



New Perspectives and Learning on the Nature of Peace Conference Report



Temple of Peace and Health, Cardiff

19th May 2023

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'I am fire, I am peace, I am a future, where all we do is playfight.'

From 'I am peace' by Sandra Elvebatten Myrland 2023

Background

A delegation from Wales, including First Minister Mark Drakeford and Chief Executive of WCIA Susie VentrisField, visited Oslo in May 2022 to support the launch of the Urdd Peace and Good will message. During this trip, the Welsh delegation were hosted by Pamela Hiley, Director of the Norway Taiji Centre. On return, WCIA and Academi Heddwch Cymru, with the support of Welsh



Government, collaborated with Pamela to welcome the Norwegian Taiji Centre to Wales in May 2023 as part of their 40th Anniversary Jubilee Celebrations. This was also a homecoming for Pamela who is originally from Bridgend. Between 13th and 20th May 2023 a 40 strong, self-funded group of Pamela's students (comprising individuals of 12 different nationalities) visited Wales for a week-long celebration. They visited and practiced Taiji, 'sowing the seeds of silence' at destinations near Cardiff including Big Pit, Bannau Brycheiniog, St Fagans Natural History Museum and the National Botanical Gardens. On 17th May, Norwegian National Day, Pamela and her students joined the Welsh Norwegian Society at the Norwegian Church for their celebrations following which they visited the Senedd for a tour. The Taiji practice aimed to support Wales on its' journey to becoming a Nation of Sanctuary and a Nation of Peace.

The week-long visit culminated in a one day event on 19th May at the Temple of Peace and Health to bring *'New perspectives and learning on the nature of peace'*.

The format of the event was carefully developed to allow space for speakers, interactive Taiji practice, deep dialogue discussion on global challenges and reciprocity.

Conference Programme

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| <p>Welcome from the First Minister & Pamela Hiley - Norwegian Taiji Centre</p> | <p>Croeso gan y Prif Weinidog a Pamela Hiley - Canolfan Taiji Norwy</p> |
| <p>Session One <u>Dr Rowan Williams</u> (Chair of Academi Heddwch) & <u>Ingeborg Breines</u> (former Secretary General of the Norwegian National Commission for UNESCO) <i>Movement Practice & Deep Dialogue Discussion</i></p> | <p>Sesiwn Un <u>Dr Rowan Williams</u> (Cadeirydd Academi Heddwch) & <u>Ingeborg Breines</u> (cyn Ysgrifennydd Cyffredinol Comisiwn Cenedlaethol Norwy ar gyfer UNESCO) <i>Ymarfer Symud a Thrafodaeth Deialog Ddofn</i></p> |
| <p>Session Two <u>Professor Robin Attfield</u> (Cardiff University) <i>Movement Practice & Deep Dialogue Discussion</i></p> | <p>Sesiwn Dau <u>Professor Robin Attfield</u> (Prifysgol Caerdydd) <i>Ymarfer Symud a Thrafodaeth Deialog Ddofn</i></p> |
| <p>Session Three <u>Dr Marie Hale</u> (Schumacher College) & <u>Richard Farmer</u> (Tai Chi Movement for Wellbeing) <i>Movement Practice & Deep Dialogue Discussion</i></p> | <p>Sesiwn Tri <u>Dr Marie Hale</u> (Schumacher College) a <u>Richard Farmer</u> (Tai Chi Movement for Wellbeing) <i>Ymarfer Symud a Thrafodaeth Deialog Ddofn</i></p> |
| <p><i>Sum up & close</i> <u>Susie Ventris-Field</u> (Chief Executive Welsh Centre for International Affairs)</p> | <p><i>Crynhoi a chloi</i> <u>Susie Ventris-Field</u> (Prif Weithredwr Canolfan Materion Rhyngwladol Cymru)</p> |

Bjarte Hiley read out a letter to Wales and Norway from the Beijing People's Association for Friendship with Foreign Countries. The letter can be found in the Appendix.

Speaker contributions

Building bridges with the breath – Pamela Hiley

Pamela reflected on her homecoming to Wales after an absence of 50 years during which she has dedicated her life to learning about the ancient practice of Taijiquan, searching for peace and the Dao. Pamela thanked Lord Davies for the gift of the Temple of Peace and Health and committed the support of the Norwegian Taiji Centre to Wales' efforts to move forward in peace. Pamela demonstrated the ability of Taiji to convey a message without speaking, unfolding empathy and softness to enable deep cultural exchange. The importance of embodied consciousness for education, peace and health was highlighted and Pamela shared three key teachings:

One Breath - being conscious of the breath for our emotional and physical wellbeing and to build bridges between people and cultures.

One Mind – where we put our mind, our energy will follow so we need to stop and reflect on this to maintain our balance.

One Kind – being more conscious of the self allows for deeper listening and empathy for the other.

Rowan Williams

Rowan focused on how important it is for us to learn how to be human in increasingly challenging times - "What would it be like to recover ourselves as humanity?" He spoke of the importance of our roots and of learning to feel freer. Rowan reflected on how easy it is to get stuck in a mindset and close ourselves off to change. We sometimes feel like we know everything. We need to be more open to change to 'unset' our minds and become more flexible, more responsive and more resonant. Rowan reflected that peace is being able to sit in your own company for 15 minutes. We need to learn to connect and to realise our similarities. On education, Rowan suggested that activities that help clear the mind and focus more on the body such as sports, growing a garden and meditation were important skills to learn. He also reflected on the work of Waldo Williams and 'Y Tangnefeddwyr' (the peacemakers). Rowan voiced his concern that the supreme human act has been narrowed down to our consumerism based on choice and that this has led to a lack of care and value for the environment. He concluded that we cannot continue on the path of short-term outcomes based on acquisition, possession and superiority.

Towards a culture of peace - Ingeborg Breines¹

Ingeborg reflected on the urgent need for global leaders who would facilitate the shift from consumption, economic growth and competition towards peaceful cooperation, sustainable development, solidarity and sharing. Ingeborg urged us to hold fast to our vision of a world without war looking to the future for our children, grandchildren and all the future children of the world. Ingeborg shared her experiences at UNESCO of being part of the team that developed the Culture of Peace programme which is a blueprint for non-militaristic security policy. In order to deliver this programme, we must all commit to 'cultivate peace'. Ingeborg refuted the myths that have pervaded a culture of war and violence and warned us against falling victim to the polarising and populist views of 'us and them'. Ingeborg shared her concerns about the interlocking crises of climate and environmental destruction, growing inequality and the proliferation of nuclear weapons. She urged all countries to ratify and implement the UN Treaty on the Prohibition of Nuclear Weapons. Ingeborg reminded us that the finance mechanisms to solve these crises are already there but need refocussing, for example last year's rise in military expenditure alone is more than the UN has asked for to tackle the climate and environmental crisis. The comparisons between social and military spending are shocking. Ingeborg closed with these words:

'Friends, it is time for the weapons to fall silent. The world needs healing, beauty and justice and we, we have work to do.'

