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FACED WITH THE RECURRENCE OF VIOLENCE, PAUPB PROPOSES A WAY OF PEACE

Letter from the Pan-African Union of Peace Builders (PAUPB) on the ongoing wars in the world in general and in Africa in particular.

It is a truism to state that today our world is crumbling under the weight of conflicts, open or covert wars. From North to South and from East to West of the planet, the sound of boots, the explosions of cannon fire, the thunder of fighter jets, the roar of military vehicles and the whistling of missiles, the destruction of human life, the disfigurement of urban architecture and the devastation of ecosystems, perfectly express the violence that has taken hold of human beings. This destructive drift has as its main causes envy, greed, lust, the will to power of nations, even ethnic groups over others, etc. How can we understand this violence that has become endemic? How can we prepare for peace to protect ourselves from war? The Pan-African Union of Peace Builders (PAUPB) insists on a paradigm shift.

1 - A world that has lost its mind

Humanity behaves as if it has lost its mind. We hear nothing but calls for war everywhere. The most powerful nations have become the most belligerent: the United States, Russia, China, the European Union, Israel, India, Pakistan, etc. And instead of negotiating peace, which would be wiser, other nations are also researching, manufacturing, or purchasing sophisticated weapons, including nuclear weapons, supposedly to protect themselves. We prepare for war to protect ourselves from war, as if we had forgotten that we harvest precisely what we sow!

The result ? The world is on fire and blood. Africa is deeply involved in this: according to WBW, 25 of the 45 countries where there is a war that causes at least 1,000 deaths per year are in Africa.¹ Eastern DRC holds a prominent place in this grim record: this martyred country has been bleeding for over thirty years and the war has not stopped there despite a peace agreement recently signed in Washington between Rwanda and the DRC. It is indeed possible to negotiate and even sign agreements that we know perfectly well will never be put into practice because they serve a completely different purpose: to stall in order to arm or rearm.

Journalists and social media outlets report on the facts of war like football commentators, congratulating Israeli, Ukrainian, or Rwandan intelligence services for their "excellent work" in Siberia, Iran, or the DRC, dwelling on Tuareg incursions in Mali and Niger, and inter-ethnic conflicts in many African countries.

Meanwhile, hundreds of thousands, even millions of dead are being counted in the DRC. Families are being torn apart and separated. The economies of war-torn countries are crumbling, followed by social unrest. Whistleblowers and other well-wishers are calling for a return to reason through countless letters addressed to those responsible by United Nations institutions and churches. The PAUPB joins these cries of alarm to propose a specific approach.

2 - Reframing: taking advantage of disasters to flourish in life

War and the scourges that accompany it² are so recurrent that if we want to stop this recurrence, we must first give it meaning. Why these repeated catastrophes? What is the purpose of catastrophes in our lives? We choose to think that they serve as tests to help us **experience a life that is proof against death**, that is to say, the experience, at the heart of the relative, of **Life** as it is supposed to be: absolute,

¹ <https://worldbeyondwar.org/militarism-mapped/>.

² See our Letter to Humanity on building peace in the face of the major scourges of our time, May 2022.

without opposite and eternal. To integrate this truth that **there is only life, that even death is only a revealer of life** ("to reveal" is to unveil, to remove the veil), we must go through the fire, that is to say, **to go through the catastrophes and "pass beyond, alive"**.

The truth is that such an awareness of life only awakens slowly, from one catastrophe to another. Our culture and education, regardless of the land in which we came into the world, hardly predispose us to undertake life already aware of this truth. The common people we wrongly call "mortal" (it is only by going beyond death that we realize that, in fact, no one is mortal!) rarely know from the start that "going beyond, alive" is a rule of the game of life. This is why we often "stay there," stewing in our own juices in the heart and depths of catastrophes, instead of taking advantage of them to flourish in life.

But how can we "take advantage of disasters to make life flourish"? By using the law of opposites³: when it is cold, you increase the heat; when it is hot, you increase the coolness, etc. So when there is war outside, you increase the peace inside. War brings with it the lower levels of consciousness, destroyers of society: shame, guilt, apathy, grief, fear, anger, greed, pride. The law of opposites invites us to oppose to them the higher levels of consciousness, builders of a balanced society: courage, neutrality, goodwill, acceptance, reason, love, joy, peace and enlightenment.⁴

Until we understand this law of opposites that transforms what we call "evil" into a "provocation" (call forward) of good, we will never stop the recurrence of violence in our world. We will continue to condemn it with our lips while exercising it in turn in every way: in thought, in emotion, in word, in action, and in omission to come to the aid of people in danger in Gaza, the DRC, and elsewhere.

