **Judaism**, an ancient faith which started in the Middle East and gave the world some of God's earliest messages of love.

Peace message: What is harmful to you, do not do to other people.



INDIGO: This is for **Baha'i** faith. Baha'u'llah, taught that all of mankind will be united when there is world peace and equality.

Peace message: Blessed is the person who loves his/her brother and sister more than him/herself.



VIOLET: This is for **ISKCON** popularly known as the Hare Krsna movement which promotes the well-being of human society, by teaching the science of God consciousness. Prabhupada, its founder, taught that we are all spirit souls and that loving kindness and spiritual devotion will bring peace and happiness.

Peace message: Live in loving harmony with all of God's creation.



WHITE: This is for **You** and your own spiritual path.



VIOLET: This is for **Zoroastrianism**, an ancient faith from Persia (now Iran). The Zoroastrian ideal is "Good thoughts, good words, good deeds".

Peace message: Do not do to another what is not good for yourself.



INDIGO: This is for **Tribal** and **Native people** who believe that all of our creation is sacred and that all people share one heart though there are many.

Peace message: "Man did not weave the web of life - he is merely a strand in it. Whatever he does to the web, he does to himself" Chief Seattle



BLUE: This is for **Jainism**, an ancient Indian religion which believes in ahimsa (non violence to living things).

Peace message: All living beings are equal, and none should be harmed, for in doing so one will harm oneself.



GREEN: This is for **Earth Religions** which have existed since ancient times and have suffered much persecution and misunderstanding. Earth religions respect all life forms and will harm none.

Peace message: "Harm none."



YELLOW: This is for **Taoism**, a Chinese belief meaning "the way" or path. Taoists believe in *ch'i* which is the life force of the universe. The Yin Yang symbol shows how harmony is achieved by opposites complementing each other.

Peace message: Act with compassion, moderation and humility.



ORANGE: This is for **Hinduism**, probably the most ancient faith in the world, which teaches that we are all part of one soul created by God.

Peace message: Do nothing to others which, if done to you, could cause you pain.



RED: This is for **Yungdrung Bon**, the original faith of Tibet. It means Eternal Light or Enlightened Teaching. The teachings of Yungdrung Bon are based on the principle of showing indiscriminate love and compassion to all sentient beings including humankind.

Peace message: Treat all living beings as if they were your own mother.



FINAL KNOT: This is to remind each one of us that how we behave in life affects everyone we meet. Follow the path of peace and friendship to help create a better world.



Significance of the Rainbow Beads

The coloured beads create a double rainbow of the faiths.
The rainbow is an important symbolic link between heaven and earth in many cultures.

The Peace Mala comprises of fourteen coloured beads with a central white bead strung between symbolic knots. The coloured beads represent the spiritual paths and their peace messages for the world. The central white bead represents the wearer. The final single clear bead is used as a toggle to bring the mala around the wearer's wrist. This represents unity harmony and peace.

For those who prefer a less colourful mala, an alternative mala of 14 black beads with a single white bead is available. In this arrangement the central white bead becomes symbolic of the rainbow and represents all the faiths.

For that very special gift, a beautiful Bespoke Peace Mala is available in solid sterling silver with hand carved symbols of the faiths.

Oh yes...

'Mala' is a Sanskrit word and means 'garland of flowers'. In the East a mala is a string of beads used in meditation or prayer as each bead or 'flower' focuses on a prayer or mantra. The rainbow beads on this mala of peace focus on the golden rule 'Treat others as you would wish them to treat you'. They also represent the human family in all its glorious diversity and Divine potential.



Peace Mala®

*The voices of intolerance
are all around us.
The voice of tolerance
needs to be louder.*



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Registered Charity No 1118053