Peace, conflict and the environment – Robin Attfield²

Robin spoke about the benefits of nature appreciation on wellbeing and the importance of environmental education. He explored the links between nature appreciation and a culture of peace including interest in wild nature and other human cultures through global citizenship. Robin reflected on our privilege to experience the restoration of lost species and also the arrival of new species. He explored the impact of armed conflict and military training on natural habitats and how this is not taken into account. If security policies did consider these impacts then he hoped that then they might begin to enhance the health and wellbeing of the populations they purported to defend.

Movement, mind and ecology - Marie Hale³

Marie shared information about Schumacher College on the Darlington estate which is a progressive college for ecological studies. As part of her role, Marie facilitates modules on movement, mind and ecology which looks at movement ecology across

¹ <https://www.wcia.org.uk/wp-content/uploads/2023/08/Towards-a-Culture-of-Peace-by-Ingeborg-Breines-May-2023.pdf>

² <https://www.wcia.org.uk/wp-content/uploads/2023/08/Peace-conflict-environment-Robin-Attfield-May-2023.pdf>

³ https://www.wcia.org.uk/wp-content/uploads/2023/08/Ecology-and-Embodiment_Dr.Marie_Hale_-19-05-23_compressed.pdf

scales, embodied practice, self, community and the more than human world and interspecies interactions. She shared practical examples students used to explore, for example:

Embodied acts of walking - 'where do you walk that makes you most aware of your walking?' 'if walking had a soundtrack, which piece of music would you choose?'

Embodiment across micro scales – 'how are humans entangled with microbes?'

At a macro level, Marie shared an exercise on exploring critical zones from Bruno Latour and Peter Weibel (2020).

Being Peace - Richard Farmer

Richard's talk arose out of his living experience of being part of the solution rather than part of the problem. Being Peace, is to be connected with Life and everybody in it by becoming present, listening to what is and being in a hearted relationship with all things.

There are two main ways that stop ourselves from feeling these core elements of being an alive and authentic human being. The first is in Time. We get lost in the stories of the past and we get lost in worrying about the future, what might happen. The second is in Relationships. We objectify each other in roles rather than seeing who is really there. We objectify ourselves in the same way, losing ourselves in roles that others give us, like younger brother for example.

When we act from the role rather than the whole of who we are, we are not in touch with ourselves or reality. When we are lost in the past or the future, we are not really here with what is.

It is only in the present moment that we are free of our reactions and the things which separate us from ourselves.

Being Peace has three movements which take us from this lost space, or separated space, to one of connection and relationship. The first is to be present to when we are lost in Time or Relationship. Then to release the tension that this separation creates in us. In this present, relaxed presence, we are ready to listen, to receive, to understand what is happening.

From here we know what the best thing to do is. That real interaction is a way of Being Peace in the world rather than continuing the cycle of blame, or dominance, or victimhood, that characterises many relationships without peace or humanity that are in fact, part of the problem.

So Be Peace and be part of the solution.

Practising Taijiquan - Restoring the Roots of Humanity

Ahead of each Deep Dialogue Discussion session, students from the Norwegian TaiJi Centre supported delegates in practising some simple Taijiquan movements. A description of these exercises and what we hoped they might bring to the discussions is given below.

Tai Chi's peaceful nature stems from its focus on balance, harmony, and cooperation. Engaging in regular practice will improve health, wellbeing and deep relaxation to smooth the nervous system and calm the mind. One's breath sinks into a deep internal connection with the bodies innate harmony and willingness to be at home with the self.

By practicing pushing hands and engaging in partner work exercises, individuals learn to embrace non-violent conflict resolution strategies and build a foundation for peace both within themselves and in their interactions with others.

The exercises we practiced and combined with the round table discussion:

In Tai Chi, "sticking," "yielding," and "pushing hands" are fundamental concepts and practices that play a crucial role in developing sensitivity, balance, empathy and effective martial skills.

Yielding and Sticking exercise in partners - this embraces touch, trust & deep listening.

Deep listening is a powerful tool that can significantly enhance dialogue and facilitate transformation in conflicts. When individuals or parties engage in deep listening, they show genuine interest in understanding the perspectives, emotions, and needs of others involved in the conflict. This practice can lead to several positive outcomes:

1. **Building Trust:** Deep listening creates an atmosphere of trust and openness. When people feel heard and acknowledged, they are more likely to reciprocate and engage in a meaningful exchange of ideas.
2. **Empathy and Understanding:** By truly listening to others, individuals can empathize with their experiences and emotions. This understanding can help bridge the gap between conflicting parties and humanise their viewpoints.
3. **Uncovering Underlying Issues:** Deep listening allows for a deeper exploration of the root causes and underlying issues if there is a conflict. This deeper understanding can lead to more effective problem-solving and resolution strategies.
4. **Reducing Defensiveness:** When people feel genuinely listened to, they are less likely to become defensive or escalate the conflict. Deep listening creates a non-confrontational space that encourages openness and vulnerability.

5. Encouraging Collaboration: Through deep listening, conflicting parties can find common ground and shared interests, which can pave the way for collaborative solutions that benefit all involved.
6. Facilitating Transformation: Genuine and empathetic listening can lead to a transformation in how individuals perceive each other and the conflict itself. It can shift attitudes and lead to new perspectives, fostering a positive environment for change.
7. Enhancing Communication: Deep listening improves communication skills by encouraging active listening and reflection. This, in turn, can lead to clearer and more effective communication between parties.
8. Promoting Peaceful Dialogue: When people engage in deep listening, the focus shifts from winning or dominating the conversation to seeking mutual understanding and resolution. This supports a more peaceful and constructive dialogue.

In conflict situations, deep listening can be challenging, as emotions are often high and opinions strongly held. However, by consciously practicing deep listening and creating a safe space for open dialogue, conflicting parties can lay the groundwork for transformation, healing, and ultimately, peace.



Deep dialogue discussion

In 2000, the International Year for a Culture of Peace, the UN Organisation for Education, Science and Culture (UNESCO) developed a [Manifesto for a Culture of Peace](#) and a global Program of Action. The Program identifies 8 pillars, building a culture of peace through education, sustainable development, human rights, equality between men and women, democracy, tolerance and solidarity, free flow of information & knowledge and international peace & security.

Peace education, is particularly important in order to develop the insight, capacities and motivation needed to be able to move from cultures of war and violence towards cultures of peace and non-violence. But how do we do it? Can the UNESCO Culture of Peace Manifesto guide us on the need to respect all life, reject violence, share with others, listen to understand, preserve the planet and rediscover solidarity?

In 2020 the [Inner Development Goals](#) were developed which, together with the UN [Sustainable Development Goals](#), can help move towards a Culture of Peace. Here in Wales, in 2015, [The Well-being of Future Generations Act](#) opened the door to discussions about building a better future. During increasingly complex and challenging times, the deep dialogue discussions aimed to bring together our different perspectives, using movement practices to help find, explore and develop transformative solutions to global challenges and create the future we want to see. We asked participants to share generously in helping us explore how Wales can move forward on its journey to become a Nation of Peace and a future where all nations live together in a warless world.

