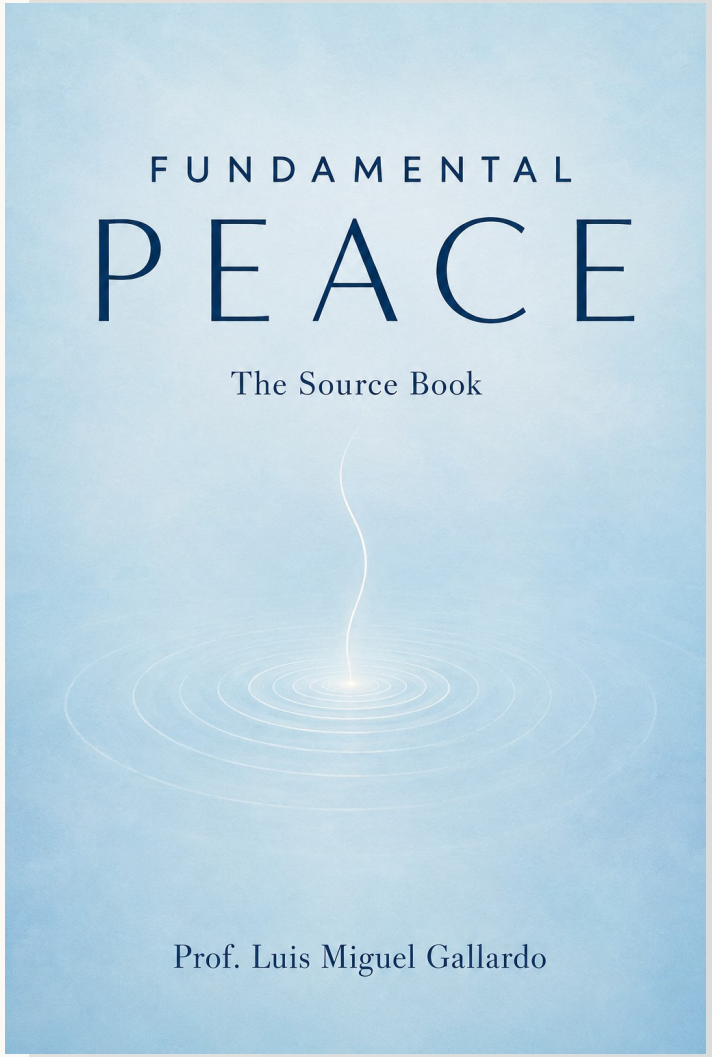


FUNDAMENTAL PEACE

A visual companion to The Source Book

The idea, the measure, the way

Prof. Luis Miguel Gallardo

THE GROUND ROUTE

War closes the sky. Peace goes by land.

A journey through conflict toward the peace that circumstance cannot take.

The question beneath the book

> ## What is the peace that survives the loss of everything peace agreements protect?

Vligna waited outside a school at four in the morning after war had taken her family and home. She still carried hope for peace and happiness.

The question is personal before it becomes political.

Three peaces, one foundation

POSITIVE PEACE

Justice is built into institutions and daily life

NEGATIVE PEACE

Direct violence stops

FUNDAMENTAL PEACE

The interior ground that can sustain both

Fundamental Peace sits beneath the other two. It does not replace them.

One peace, four registers

THE VOW — Not the absence of pain. The transmutation of its energy into love and compassion.

THE SIGNATURE — A bounded interior settling: deeply restful, fully alert, with agency intact.

THE MEASURE — A dynamic neuro-experiential state, characterized by four capacities.

THE WAY — A state to enter, a trait to build, a life to walk.

A vow to keep, a state to enter, a measure to take, a way to walk

How peace feels from within

01 **Flexible attentional control**

Attention moves with ease, without forceful suppression.

02 **Emotional coherence across self-states**

Different feelings and parts remain connected.

