



## Economic and Social Council

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### Commission on the Status of Women

#### Sixtieth session

14-24 March 2016

**Follow-up to the Fourth World Conference on Women and to the twenty-third special session of the General Assembly entitled “Women 2000: gender equality, development and peace for the twenty-first century”**

### **Statement submitted by Dhammakaya Foundation, a non-governmental organization in consultative status with the Economic and Social Council\***

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

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\* The present statement is issued without formal editing.



## Statement

### **Meditation as the Key to Women's Empowerment and its Link to Sustainable development: 2015-2030**

The purpose of our presentation is to provide a way to effectively empower women so they can in turn inspire children around the world. When women become conscious of their critical role on our planet, they can empower their children and youth. As we enter the second fifteen year period of the third millennium, we need to identify mechanisms and an effective methodology. Ideally, one begins the process from the cradle. If women feel empowered and connected, they will impact future generations to be the same. Depending on upbringing and environment, children reach adulthood either as productive positive members of society or the opposite: marginalized, bitter, angry, misguided, unbridled, lacking hope, discipline and compassion for their planet at the local national or global levels.

Kun Yai Chandra, founder of the Dhammakaya Temple in 1970, was the first role model for "empowerment of women" not only in Thailand, but also, indirectly, worldwide. She came from a family of rice farmers, and was a woman with no formal education, but her "inner knowledge" served to propel the success of the Dhammakaya Foundation in over 100 countries in only 45 years. She is the founder and eminence behind the Dhammakaya Foundation. Through meditation, she realized the dream of universal peace, starting from the womb, in harmony. Kun Yai valued principles of universal goodness: cleanliness, organization, politeness, punctuality and meditation. Her influence on the temple was profound. Dhammakaya Foundation, for the past 45 years, has designed and fostered projects with the goal of empowering women and men around the world by offering free intergenerational, intercultural, and community programs currently serving six continents in over 100 countries. Teachers and volunteers are celebrated and recognized for their work.

Dhammakaya Foundation supports and sponsors all projects utilizing Dhammakaya meditation: Peace Generation, Peace Revolution, V Star Project (development of virtue and virtuous living) starting from pre-school and continuing through school children of all ages, culminating with V-Star Day: Assembly of Virtuous Youth. Students of all ages and nations study ethics and take part in a world ethics exam throughout the world. Details of each of the programs are free and available online.

The methodology for Dhammakaya meditation is simple: closing one's eyes, focusing the mind at the centre of the body, in the middle of the abdomen, and relaxing. This will lead the mind to be calm, finding peace within, and gaining wisdom.

This method can be practiced by both men and women equally and involves no cost. Girls can begin to learn to meditate at a very young age, and develop into mature adults, mothers, teachers, professionals, happily, with confidence and knowledge that they can be good role models. This methodology starts from the individual, extends to the family, community, society and the entire world. Together, through meditation, we can create world peace and live in harmony, with no fighting, no harming one another, creating a sustainable environment. By creating inner peace through meditation, we can gain wisdom from within, contributing to harmony and prosperity for all.