We hoped that each of the roundtable discussions inspired creative dialogue on the nature and practice of peace. Taijiquan movements before each discussion helped to ground and inform our dialogue. Participants were supported in these movements by students from the Norwegian Taiji Centre. Each discussion was repeated three times during the event. Deep dialogue discussion focussed on 8 different themes. The contributions to each of these discussions can be found in the Appendix and are summarised below.

Inner development: what inner techniques do you practice that help nurture peace & resolve conflict? facilitated by Sandra Elvebakken Myrland

Participants shared generously about personal experiences and practices that supported them. Various specific techniques were mentioned including meditation, Taiji and NHS courses. More generally, practicing listening, empathy and kindness were considered important. Creative techniques such as poetry, journal writing and music and activities like yoga and walking were also seen as valuable. Participants reflected on Taiji practice and how letting go, walking away, staying in peace and yielding could be used to nurture peace and resolve conflict. Individual, daily practice to explore and improve self-knowledge was discussed – reflecting on ourselves and our feelings, building awareness of peace as a practice of letting go and understanding that inner and outer peace are connected.

Indigenous wisdom versus artificial intelligence facilitated by Thomas Gramstad

How will the relationship between artificial intelligence and indigenous wisdom develop, and how could this potentially affect peacebuilding?

Discussions focussed on what we need to consider and raised many additional, unanswered questions about this issue. Creating space for intergenerational exchange and connection was seen as important as well as more access to nature, especially in built up areas. There were concerns about regulation and ethics around artificial intelligence. Participants also felt that we could learn from historic experiences such as the invention of the printing press.

Language & communication facilitated by Natalia Lalla & Jane Harries

How can we develop language and communication for peace?

Much of the focus of discussion was on the role of listening as a core part of language and communication and how restorative practices such as meditation, spending time with and learning from nature support this. Silence can help us know ourselves better, listen actively, empathise and reflect on what we have heard before responding – ‘we are not talk to listen’. Participants identified 5 language skills – reading, writing, listening, speaking and meditation – ‘how does language affect our thinking?’. Participants also suggested that communication should be ‘true, necessary and kind’. There was concern about the polarising effects of social media and the importance of face to face communication. The importance of purposeful inclusion was discussed and the need to welcome people into conversations and break down barriers to allow for meaningful dialogue.

Living in society, being together facilitated by Wenche Berger

Is it possible for humanity to peacefully coexist?

This question generated lots of deep discussion and ideas. There was a hopefulness across all groups that we have to believe it is possible for humanity to peacefully coexist but an acknowledgement that this requires hard work on both personal and collective levels. There was a recognition that conflict will always exist but there must be a way we can have a society without war. Participants suggested that we look for what unites us (not a common enemy), such a nature and being part of nature, and let go of toxic identities which cause polarisation into ‘us’ and ‘them’. How we react to conflict is important and how we work together to find non-violent solutions. Similar to other discussions, dialogue on this question resonated around the importance of self-knowledge to develop inner peace, needing to strengthen our listening skills and the need to build awareness of and respect for nature and our place within it. There were suggestions that we could use social permaculture to learn from non-human beings and how they interact and live together. Participants wanted to see acceptance and respect across generations and across all demographics of people

where everyone felt valued and able to contribute to society. Inequality resulting in not being able to meet basic needs was seen as a significant barrier to peaceful coexistence. Participants thought that building more spaces to provide opportunities for meaningful connection to learn about people different from ourselves and more ways to connect through art, music and culture would help foster peaceful coexistence. Cultural barriers to openness were discussed, how it can be difficult to trust one another, how conversation can often be very superficial and how deep dialogue requires us to be more vulnerable with one another.

Deep ecology and the balance of nature and health Facilitated by Lars Sandved Dalen

How can deep ecology help us find balance with nature and health?

Participants reflected on the vital role of nature in supporting individual health and inner peace as well as global health and peace. Interestingly, this group was the only one to use illustrations as part of their dialogue! The importance of the balance of nature was noted and how humans have tipped this balance. People were concerned that humankind is seen as separate from, more important than and in control of nature. It was felt that changing this hierarchical mindset is one of the biggest and most important changes to tackle climate change and biodiversity loss. Sensory stimulation by nature was discussed and how this is beneficial to health and wellbeing including experiencing 'true dark' which improves our instincts, makes us hyper-aware and more in tune with our bodies. The influence of nature on health led to examples being shared including enabling neuroplasticity in the brain, traditional medicines, psycho neuro immunology, hormone regulation, biodiverse nutrition, epigenetics, sleep and fertility. The overwhelming consensus was that reconnection with the rest of nature is vital to realising health and peace.

Imagining the future: Wales as a Nation of Peace 2050 facilitated by Sarah Reimann and Elisabeth Lund

Imagine if by 2050 Wales was a Nation of Peace, what would this look like?

Interestingly, the deep dialogue discussion on what Wales would look like in 2050 if it was a Nation of Peace reflected as much on how this would feel as what it would look like. The discussions could be split into 7 broad themes covering visualisations, feelings, connection with nature and each other, education, work and art and culture. Nature based solutions featured heavily in the visualisations, with some mention also of a role for artificial intelligence. Participants saw a future without nuclear weapons and where civil service replaced military service. How people will feel in 2050 if Wales is a Nation of Peace might be summed up as 'enlightened' with participants not only able to visualise but to freely embody a 2050 future and describe this. Their future sounds wonderful! Again, there was considerable dialogue about how much more connected we are with the rest of nature in 2050 as well as being more

connected with each other through actively making space for meaningful, deeper dialogue and exchange. Arts and culture were seen as important to help facilitate this. Finally, participants discussed the important role of education in creating this future and the need for a different approach to our working lives.

Taijiquan is a Martial Art: *How can a martial art be a force for peace?* facilitated by Bjarte Hiley

- Compare with the military. Sun Tzu and the Art of War (ca 500BC).
- The logic of mutually assured destruction: MAD and nuclear weapons.
- Winning back our sanity, our humanity.
- Different concepts of security (military security, human security, common security).
- Taiji and the bagua.
- Deep listening. Coordination and creating harmony. Moving. Synchronizing. Relaxing. Applications. *The taiji form.*

Governance: climate change and peacebuilding.

Is a global government the solution to climate change? facilitated by Kerstin Stebel

- Social contracts (Rousseau, 1762). Monopolies of violence (Weber, 1919).
- Realpolitik. UN importance and challenges: Veto rights of the Security Council and funding problems (hostage to politics).
- International law and so-called rules-based order (decided by the big powers and multinationals).
- Facing climate change: UN global biodiversity framework, climate conferences and agreements (e.g. loss of damage).
- Geoengineering.
- Global government vs. individual responsibility. *Wuwei.*

Participants felt that although the challenges we face are global in scale, many solutions lie in local level action. The discussion also considered human nature and whether humans are inherently selfish or social entities with the ability to act for the greater good.

Reflective recommendations and individual action

To explore learning and action following the event, attendees were asked to reflect on two questions:

1. Tell us what steps Wales should take to become a Nation of Peace
2. Following this event how will you create space for peace

What steps should Wales take to become a Nation of Peace?