03 **Reduced self-referential rigidity**

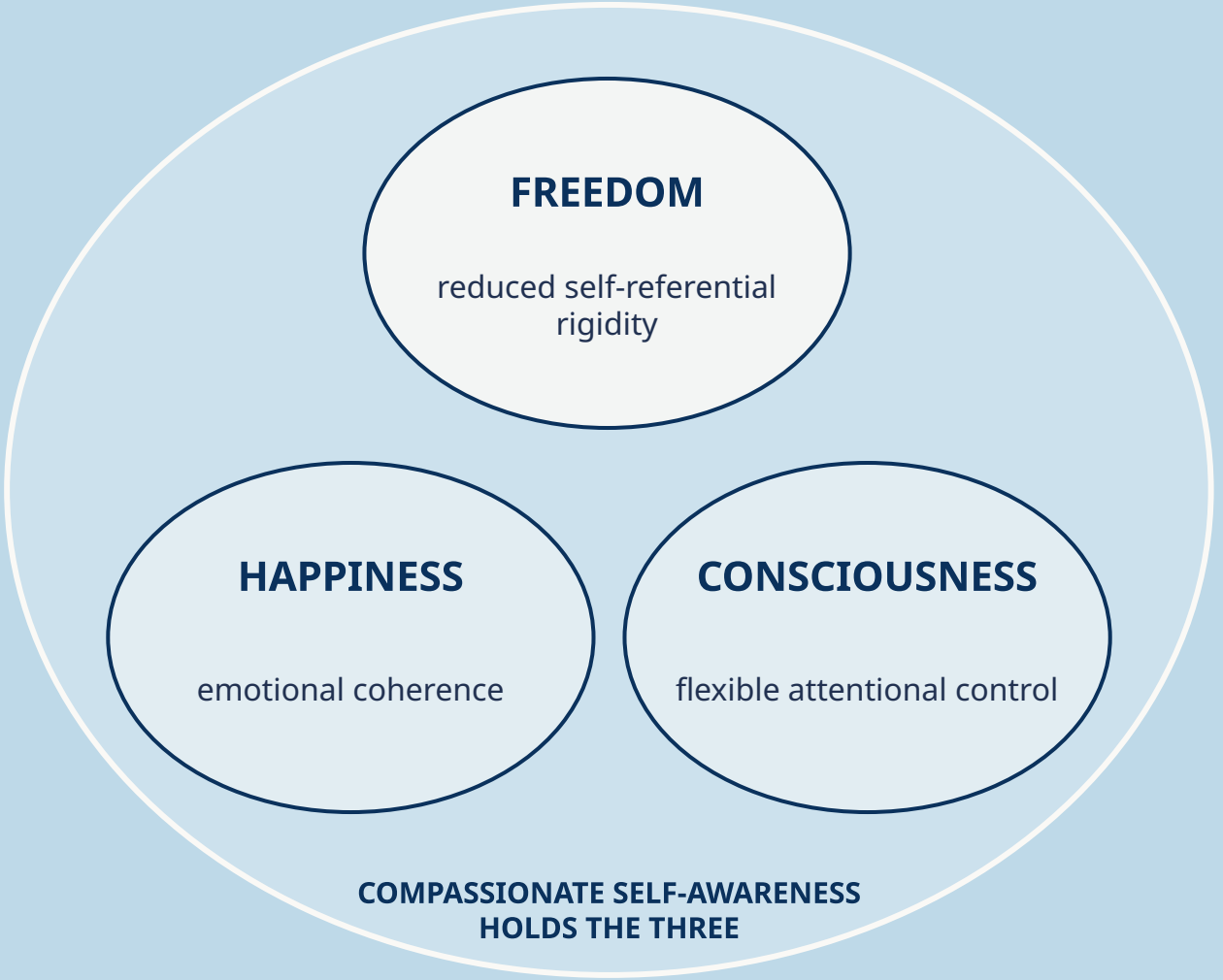
Thoughts can be observed without becoming identity.

04 **Compassionate self-awareness**

Experience is met with clarity and genuine kindness.

A dynamic capacity, not a moral rank

The Peace Triad



Identity can be a window or a wall

The higher rung includes the lower one. It does not erase it.

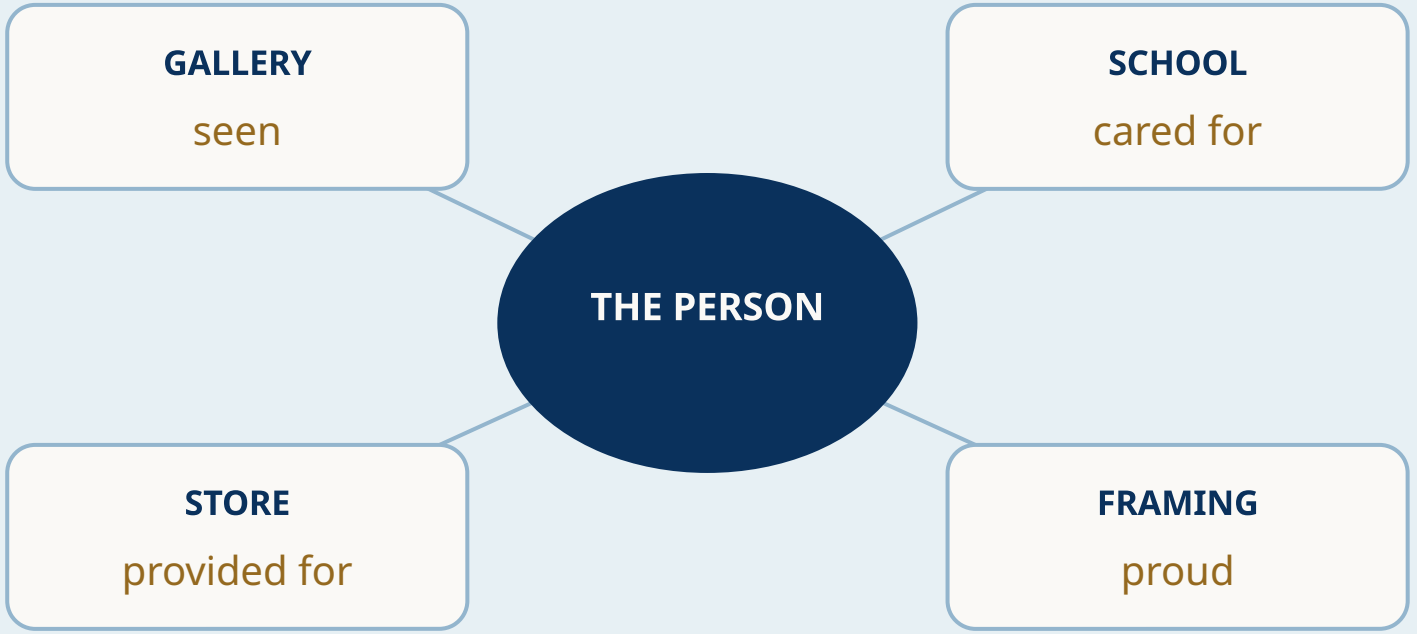
Threat hardens identity. Fulfilled identity can widen belonging.

