

MEDIA RELEASE

Melbourne, August 21st,



Olive Green Ribbon Project for Peace

One Melbourne woman's quest for peace and hope sparked by escalating world events, Robin Williams and inspiring messages from MH17 relatives

When 9/11 struck in 2001, Melbourne author and therapist Pauline McKinnon felt so moved by the turmoil and unsettling of people that she initiated an idea to help bring hope and positive action: the Olive Green Ribbon Project was born.

Now, in 2014, the many world tragedies and the sorrow of personal tragedies associated with depression, drugs and suicide continue to bring widespread reactions of shock, fear and the need for support. The recent death of Robin Williams only amplifies these unsettled feelings.

'There is a palpable sense of uncertainty and malaise in local communities while the peoples of our world are desperately hurting across lands, cultures and within individual hearts' says Pauline, Director of the Stillness Meditation Therapy Centre in Melbourne.

The olive branch is a symbol of peace. To promote world peace through personal peace, Pauline encourages people to wear a knot of olive green ribbon as a reminder that one small peaceful gesture may grow to greater strengths.

'I feel it's time to make a gesture again to encourage people to pause for peace – to create some inner peace and spread that through families, communities, nations and the world.

Wearing a green ribbon will remind others to think about peace, and also let people know we are thinking about them' Pauline says.

Amid the suffering, it is not unusual to learn of numerous cases of reconciliation within families and between friends. Pauline observes that it is possible to have good things arise from bad.

The noble sentiment expressed by the parents of the three Perth children who died in MH17 is, according to Pauline, an extraordinary example of a light amongst the gloom.

'That these wonderful people could so profoundly express graciousness, resilience and the power of love despite such unbearable pain; that they can still access their ability to pray; and that they are able to find some measure of solace within the care and company of others is the most poignant of all love stories.'

Pauline believes it would be valuable to emphasise publicly this positive side to disaster, and to recognise that as ill feeling begins in small ways, so too can peaceful feelings flourish. 'If, in a spirit of likeminded unity', she says, 'we can heal the misunderstandings and conflicts that lead to intolerance and division within our own relationships, perhaps eventually we can help heal those of the wider world.'

'From the small beginnings of personal peace' Pauline asks, 'could it be possible to eventually prevent further harm? We have nothing to lose, except conflict'.

Pauline is encouraging people to make their own Olive Green Ribbons. They can also collect a green ribbon and a flyer on the Olive Green Ribbon Project at the Stillness Meditation Centre, 146-148 Harp Road Kew.

Upcoming Events with Pauline McKinnon

Living Calm SMT Weekend Workshop

25 – 26 October 2014, at the Stillness Meditation Therapy Centre, Kew

Discover how to live calmly, be at ease and restore wellness

Download the flyer [here](#). Bookings and enquiries 03 9817 2933

Letting go, Living Calm: Workshop at Duneira, Mt Macedon

Saturday 30 August, 10am – 12noon

Learning the art of capturing stillness of mind – simply, naturally, effortlessly, in the beautiful surrounds of historic Duneira.

For further information and bookings please contact Duneira <http://www.duneira.com.au> or (03) 5426 1490(03)

About Pauline

Pauline McKinnon is the Founder and Principal of the Stillness Meditation Therapy Centre. She is a psychotherapist, author of [“In Stillness Conquer Fear”](#), the well loved book for children [Quiet Magic](#) and her latest book [“Living Calm in a Busy World”](#)

Pauline’s recovery from acute anxiety is a testament to the effectiveness of Stillness Meditation Therapy. For eight years, while experiencing panic attacks and the severe symptoms of agoraphobia (the pathological fear of leaving home), she sought relief from many sources, including doctors, psychologists and alternative practitioners. Results, if any, were temporary and made no lasting difference to her condition. Almost by chance, she discovered the pioneering work of Dr Ainslie Meares. This therapeutic model, brought Pauline full recovery.

For interviews or information

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