People felt that Wales had already begun a journey to becoming a nation of peace with positive reflections about the role of Dr Rowan Williams and the Temple of Peace and Health. Members of the Norwegian delegation commented on the understanding of the conditions needed for peace on many levels and felt hopeful on behalf of Wales and its future. The opportunity to further reflect on Wales as a Nation of Peace enabled participants to delve deeper and put forward some recommendations around key areas of action. The contributions of participants were brought together to provide the recommendations below:

Cultural heritage and restoration

- Take care of and restore nature to help heal the sores we created by polluting the environment.
- Develop renewable energy resources to replace the ones we created by exploiting the Earth e.g. the coal mines.
- Support the population of Wales to reclaim our cultural heritage to heal the disconnection between the population and their cultural roots - the renaming of the Brecon Beacons National Park to Bannau Brycheiniog is a beautiful example of that.
- Establish a network of local meeting/sharing points open to all that are free to access for music, performance, meditation and talks - creating spaces for people who feel alone for self-expression and meditation and more opportunity for free fun and connection.

Education

- Include peace education in every school, including teacher training on peace education and non-violence.
- Ensure peace education is delivered as a core component for life-long learning by developing and delivering workshops and courses on peace and non-violence that are accessible to all.
- Rethink the teaching of history to place a stronger focus on peace instead of war or create peace as a subject as part of the curriculum.
- Ensure peace education includes developing an understanding of our embodied wisdom, not only our intellectual capabilities. Learning to learn,

Learning to grow, Learning to listen, Learning to inhabit the body, Learning to sit alone.

- Bring song back in school. Starting the day by singing!
- Place more trust in young people.

Individual

- Support the people of Wales to gain a better understanding of the self as the first step in creating a positive, sustainable and peaceful future.
- Take personal responsibility for creating peace by starting with ourselves, practising sitting in silence and observing our bodies.
- Cultivate projects such as Taijiquan and related practices to help citizens feel a sense of inner peace and calm. This should include free and accessible workshops and platforms that might help people keep themselves occupied and feel at ease in their own company.
- Spend at least 15 minutes of every day in nature.

Nature and the environment

- Learn & apply permaculture principles to take care of people and nature.
- Start with small, self-sustained local systems.
- Protect nature & biodiversity.

International

- Ensure Wales has visible support for the UN.
- Facilitate a better understanding and open debate around the role of NATO.
- Use Wales' voice to advocate for the abolition of nuclear weapons.

Governance

- Push back on restrictions to freedom of speech & democracy.
- Seek more devolved powers for Wales over justice and immigration.
- Build a model for citizens assemblies to better involve people in decision making and build a shared understanding of global challenges.
- Show alternatives to fear-based rhetoric is possible through the way Wales deals with internal and external conflicts.
- Embed the values of openness, long term thinking and willingness to look for new solutions in everything that Wales does.

Following this event, how will you create space for peace?

Engage as much as I can in anti-war and culture of peace work, remembering the Temple of Peace with great gratitude.

Creativity and freedom. Research on peace, attend events, campaign on peace with groups.

I will keep open-minded and listen to others non-judgementally. I will also seek inner peace, so that it will reflect externally.

Inner peace, love.

To be able to create inner peace I will have to be more observant on my daily choices, what I read, what I watch. Avoid books, films etc. with fighting and violence. Violence should not be entertainment.

I will continue to both practice and teach Taijiquan, seeing how relaxing and making peace from the inside will help us to spread peace on the outside. The practice of Taijiquan creates this space of peace such that appropriate ideas and right actions can come forth, both in myself and the ones I touch with the practice.

As a taiji teacher I create spaces for people to feel presence and their bodies through taiji. As a taiji student I constantly practice bringing myself to the world (work life, family, friends etc) with presence and listening.

Meditate in groups and alone. I see how my practice of cultivating inner peace daily effects my surroundings. Express myself through arts. Listen. Write. Look people in the eye. Smile. Sing. Have my hands in the earth, growing foods and flowers. Connecting with animals and plants.

I hope to develop a practical toolkit drawing on a range of martial arts and related practices such as yoga and mindfulness meditation that could be used by members of the public in Wales and beyond.

Staying close to you and making a conference on 1st September at Nobel Institute.

I think I maybe have become more aware of how I am in the everyday, I think the Tai Chi opened this up more for me.

I don't think I will make any big changes, but I think this opening up to how attitudes create social consequences is very inspiring. I stop more often, before I react.

I try to focus my attention and my intention more, and try not to get too distracted so easily by the everyday noise/or social noise, and try to feel more centred in my thinking.

I am maybe more aware when I do things that create separation, instead of inclusion.

But I also look for this awareness in others because it really gives me an idea about who they are.

I would reflect on my inner peace and continue to practise taiji!

General Feedback on the event

- This event was an amazing experience. So much positive energy from everyone!
- Delicious hot food & cakes, friendly/ happy host, very well organised, gift giving
- thank you so much for a great and unforgettable experience on the conference and in your beautiful country.
- The strong and wonderful atmosphere of our peace conference continues to live with me - and I am most grateful for the experience. Thank you again.
- it was very good to be part of this
- It was an enjoyable event.
- The Peace Temple in Cardiff is a wonderful place with good “karma”.
- Thank you for the most amazing conference and confidence of faith in all that you supported us with at the Temple of Peace and Health. We are in deep gratitude to you to have had this magical experience. We hope that it unfolds some deep truth and connection to hold us all in our mutual vision for peace.
- I had such a lovely time at the conference and I am very grateful that you invited me to speak. I feel there are so many opportunities to continue to work together!
- Thank you so much for hosting this very inspiring event. I felt very honoured to join Pamela and Norsk Taiji Senter on the 40 years jubilee tour. I am still in the process of digesting everything, both from the tour as a whole and from the conference as its highlight. The presentations and discussions opened up a lot in me.
- I enjoyed how speakers with very different backgrounds and skills put light on different aspects of the work with and towards peace, illustrating how wide the topic is and how many different resources we have if we all work together. The movement practice between the sessions was really unique and I felt how it enabled us to connect and communicate on a deeper level, beyond the previously presented intellectual ideas. I myself had the opportunity to do some partner work with one of the speakers, Prof. Robin Attfield. While his talk at times got a bit too intellectual for me, beyond my reach, I felt a reconnection during the movement practice, a reconnection through the body, to our common humanness. To feel this common ground, basic connection between us, is, I believe, one of the main pillars for moving together towards the (peaceful) future we desire.
- To me it was truly inspiring and I learnt a lot from our trip, still working on landing and grounding the experiences, helped by stillness and taiji 😊
- Our trip to Wales has been a transformational journey for me and really opened my heart wider.
- It was an absolute pleasure and honour to be a part of the wonderful conference you and your colleagues through your tireless and enthusiastic work put together. I remain impacted by the encounters and wisdom I partook of on that special day, not least by the positive and powerful spirits of both you

and Susie as you were holding the myriad parts which needed to come together. I shall cherish the memories of those moments for a long time.

