

SEEDS OF PEACE

SUSAN CAREW AND CLOWNING FOR PEACE



*'Peace clowns are the symbol of unconditional love,
having fun and seeing all as one family'*

Too much of the violence in our lives comes from a lack of empowerment and connection with life, joy and others. Throughout history, clowning has been a way of subverting false power and its assumptions, opening up new possibilities of relating to ourselves and to others. This tradition is carried on in our own times, not least through **Susan Carew** and the **One World Network (OWN)**.



Based in Melbourne, Susan Carew or **Peacefull/fool**, the creator of **OWN**, is a Graduate in Peace Studies (2002) from La Trobe University, Melbourne in Australia. She also has an Economics and Marketing degree and has had extensive experience in market research, enabling her to build up her work in communicating peace.

Susan has conducted research into the areas of: peace, non-violence and laughter in relation to conflict resolution, anti-bullying and world peace and the *One World Network* is consequently dedicated to the principles of unity, empowerment and shared stewardship of the earth.

World Peace Clowns

Susan affirms that:

'The purpose of clowning is to bring laughter, healing and joy to create a sense of unity between people. Clowning also facilitates personal development in respect of learning unconditional love and self confidence.'



It is for these reasons that Susan (*Peacefull*) has entertained the public as a World Peace Clown in hospitals and public spaces for approximately four years. Indeed, in 2002, Susan was invited by the American Clown Doctor, Dr. Patch Adams to clown in Russia with an international team of clowns. The clowns visited orphanages, hospitals, nursing homes, shopping centres and were a visible presence on the streets of Moscow and Saint Petersburg. The purpose of clowning in this context is to create connection, joy and unity between people, reinforcing change through action. For like other peacemakers, Susan believes that to create something you have to 'be' it or lead by example.

World Peace Clowns has thus been proved both effective and fun for:

- * *Creating positive working environments* * *Lifting the energy & motivation in a space*
- * *Encouraging humour, playfulness and creativity*
- * *Enabling people to reconnect with feelings of joy*
- * *Feelings of happiness for yourself and all people* * *Giving service to the community.*

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R.E.A.L H.O.P.E

Exploring her own potential to know and share joy as a means to peace, Susan has also developed the **R.E.A.L. H.O.P.E.** program for primary school children in Australia: the first program of its kind which teaches values, peace, nonviolence and anti-bullying utilising the powerful symbol of the clown.

'I have been extremely impressed with the program for the following reasons --

** It focuses on vital life skills - such as responsibility, empathy, awareness, love, honesty*

** It is presented in a fashion that engages children in many different ways --*



As a result of the powerful presentation of each lesson I have been able to generate a great deal of healthy discussion with the children. I have also been able to highlight good examples of the various 'values'. For example - if I notice a situation where a child has been kind to another student I take the opportunity to talk about empathy.... in a world that is so full of selfishness and anger a program such as 'REAL HOPE', should be a COMPULSORY part of every school's curriculum!!!"
(testimonial: Principal, Upper Tambo Primary School)

Bridges to Peace

Susan's passion for peace and communications has also led her into broadcasting. Since June 2003 she has been producing and presenting her own weekly radio program called *'Bridges to Peace'* on Plenty Valley 88.6FM. Possibly the first program of its kind on radio dedicated completely to peace and non-violence, it has also included interviews with an impressive array of contemporary peacemakers (from Stella Cornelius, Director of the Conflict Resolution Network, to former US Army Major, Douglas Rokke, an expert on depleted uranium). A voluntary commitment, *'Bridges to Peace'* is formulated to inspire the community to 'Be the Change You Wish to See in the World' (Mahatma Gandhi), extending the peace theme beyond war and conflict to explore inner peace and ways people can create positive change in their own lives and the world.

As Susan comments:

'Bridges to Peace' is pro-peace. It is about generating conversations and possibilities for peace. The program does not represent any particular group. It emerged out of my desire to instil positivity in the media and provide accurate information to the people to empower them to become aware and involved in their democracy. It is to make visible to the community that there are peace makers across all walks of life. Peace requires all our efforts. The real essence of peace is to create unity and promote universal values to create a better world worthy of our highest potential'

Sources and more information:

www.worldpeacefull.com

Decade to Overcome Violence