



TIME FOR PEACE ON EARTH

a choreographed mime-poem + meditation

The Inspiration

This work was inspired by the idea of tying a turquoise ribbon on a tree as a universal peace-offering. It was created a few weeks before the first Time for Peace tree-planting ceremony at Prinknash Abbey in Gloucestershire on 14th March 1998. Performed for the first time on that occasion, Abbot Francis encouraged Lizzie to develop the work to take into schools and the piece was added to the body of creative work that Time for Peace promoted at that time.

The Concept

Time for Peace on Earth is a choreographed mime-poem and meditation designed to cultivate and radiate a sense of unity and peace. The poem of 24 lines symbolises the hours in a single day and acts as a reminder of how we can positively promote peace through our thoughts, words and actions. The choreography takes each line of the poem and gives it a simple corresponding gesture. The whole work is a multi-sensory experience and is easy to learn.

Practical Use

This work can be used effectively as a stand-alone poem. It is also a wonderful way to bring different ages and cultures together in a communal experience using the mime. As a stilling exercise it helps people feel more centred, grounded and at peace. When time and space allow, the work is usually repeated three times in succession which reinforces the ability to memorise the movements. The first time, it is spoken with the gestures, the second time it is just mimed, and the third time, the audience is invited to join in with the mime. The latter is usually done with minimal, gentle verbal promptings. The beauty of this experience is that the audience moves as one.

Schools – Conference –Workshops - Festivals

Lizzie has taken this work into a variety of settings: The Mount Gilbert Community College in Belfast, schools throughout Gloucestershire, The Call to Peace Conference at The Findhorn Foundation in Scotland, (April 1999) The Inner Peace - World Peace Conference in The Hague in Holland (May 1999), Bath & North East Somerset Millennium Arts Festival, (Yesterday, Today, Tomorrow) at St. Gregory's School in Bath and The Bardic Festival in Bath.

Light Up Our World

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