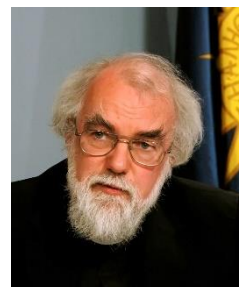
- I was very pleased to have been able to attend the New Perspectives and Learning on the Nature of Peace event at the Temple of Peace, which was a fitting venue with excellent catering.
- It was a true pleasure and inspiration to be with you in this very warm country of yours and in your superb building and with your clear and wonderful anti-war mission. Combining talks, discussions and taiji practice turned out to function even better than hoped for
- It was a great conference, thank you all for making it happen, it was such a special experience.
- it was a transformative experience for me, and probably for many others too. I can't help seeing some connection between the depths of the coal mines and rays of light that shone on the talks. It was a week-long journey that, very fittingly, also went through nature.
- For me the strongest part was probably to contribute to the round tables. But I think this is a universal insight: we are happy when we feel useful. Listening in on the different tables gave me some surprises. Many people were relieved not to endure a lecture. Others were eager to share personal anecdotes. There was much energy here that needed some channelling. Some facilitators surprised me with their skills.
- I remember now the liveliness of Breines and the silences of Farmer. Linguistic truths carry less weight than bodily and emotional ones it seems. Bibliographic references, as one speaker gave, seemed misplaced. Yet I believe in the value of academic work. Having a college that teaches connections to nature and to our body gives me hope that we can find the mindset needed to tackle the challenges of our time. The Archbishop said interesting things, but they seemed quite consensual to me. I think we need to reach a consensus - an original one, in touch with our origins.
- I was a bit disappointed by speakers who didn't have time to listen to the other talks. They need to revise their priorities. I don't have time to listen to people who don't listen.
- The conference was unique in bringing so many strands together. Some seeds were planted. Some watering could help the further development of the alchemical processes. It was a singular event. But why stop our ambitions there?

Appendix

Speaker Biographies

Dr Rowan Williams

The Rt. Revd. and Rt. Hon. Dr. Rowan Williams became the Chair of Academi Heddwch Cymru in 2021 and continues to play a vital role in the organisation. He also serves as co-chair of the Independent Commission on the Constitutional Future of Wales. Dr. Rowan Williams has an esteemed ecclesiastical background, having held the positions of Bishop of Monmouth (1992-2002), Archbishop of Wales (1999-2002), and Archbishop of Canterbury (2003-2012). Additionally, he has been Chancellor of the University of South Wales since 2004 and occupies the chair of Christian Aid. A prolific author, Dr. Williams has made significant contributions to the literature on religion and social affairs.



Ingeborg Breines

Ingeborg Breines, an accomplished scholar, has a diverse educational background in philosophy, French literature, history of ideas, and history of the arts. With extensive experience in teaching and innovation in education, she served as Secretary-General of the Norwegian National Commission for UNESCO before joining UNESCO Headquarters. There, she held key positions, including Special Adviser on Women and Gender, Director of the Women and the Culture of Peace Program, Director of the UNESCO Office in Islamabad, and Director of the UNESCO Liaison Office in Geneva. In retirement, she became Director of Nordland Academy for Arts and Sciences. Ingeborg has contributed significantly to gender issues, conflict resolution, and promoting a culture of peace through various publications and her role as co-president of the International Peace Bureau. She continues to advise organisations such as OtherNews, the University of Non-violence, and the secretariat of the Nobel Summits, while maintaining strong connections with Norwegian peace organisations. Her upcoming book, "A Culture of Peace: Utopia or Alternative Security Policy?" will be published in spring 2023.



Professor Robin Attfield

Robin Attfield, Emeritus Professor of Philosophy (ENCAP) and the Sustainable Places Research Institute, has dedicated his career to teaching and researching various areas of philosophy, including ethics, philosophy of religion, history of philosophy, and environmental philosophy. With a remarkable bibliography, he has authored or edited 15 books and written over 250 articles and chapters. Notably, his latest publication, 'Environmental Ethics: A Very Short Introduction,' was released by Oxford University Press in 2018. Other significant works include 'Wonder, Value and God,' initially published by Ashgate in 2016 and later marketed by Routledge. Currently, Robin is finalising a book titled 'Environmental Thought: A Short History,' soon to be published by Polity Press (Cambridge), who also published his textbook 'Environmental Ethics: An Overview for the Twenty-First Century' (second edition, 2014). His contributions have garnered extensive recognition, with over 56,000 reads on ResearchGate.



Dr Marie Hale

Dr. Marie Hale, a human geographer and environmental lawyer, specialises in transdisciplinary approaches to decolonizing human relationships at various scales and communities. With a focus on protected areas, living landscapes, and environmental justice, Marie's expertise encompasses topics such as climate change, rewilding, and geographies involving both humans and non-human entities across bioregions. Currently teaching as a Lecturer for the MA Movement, Mind and Ecology program at Schumacher College, Marie is actively engaged in creating a foundation degree in Global Change, Environment, and Sustainability at the South Devon University Centre. Currently, residing in Dartmoor National Park, Marie immerses students in the complexities of this vibrant landscape through field trips.



Richard Farmer

Richard Farmer is an experienced teacher of Tai Chi and Meditation, with a journey spanning back to 1979. He is the visionary behind Tai Chi Movement for Wellbeing (TMW Training), a platform dedicated to bringing the beauty and benefits of Tai Chi to people from all walks of life. Richard's exploration of various spiritual disciplines has allowed him to uncover what truly makes a difference. With a blend of simplicity, humour, and profound reverence for humanity, he shares the transformative gifts that help individuals embody spiritual truths. Richard emphasises the power of resting in our true nature, embracing Presence, and becoming agents of positive change—an approach he aptly terms "Being Peace."



Pamela Hiley

Pamela, born in Wales in 1958, has lived in Norway for the past 40 years. She is the Director and head teacher at the Norwegian Taiji Centre established in Oslo in 1983. With a strong network of Taiji Masters, Daoists, academics, scientists, and Indigenous People worldwide, Pamela has cultivated relationships with both Norway and China. In 2021, she founded the Peace Point Foundation, focusing on groundbreaking peace projects. Pamela participated in the Global Peace Initiative of Women Religious and Spiritual Leaders at the United Nations in 2023, and is proudly the Norwegian representative. Her peace work has garnered international recognition, including the title Ambassador for Peace from the Universal Peace Federation and her dedication to Taijiquan led her to become a Norwegian citizen in 2021. Currently, she is collaborating with The Welsh Temple of Peace and Health in Wales to further Taiji's potential in building a healthy and sustainable global community and a way forward for future generations.



