



peace

be the change in the world

Gandhi reminded us to “be the change you want to see in the world.” Numerous people, groups and projects are making these changes. If you know of any such projects or organisations, do let us know by emailing team@inspiredtimesmagazine.com.

All small acts within our daily lives can make a huge impact on the world around us. Annette Montague Thomas is one woman who is making a massive difference to HIV/AIDS sufferers in Africa. She founded Global Natural Healthcare Trust in 2001 and has dedicated her life to healing and helping where she can. Go to page 43 to read more.

Don't get angry, get M.A.D. for peace!

Gill Hickes suffered severe, permanent injuries in the July 7th London bombings in 2005. Following her experience, she founded M.A.D. for Peace, a not for profit organisation. Luke Bell finds out more.

That historical day changed the course of Gill's life. She was standing just feet away from the suicide bomber on the King's Cross/Piccadilly line train, and tragically lost both her legs below the knee in the attack. She would never have survived if it hadn't been for the life-saving efforts of those around her. "I start each day by thanking each of those brave and remarkable people who did everything humanly possible to save my life," says Gill, showing great courage.

Gill set up M.A.D. to try and communicate the importance of our individual responsibility in creating a world where extreme conflict and its human consequences are ended. They develop projects and initiatives that work toward the ultimate goal of peace in our communities, in our societies, and in our world. Focusing on public awareness, education and bridging the divides between our communities, M.A.D. aims to promote peace as something we can actively 'do' everyday, spreading positive change in the world.

Draw A Line: School to School is an international initiative that encourages school children from the UK, Australia and the USA to form a human chain from their school building to the school gates and send in photos. In My Shoes is another M.A.D. project asking groups and schools to send in photos of their shoes, telling brief stories about themselves. Its aim is to get people to see things from the other perspective, to imagine life in someone else's shoes.

Gill took great inspiration from the tragic events of July 7th, from the humanity that shone through the bloodshed. "There were many who risked their own lives to save mine, however they did

so not knowing me, it simply didn't matter who I was, what I believed, how much money I had – to them I was a precious human life," she recalls. "Their actions inspired me and showed me that we must have faith in each other - that 'we' human beings depend on each other and we are all responsible for creating a world in which we can co-exist peacefully."



For further details about M.A.D. go to www.madforpeace.org

the hugging mother

If you need a good hug, what better place to get it than at Alexandra Palace (Ali Pali) when Mother Amma, the Indian spiritual teacher, better known as 'the hugging mother' arrives in town. Between the 21st-23rd October, this North London location will be transformed into little India. Each year it fills with people, from all walks of life, who come for teachings as well as the infamous hug. Many arrive for the final night for their hug, if they can't make the full teachings. www.amma.org