3 - Prepare for peace to protect against war

Faced with the recurrence of violence in the world, the PAUPB teaches how to prepare for peace to protect ourselves from war. It does not express outrage, nor condemn anything or anyone—knowing full well that everyone, given their model of reality, believes they are within their rights! It is not just for a few, inveterate warmongers or certified peacebuilders. It is for all those who have ears to hear, to remind humans of their creative qualities. It seeks to show the path that leads from the dramatic triangle of "victim - executioner - false savior," a recurring triangle, to the dynamic triangle of "creator - challenger - coach," the dynamic of sovereignty.⁵ of each of us. Because it is by cultivating one's sovereignty that one puts an end, first for oneself, to the recurrence of violence : one then stop to suffer it and to exercise it in return, even in the midst of war, through the magic of reframing. When the sovereignty of each person is finally recognized and consciously cultivated, this contributes to stopping the recurrence of violence in society.

This is a demanding approach, in which the peacebuilders trained and are expected to make accessible to the population. It does not interfere with other approaches that attempt to stop the carnage. It provides them with the foundation they lack and gives them the key to sidelining violence in the management of our conflicts. We present here four tools that are taught at the University of Peace in Africa, the campus whose graduates are members of the PAUPB : Real Inner Power, conscious creativity, the ingredients of the right posture, and the fundamentals of the ethics of links.

(1) The Real Inner Power

Real Inner Power is the maturity of humanity in the human being. It coincides with the awakening of one's inner divinity. It is not a question of religion, but of spirituality, which is a natural function of human beings, a function that humanity's manipulators have been trying to suppress since the beginning. Because they know that a human being aware of their transcendence becomes indomitable, they try with all their might to erase this transcendence by imposing materialism and transhumanism.

³Neale Donald Walsch defines it this way in his Conversations with God: "For want of what you are not, what you are is not."

⁴See the Consciousness Levels Scale in David R. Hawkins, *Consciousness Mapping: A Proven Consciousness Scale for Achieving Your Full Potential*, Ariane Publishing, 2022, pp. 55-71.

⁵Read David EMERALD, *The Power of TED (The Empowerment Dynamic – The Dynamics of Sovereignty)*, 2016.

The awareness of transcendence animates the **Stability** that we obtain by remembering our true identity as SOUL (Single Outflow of the Universal Life - soul - Singular Emanation of the Universal Life - Vital Energy) and which brings assurance by eradicating the fear of dying; the Energy that we harvest through the practice of the art of living in its seven domains (breathing, food, relaxation, self-healing, relationship, thought, self-realization) brings joy and strength to live, and protects against resignation; the Union that activates the recognition of the fact that "we are all ONE at the root of our being - Vital Energy, whatever our morality may be", brings unconditional acceptance of others. It projects us directly beyond the ego by deactivating the automatic exclusion of the other that the ego has the unfortunate tendency to consider first as a competitor, or even an enemy.

(2) Conscious creativity

Deep work on ourselves also involves becoming aware of the creativity that our **beliefs** represent, the primary force that attracts the experiences we go through. Let us always take the time to examine our beliefs and get rid of those that are false, especially those that try to lock us into materialism or, at the other end, push us to escape from the world as it is. We are indeed here to build paradise on earth by manifesting the Glory of God, of whom we are each a unique individualization.

Our thoughts are the second force that concocts the experiences we go through. **So let's monitor our minds to empty them of the deadly thoughts that don't come from us but from our socio-culture. Let's learn to use our own understanding instead of following like Panurge's sheep the injunctions and mandates of external "authorities."**

Our emotions are the third force that gives life to the experiences we go through. For emotions are magnetic and attract what is like them, that is, what vibrates at their frequency. Lower levels of consciousness nourish low-frequency emotions that attract us to undesirable experiences; higher levels of consciousness nourish high-frequency emotions that attract us to joyful experiences. **So let us develop high-frequency emotions where low-frequency emotions tend to lock us into deadly traps.**

Our words are the fourth force that shapes the experiences we go through. **So, as they say, let us think twice before we utter what we say or write on social media. May only blessings come from our mouths and our pens. For every curse we utter will also fall back on us!**

Our actions are the fifth force that creates the experiences we go through. **So let's stop acting mechanically and be aware of our attitudes and behaviors.**

Finally, our **reactions** are the final force that sets the experiences we go through in motion. **So let's learn to move from reaction to creation. Because when we react, we are not in control of the situation, whereas when we act, we are in control because the initiative comes from you.**

(3) The ingredients of the right posture

It is the right posture that allows you to exercise the Real Inner Power in real time. Adopting the right posture is:

- (3.1) Being rooted in the legs and in the Divine Consciousness within oneself which, according to Letter of Christ 1 (www.christsway.co.za), is "growth, nutrition and nourishment, healing, protection and the provision of needs, within a system of law and order."
- (3.2) To be straightened in one's spine and in one's individual sovereignty, which consists of obeying one's soul first and saying no to any external authority which would like to take us out of our intrinsic nature of "caregiver" in order to lead us to some work of mistreatment or murder.
- (3.3) Open your heart, that is to say, first adopt the right posture: as Thierry Janssen, a former Belgian surgeon and psychotherapist from whom the concept of the right posture is borrowed, says:⁶, "I touch down, I settle down, I relax," then "I open my heart, I listen to the silence within and I become the silence."