Notes from deep dialogue discussion

1. Inner development: what inner techniques do you practice that help nurture peace & resolve conflict? facilitated by Sandra Elvebakken Myrland

Beyond peace and war duality (“Beyond Good and Evil” by Nietzsche, 1886).
Meditation.

| Specific | General |
|--|--|
| <p>Buddhist square breathing – Navy Seals use it to fight fear</p> <p>Passana meditation (listening to breath), standing meditation (reflective breathing), guided meditation, walking meditation – forest/ sea</p> <p>Taiji to balance yourself before difficult meetings so not looking for conflict. Taiji – loosen up the body, practice deep listening – use the practice at the workplace</p> <p>NHS course – Silver Cloud – various modules including communication & meditation</p> <p>Enneagram</p> | <p>Music to let anger out or escape. Smashing rooms to get anger out!</p> <p>Look at your communication style</p> <p>Writing journal (read it back) – breaking problems down into smaller pieces so they don't seem so big</p> <p>Putting self in other persons shoes / appeal to empathy and kindness. Being/ feeling kind – you can't fake kindness</p> <p>Listening</p> <p>Not always being defensive – let this go/ accept any wrong doing</p> <p>Activities – walk, yoga, breathing. Walking calms energy, lets the thoughts come and go naturally</p> <p>Walk away if can't resolve conflict (self-care) – Yield</p> <p>Count to 10 - Waiting</p> <p>Set boundaries</p> <p>Staying in peace and giving feedback/ not reacting/ not defending</p> <p>Do our part 'the same story repeats until we handle it in a new way'</p> <p>Groups – family dynamics, show up, we have to be aware/ work on them to see each other – work on our own dynamics & triggers</p> |

| | |
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| | <p>Leader/ boss/ manager expectations of how people do their work/ solve the task – difficult process to let go</p> <p>Seeing problems/ wanting to change, patience</p> <p>Forget about work/ break</p> <p>Poetry writing</p> <p>Morning practice – check in and prime the brain – to think of my needs during the day.</p> <p>Reflections - Sitting with feelings and be able to communicate. Feelings – not good or bad/ Presence. Effort? Peace as letting go, receive peace, non-doing, it's about allowing what is outside of us</p> <p>Awareness, being, connectedness. Inner/ outer peace – shallow/ deep. Non-war and deep peace. Inner & outer is connected</p> <p>Anger control – innocence</p> <p>Difference in practices for different people</p> <p>Somatic practices</p> |
|--|--|

1. Indigenous wisdom versus artificial intelligence facilitated by Thomas Gramstad

How will the relationship between artificial intelligence and indigenous wisdom develop, and how could this potentially affect peacebuilding?

- Role of elders and universal wisdom.
- Sacred space. Mother Earth.
- Holistic thinking.
- Levels of initiation vs the internet.
- AI and the future of paid work.
- Grace.
- [Peter Wessel Zapffe – ‘the last Messiah’](#)
- [Artur Schopenhauer & school of philosophical pessimism \(Nietzsche\)](#)

| What do we need? | Unanswered questions |
|--|--|
| Intergenerational relationships for indigenous wisdom – face to face through schools, communities, libraries to help build links between school children and communities | How do we ensure ethical artificial intelligence? Where is the diversity and equality in artificial intelligence? |
| More natural spaces in cities | What is the definition of indigenous wisdom? |
| Covid-19 made technology more necessary – we need universal access to connect communities | What implications do cultural differences have here? |
| To expand knowledge-based awareness | History – printing press - what can we learn from this in relation to AI? |
| PROTECTION & Ethics | How do we regulate AI? |

2. Language & communication facilitated by Natalia Lalla & Jane Harries

How can we develop language and communication for peace?

- Non-violent communication.
- Humility/humiliation.
- Belonging and tribality.
- Developing a language for peace - beyond language, beyond words.
- Body language.
- Precision and playfulness.
- Complexity, simplification.
- Communication. Silence (a healer, a weapon?).
- Being silenced/silent.
- Discussion: dialogue (from Greek logos: understanding) vs debate (from French: battre, to beat).
- Buddhist practice of confrontation. The Buddhist saying that words should pass through 3 gates before being uttered: Is it true? Is it necessary? Is it kind?
- Conflict transformation (differences of interest). Deep Dao Dialogue.
- *Building Bridges with the Breath.*

Use of rituals? Can make others feel welcomed or become automatic
 Use of humour, help us to see things from different perspectives/ can break down barriers
 Being conscious of how we use language
 The importance of using I language
 Purposefully inclusive – meaningful, tangible, real (e.g. citizens assembly)
 Learning to communicate in non-aggressive ways

Restorative practices
 Need to establish a peaceful ethos first
 Communication also with nature; supports wellbeing. What can we take from nature? – nurturing, silence, helps us listen. Importance of being in touch with nature
 Difference between dialogue & debate
 3 gateways – True? Necessary? Kind?
 Acknowledging hurts, understanding & empathy
 Effects (polarising) of social media. Importance of face to face meetings
 LISTENING (active, reflective)
 Tangnefedd – peace
 The journey of 1000 miles begins with the first step [Laotze](#)
 Learning to learn, starting with ourselves
 5 skills of language – reading, writing, listening, speaking & meditation – how does language affect our thinking?
 Language can be a source of conflict
 The role of silence? Being able to sit with yourself
 We're not talk to listen
 Make misunderstanding a virtue

3. Living in society, being together facilitated by Wenche Berger

Is it possible for humanity to peacefully coexist?

- Steering towards a common, greater good.
- Moral imperatives of reciprocity (Golden rule).
- Building trust (yourself/the other/the process).
- Cooperation.
- Happiness and meaning. Enjoying life and fulfilling your moral duty.
- The role of Art in the human condition.
- Leadership: Seeing/understanding and acting/willing.
- Wisdom, courage, compassion, responsibility, vision, heart.
- Listening. Sticking. Push practice: reciprocal energy. *Push hands*.

Personal responsibility to take care of other people and yourself
 Be grounded
 Starting with small communities
 Sense of peace with oneself during times of isolation/ loneliness
 15mins/ meditation
 Intergenerational, across demographic groups – acceptance and respect for differences e.g. wanting to be alone
 Giving constructive feedback – listen to each other
 Being in nature – we are nature & cannot control everyone
 Costs of facilities, fuel etc; poverty & inequality, social classes, labelling laziness
 Of course!
 Happy, trust, openness, care, space, respect, happiness, accepting

Coexist peacefully, happily, healthily
 Space and time to grow peacefully
 Starts with us
 Take the other person in
 Wellbeing
 Initiating, listening, non-judgemental, understanding, transparent
 Learn from past mistakes
 Ego
 Caring to put yourself into work
 Spectrum of coexisting
 Willing to be open
 Willing to learn to coexist & able to learn about others
 Misunderstanding = conflict
 Start small
 We have to believe
 Manage conflict in a peaceful way
 Communication
 Rights
 Importance of education
 Inquisitive
 Understanding within
 Right=wrong
 Its hard work
 Commonality, intention, connection, grassroots, democracy?
 Society is a social construct & should include the natural world
 Together – being alone/ loneliness/ being welcome – supporting people who need care/ ways to connect with other people
 We have to believe it is possible but acknowledge it is hard work/ gains are worth the effort
 Active yielding
 Being vulnerable & self-aware (be with ourselves for 15 minutes)
 Work on self to achieve peace
 Vulnerability is a strength (men are scared to be vulnerable)
 Sense of humour – how ridiculous we are!
 Perception – what is important?
 Ways to connect – art/ music (power of art/ music because it is heart to heart/ experience)
 We need our basic needs to be met
 People more open – breakthrough to hear the truth – how to have deep conversations with British people when conversation is usually superficial? This takes time/ people not used to closeness/ undo old habits/ make new habits/ trust
 Co-operation – appreciating what others can do
 Purpose & value as people and as society – we are all valued
 Space to be and be seen
 Like sourdough culture
 Order & space to be flexible/ to be and to grow – gathering spaces

 Many people are already living in harmony – Q. what is working?

