

SAVE THE DATE



MARCH 28, 2007
CAMPAIGN FOR A VIOLENCE-FREE, STRESS-FREE AMERICA.
THE JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS, WASHINGTON D.C.

*On the occasion of the
25th Anniversary of the Art of Living Foundation,*

*It is with great pleasure that we invite you to attend
the launch of the campaign for a
Violence-Free, Stress-Free America*

*and the unveiling of the
Universal Declaration of Human Values*

*on March 28, 2007, 7:30 p.m.
The John F. Kennedy Center for the Performing Arts
In Washington, D.C.*

The evening will also include . . .

*Keynote and statements by distinguished leaders
Comments and peace meditation by Art of Living founder
His Holiness Sri Sri Ravi Shankar*

Cultural Musical Performances

Highlights from our Human Values Education and Youth Empowerment Programs

RSVP.
VIPDESK@US.Artofliving.org • 202.747.0234
www.StressFreeAmerica.org

HONORARY RECEPTION COMMITTEE

The Honorable Steny Hoyer (Chair)
House Majority Leader (MD)
The Honorable Dianne Feinstein (CA)
United States Senate
Members of Congress
The Honorable Gary Ackerman (NY)
The Honorable Melissa Bean (IL)
The Honorable Joseph Crowley (NY)
The Honorable Jesse Jackson Jr. (IL)
The Honorable Jerry Lewis (CA)
The Honorable Jim McDermott (WA)
The Honorable Frank Pallone Jr. (NJ)
The Honorable Jan Schakowsky (IL)
The Honorable Chris Van Hollen (MD)
The Honorable Kumar Barve
Majority Leader, MD House of Delegates
Deborah Blackwell *EVP, Disney/ABC
Cable Networks, General Mgr, SOAPnet*
The Honorable Tyrone Butler
Chief Administrative Law Judge, DC
William Elkus *Founder & MD,
Clearstone Venture Partners*
Dr. Natwar Gandhi
CFO, The District of Columbia
The Honorable Gabrielle Kirk McDonald
Judge, Iran-US Claims Tribunal
Paul Leopoulos
Founder, Thea Foundation
Vijay Nambiar
COS, Office of the Secretary General, UN
John Pleasants
CEO, Revolution Health Group
The Honorable Ronen Sen
Ambassador of India to the United States
Noah Samara
CEO, WorldSpace Radio
Dr. Myron Scholes
*1997 Nobel Laureate in Economics
Chairman, Platinum Grove Asset Mgt*
The Honorable Loren Smith
Senior Judge, U.S. Court of Federal Claims
Dr. Robert Thurman
President, Tibet House US

THE ART OF LIVING FOUNDATION IS A 501(C)(3) NON-PROFIT EDUCATIONAL AND HUMANITARIAN ORGANIZATION, ACTIVE IN OVER 140 COUNTRIES. IT HAS SPECIAL CONSULTATIVE STATUS WITH THE ECONOMIC AND SOCIAL COUNCIL (ECOSOC) OF THE UNITED NATIONS.



... a conversation with the founder



HIS HOLINESS
SRI SRI RAVISHANKAR

Are human values different from human rights and are they universal?

One of the biggest achievements of the 21st century is the focus on universal human rights. Along with these universal human rights, we cannot ignore universal human values. Without values there is no human relationship, there is no human face on rights. Rights belong to the realm of the head, values belong to the realm of the heart. Rights are a demand or an assertion, but values are taking responsibility. So we need to have both values and rights.

Such universal human values as friendliness, compassion, a sense of brotherhood, and a commitment to doing service need to be emphasized to avoid the stress and violence we are facing in society. One of the biggest problems today is domestic and societal violence, including the rise in suicidal tendencies. We can check these negative tendencies by giving prominence to human values, by nurturing our children and adults in human values.

Where do we start? What can we do as individuals to spread this message of a violence-free, stress-free society?

First of all, we need to make this commitment — we are committed to a violence-free and stress-free society. Once we have committed to our goal, we can invent new ways, new methods and strategies to achieve that goal. Many things would help achieve this, including multi-cultural, multi-religious festivals; a broad-based education in human values; teaching a technique by which people can control their anger and hatred; promoting such events as social get-togethers and yoga programs as community celebrations. There are many innovative ways to combat stress and bring people together in sense of love and belongingness; of bringing about the dignity of human values.

Why do we need to globalize wisdom?

You know, it is not enough to globalizing the economy. It is not enough to globalize potato chips, Pepsi, and Coke. We need to globalize the values of compassion and love. Wisdom needs to be globalized. It is the lack of wisdom that has broadened terrorism in the world. Even if a small part of this planet is left in darkness, thinking only their religion provides the ultimate salvation, the world is not going to be safe. To keep the world safe, we need to give every child a multi-religious, multi-cultural education. A child needs to learn a little about all the traditions and religions in the world. When they grow up honoring all traditions and religions in the world, and see that there is one truth among them all, they will be more wise. And this is what I mean by globalizing wisdom.

Who are the heroes of humanity?

Many times, if someone is very violent and aggressive they are considered a hero. But today's heroes cannot play the same old tune of having pride attached to being violent and aggressive. Today's heroes of humanity are not heroes because they have acquired skills or because they are aggressive. Today's heroes will have an undying smile that nothing can take away from them. They will have a confidence that they can achieve and do whatever they aspire. They are ready to face any challenge and make a difference in society. Today's heroes don't need to have villains to shine. They shine by their very character, by their very virtue. Heroes of humanity don't have any competition, and I congratulate them.