⁶Thierry JANSSEN, *La posture juste. Comment inventer un monde en harmonie avec soi, les autres et la nature*, éd. L'iconoclaste, Paris, 2020, p.57-65.

- **I touch down** : “I take a pause in time and a posture in space.”
 - **I settle down** : “I focus my attention on the movements of my breathing.”
 - **I relax** : “I make sure to release any tension in my jaw and exhale with my mouth slightly open. I let the breath flow through me. I don’t hold anything in.”
 - **I open my heart**: "I use every breath to expand my ribcage, as if a balloon were inflating inside my chest. Opening the heart "physically" and "energetically" is far more powerful than any good feeling."
 - **I listen to the silence inside**: "I take advantage of the calming of the mind to focus my attention on what is beyond its ordinary activity. Beyond sensations, emotions and thoughts, I listen to the silence that is always there, deep down, in the background."
 - **I become silence**: "Impression of dissolution in an ocean of peace and light. Intense joy. Tears both from the suffering experienced and from the happiness revealed. Infinite gratitude. Bliss. Peace. Serenity. Sensation of unity within and without. Fullness. Absorption in what is. Feeling of union with all that is. Acceptance. Illumination. Awakening."
- (3.4) Being centered, what the Japanese call cultivating the Hara, “vital center of the human being.” This center is the heart of the right posture which, notes KG Dürckheim, “represents the only path to a stature that would express, against all dualistic division, the unity of Being. Because, to achieve this, one must free oneself from all influence exerted by the small self that produces localized tensions, the situation that is created is that of abandonment of the Ego.”⁷
- (3.5) Being fluid in universal solidarity: this means that there is no longer any blockage in the circulation of internal energy in the energy system. Energetic fluidity is the antidote to the rigidity that brings violence in conflicts. Thanks to it, we move from the logic of war to the logic of dance and transform our conflicts into "confluences". This allows us to take advantage of our conflicts to "become more powerful together" like two rivers that meet and dance together to harmonize before continuing together on their way to the ocean. We all flow from and towards the ocean of Universal Consciousness! Let us imagine the belligerents in the DRC, Ukraine, Palestine, Iran, etc. overcoming their respective rigidities to "dance their conflicts intelligently", instead of continuing to "fight like idiots".⁸and becoming “more powerful together” through the recognition and fulfillment of each other’s needs.

(4) The ethics of links

The peace we aspire to is a search for harmony on four existential levels: peace with oneself, with one's fellow man, with one's environment, and with transcendence. Every action taken must be integrated into this dynamic, which must simultaneously push us to:

- Transcending the suffering we experience and repenting of the injuries we inflict on others through awareness and recognition of the harm caused to others, commitment to repair or compensate for said harm, self-control and renunciation of revenge, resentment, rancor and hatred;
- Engage in the repair of broken social ties, the restoration of victims' rights, their exoneration, their rehabilitation in the group or in the community;
- Restore the broken links between human beings and their environment;
- Maintaining the presence of the divine in our lives.

We should appropriate this approach on ourselves in its four dimensions, in ecclesial communities, civil society organizations and in educational establishments, with the aim of sowing the seeds of peace in consciences so that, little by little, they germinate and flourish and, through a ripple effect, open up perspectives for better living together.

⁷Karlfried Graf DÜRCKHEIM, Hara. Vital Center of Man, ed. Le courrier du livre, Paris, 1974, pp. 214-220.

⁸War must be dishonored, because there is no intelligence of life in it: only stupidity.

Conclusion

Faced with the recurrence of violence in the world, PAUPB proposes a way of peace based on a new paradigm that rests on four pillars : Real Inner Power, Conscious Creativity, Right posture, and the Ethics of links. For us, everyone is invited to experiment with this approach, starting by going within themselves because that is where the exit door from current violence lies. Such an approach, both pedagogical and therapeutic, underlines the crucial importance of personal changes to bring about broader changes in the world and to transform it. It is part of the dynamic of non-conformity to the world and of transformation as highlighted in Romans 12:2: "Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may test what is good and acceptable and perfect."

In a century of iron and fury where violence dictates its law, the PAUPB invites us to move away from the deadly practices and values that reign around us to transform ourselves through Real Inner Power, Conscious Creativity, Right Posture and the Ethics of Connections, basic tools that we have patiently forged to contribute to stopping the recurrence of violence in the world. This work begins within us. It is first individual. Then it becomes social through its internal logic. Because it is together, in consultation and consensus, that we will transmute our horrors into splendor.

We therefore call on all people of good will: political, administrative, traditional, business, civil society leaders, religious denominations, families, etc. to closely examine this proposal and make it their own in order to save our societies from this violence that is destroying them. In this way, we will bring about significant and positive changes in our consciousness and build together a just and lasting peace.

Done in Bafoussam, July 16th 2025

For PAUPB

**The Chairman of the Board of Directors
and Animation**



**Rev. Dr Jean Blaise KENMOGNE, PhD,
Founder and General Director CIPCRE**