 Social permaculture – what can we learn from other creatures about living together?

Conflict is here but can we have a society without war?

How do we react to conflict and find solutions?

What unites us? (not a common enemy) – something common e.g. nature/ seeing ourselves as nature. Do we need to let go of some identities e.g. toxic nationality – us & them?

4. Deep ecology and the balance of nature and health Facilitated by Lars Sandved Dalen

How can deep ecology help us find balance with nature and health?

- Fruitful and harmful competitions.
- Drivers of change. Climate change. Tipping points.
- Emergence. Cycles. Self-organisation.
- Posture. Behaviour. Habits. Healing.
- Food - security and sustainability (new recommendations in Norway).
- Qi as a connecting concept.
- Intelligence of the body. Immune system.
- Plant medicine.
- Sowing seeds of silence (the whole week!).
- Consciousness. Mental health.
- Agriculture. Ecology. *I Ching*.

Healing in nature – nature as meditative – listen more

We need sunlight from nature

Happy

Social creatures – relationship building – trust/ build/ trust

Therapy

Use it or lose it focus on not nature = less nature/ focus more on nature = more nature

What fires together, fires together – embodiment practice/ different types of therapy (fisks metakognitiv). You can teach the brain & via neuroplasticity make the brain think/ do new things – biology. Inner peace comes by itself after practice.

Nature is peaceful

Nature promotes peace in human

Consciousness of what we to save

Keeping balance in the nature

Inner peace by being in nature

Competitions in nature e.g. singing birds

Biodiversity of humanity – darkness/ equilibrium/ balance – not static – constantly small changes

City versus rural

Taking care of nature

Forest fires & biodiversity

Nature is brutal & beautiful

Humans want more and more

Conflict is good – but you need to manage the conflict

Nature as caused solution – using our surroundings for healing – medicine/ traditional medicine history

Nature adapts – how can we adapt to difficult situations?

No answers – you wake up what can you do?

Wales deforestation free nation – Size of Wales

Global – inspire young minds

Consumption

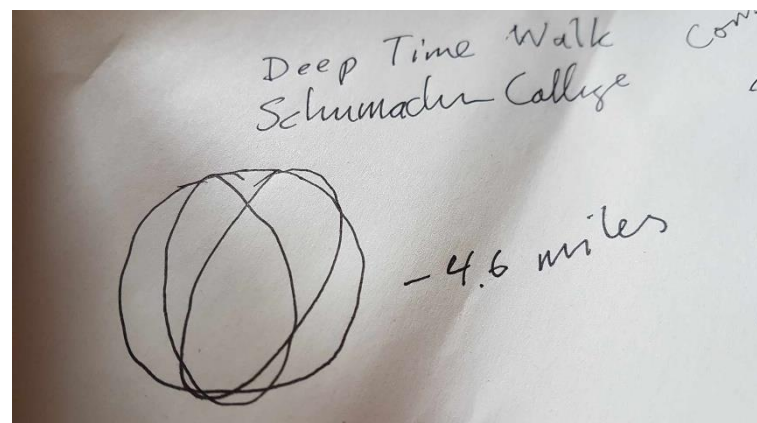
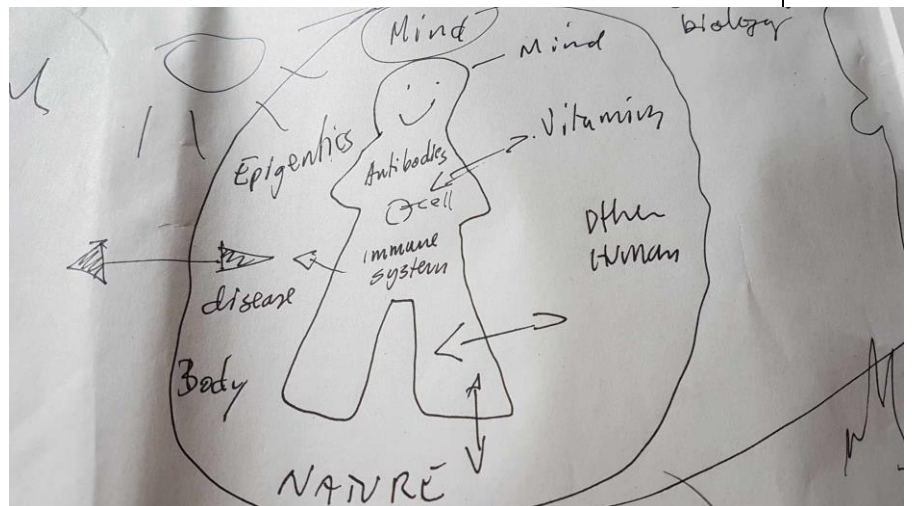
Trees/ forest capture carbon

Balance – people affected by climate change

Deep time walk – Schumacher College

Restoration, helse, mental health

Touch, smell, tactility



Urbanisation – loss of gardens

Wild spaces

Stump up the trees

Local area – people we live with – take care

Connection = solution

Regenerative farming – St Brides Major – open day 8th June

Deep thinking by walking – community thinking – responding to each others need

Caring doesn't stop with nations

Nei Yang Gong -medicinal Qigong

What you see or are surrounded by effects your health (people, environment, nature)

Psycho-neuro-immunology – one unit wholly

Consciousness of words we use

Traditional Chinese medicine strengthens immune system

Being yourself

To not see humankind as separate from nature and to not rank nature and its resources in hierarchical order with humans at the top is one of the biggest and most important change of mindset to beat climate change and biodiversity loss. Balance the competition both in mind and nature.

Adapt to our environment

Climate change

Competition constantly evolving

Sensory stimulus – rain=soothing, water, grass, air – open to the elements/ noise

True dark – instincts come alive, hyper awareness, more in tune with your body

Nature, ecosystems, physiology

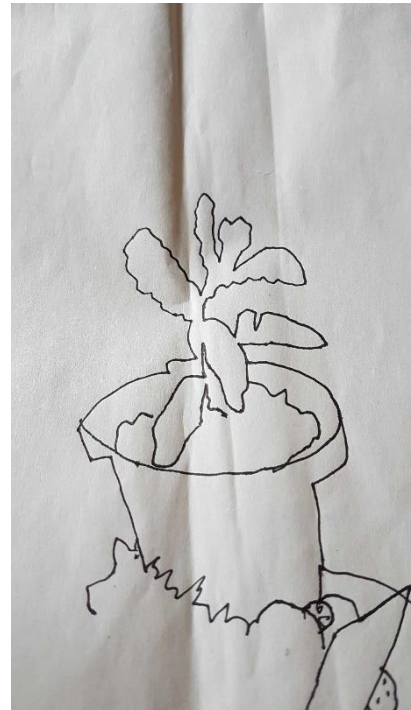
Grounding

Adaptation – immersion to nature regulates hormones – meditative

Disease, antidotes, medicine, tree sap/ clay – prehistoric medicine

Exposure!! Balance

Mental health.



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| Build structures |
| Detox |
| Diet – biodiversity within nutrition |
| Epigenetics |
| The end is not always suffering |
| Balance – cycle of life |
| Community bonding across/ within species |
| Equilibrium – disease-medicine |
| Constant changing |
| Sleep/ hormonal cycles/ fertility |
| Brain pathways reinforced by use |
| How we use nature? |
| Safari, flooding, forest fires |
| We evolve to give us the tools to deal with what nature throws at us? |
| Side-tracked |
| Nature is meditative (constantly stimulated by phones – dopamine) |
| Building trust – meaning we depend & rely on one another to survive |
| Conversation relationship building – social creatures |

5. Imagining the future: Wales as a Nation of Peace 2050 facilitated by Sarah Reimann and Elisabeth Lund

Imagine if by 2050 Wales was a Nation of Peace, what would this look like?

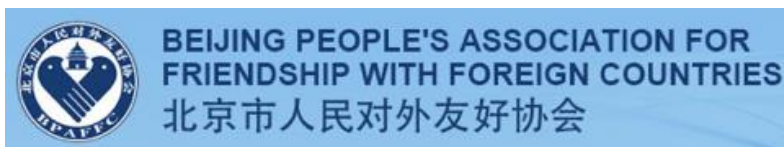
- Imagining the future as we would like it to be may help us develop the necessary strategies and move forward.
- The culture of peace: utopia or alternative security policy?
- Good examples and best practices may in that context be contagious.
- Roles for art and science, in combination.

| | |
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| Visualisation | <ul style="list-style-type: none"> • Garden skyscrapers • Green spaces • Renewable energies • Technological solutions to reuse water within houses (water from washing machines for heating) • Nature being visible for all • Artificial intelligence for smart solutions in transport |
|---------------|--|

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|------------------------|---|
| | <ul style="list-style-type: none"> • Infrastructure for mental health (both natural approaches & more traditional school medicine) • Sustainable building e.g. the Senedd giving natural light/ventilation using windows • Future without nuclear weapons • Civil service instead of military service • Renewable energy • Organic food – food before industrial revolution was organic, it is by nature • Tree planting projects • Ecovillages • Capitalism and socialism • Sustainability • 15 minutes on your own • Less focus on consumerism more focus on social outcomes • Breaking the urban/ rural divide • Local communities • More taiji |
| Feeling | <ul style="list-style-type: none"> • Optimistic outlook 😊 • Transformation of negative energies by appropriate practices • Anti-discrimination • Peace in the heart • Peace on individual level • Peace in the homes and families • Inherent peace no need for solutions • Cultural diversity • Peaceful exchange • Deepening connections • Non-judgemental world • Social connection • Consciousness • Curious world/ excited world • Deep listening • Empathy, open heart • Spirit of religions |
| Connection with nature | <ul style="list-style-type: none"> • Ecological humility • Interconnection human and nature • Learning from animals • Reimagining agriculture as symbiotic with nature. Custodians of rewilding – working with nature. Subsidies • Cleaner nature, natural access to it • New concept of protective areas that include the whole planet • Reconnecting to natural rhythms • Natural approach to national spaces |

| | |
|----------------------------|---|
| | <ul style="list-style-type: none"> • More protective areas as symbols for peace, indigenous people • Spirit – listening – animals – nature • Including the seasons • How can nature teach us how to distribute wealth? • Positive look at weather/ climate • Using climate change for positive changes (wine growth in warmer areas) • Where is catharsis? |
| Education | <ul style="list-style-type: none"> • Cheap/ free education • Holistic understanding • Technology for dialogue between different schools/ areas • Meditative practice in schools • Learning from our past (coal e.g) • Including gardening in education |
| Work | <ul style="list-style-type: none"> • Rethinking our attitude to work • Companies owned by employees – collective ownership • Basic wage • Less is more – more efficiency when working less – 4 day week |
| Connection with each other | <ul style="list-style-type: none"> • Acknowledge our roots/ traditions/ wisdom from generations • How to help people to feel themselves as world citizens • Meet people from different places, put yourself into other's shoes • Meaningful exchanges • Digital 15-minute city – local digital market place to connect communities & businesses. • Challenge imbalance: with too many old people – more active elderly population • Young and old living together – dialogue between generations • More dialogue between people |
| Art and culture | <ul style="list-style-type: none"> • New story telling • Story sharing • Meeting points for cultural exchange • Art & science |

Letter from the Beijing People's Association



Mm. Pamela Hiley
Norsk Taiji Senter
Oslo, Norway

Beijing People's Association for Friendship
with Friendship with Foreign Countries
No.97 Nanheyuan Street, Dongcheng District
Beijing, China
12th May, 2023

Letter of Congratulation

Dear Mm. Pamela Hiley,

I wish this letter finds you all well in Wales, Britain. We are all so delighted here to know that the 40 Years Jubilee is to be held at Welsh Temple of Peace and Health by the Norsk Taiji Senter and your beautiful hometown, Wales. And we wish the event a complete success!

What makes us even more proud is that the Beijing People's Association for Friendship with Foreign Countries has been your closest partner in China in promoting Taiji. For over a decade, and with joint efforts, we have been working tirelessly despite all the challenges and difficulties to explore ideal methods and models for Taiji exchange; and we have been working in high spirits and courageously to promote mutual understanding and affinity between the people of the two regions. On the magnificent Great Wall, the majestic Taihang Mountains, and at the hometown of Emperor Xi, and the ruins of Youli, there are wonderful memories of warmly cooperation by the Chinese and Norwegian people to promote harmony and friendship using Taiji as a bridge!

The world in the post pandemic era is facing new challenges. Although we are separated by vast oceans and are from different races, we are all sons and daughters of this blue planet, shouldering the common mission of building a world of lasting peace, which should be open and inclusive, green and beautiful. The traditional wisdom advocated by Taiji, such as the unity between Heaven and Man, and inclusive coexistence, as well as the deep expectations for peace and health carried by the Welsh Temple of Peace and Health, have provided guidance for us to address common challenges and move towards a better future. Here, the Beijing People's Association for Friendship with Foreign Countries is willing to work together with you, members of the Norsk Taiji Senter and friends from Wales, as well as like-minded people from all European countries, to make our due contributions to inheriting the Taiji wisdom, promoting peaceful development, and building a community with a shared future for mankind.

Looking forward to your visit to Beijing again with friends from the Norsk Taiji Senter so as to continue our true friendship!

Best regards!

Mm. Zhang Qian (As Signed)

Executive Vice President

Beijing People's Association for Friendship with Foreign Countries