The anatomy of a conflict

The book maps both the outer machinery and the interior fuel.

Peace requires a counter-curriculum

Hatred requires a curriculum. Peace requires permission.



Four rooms. Four nutrients. A field that teaches people what they can become.

No map of light is complete without shadow

D1	**INDIVIDUAL / PSYCHOLOGICAL**
D2	**RELATIONAL / SOCIAL**
D3	**COLLECTIVE / CULTURAL**
D4	**STRUCTURAL / SYSTEMIC**
D5	**EXISTENTIAL / SPIRITUAL**
D6	**SOMATIC / BIOLOGICAL**
D7	**ENVIRONMENTAL / PLANETARY**

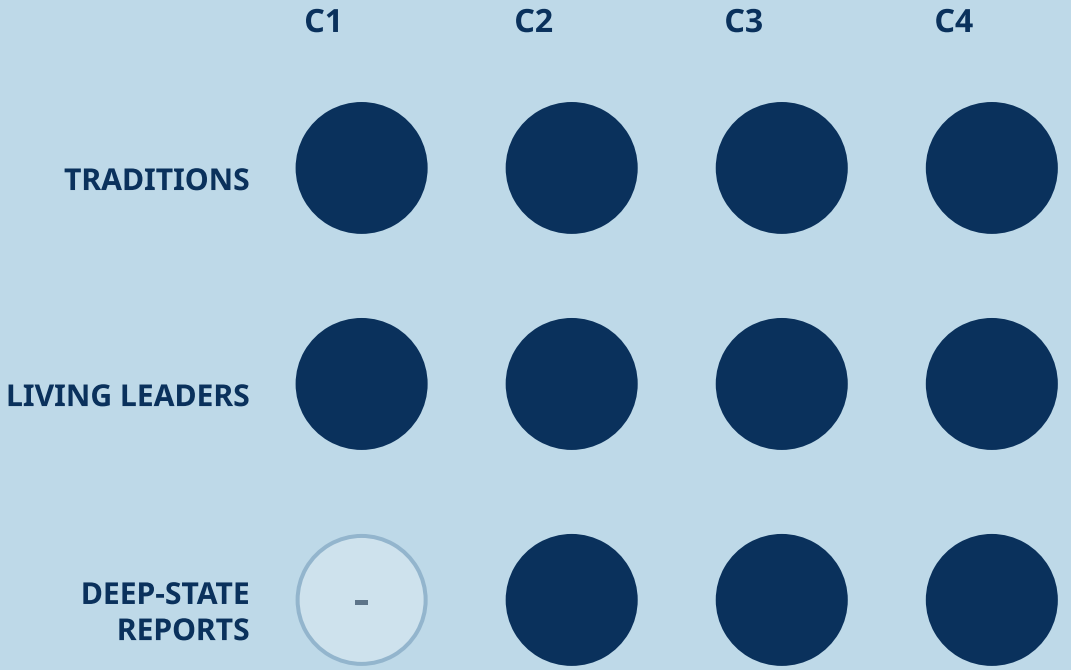
FPI = 100 - GPTM

Population-level estimate.
Preliminary and heuristic.

Three bodies of testimony

Independent sources converge on compatible capacities while their doctrines remain distinct.

A map of invitations, never of equivalences



The scale measures the footprint, not the thing.

The profile matters more than the total

20
STATEMENTS

4
COMPONENTS

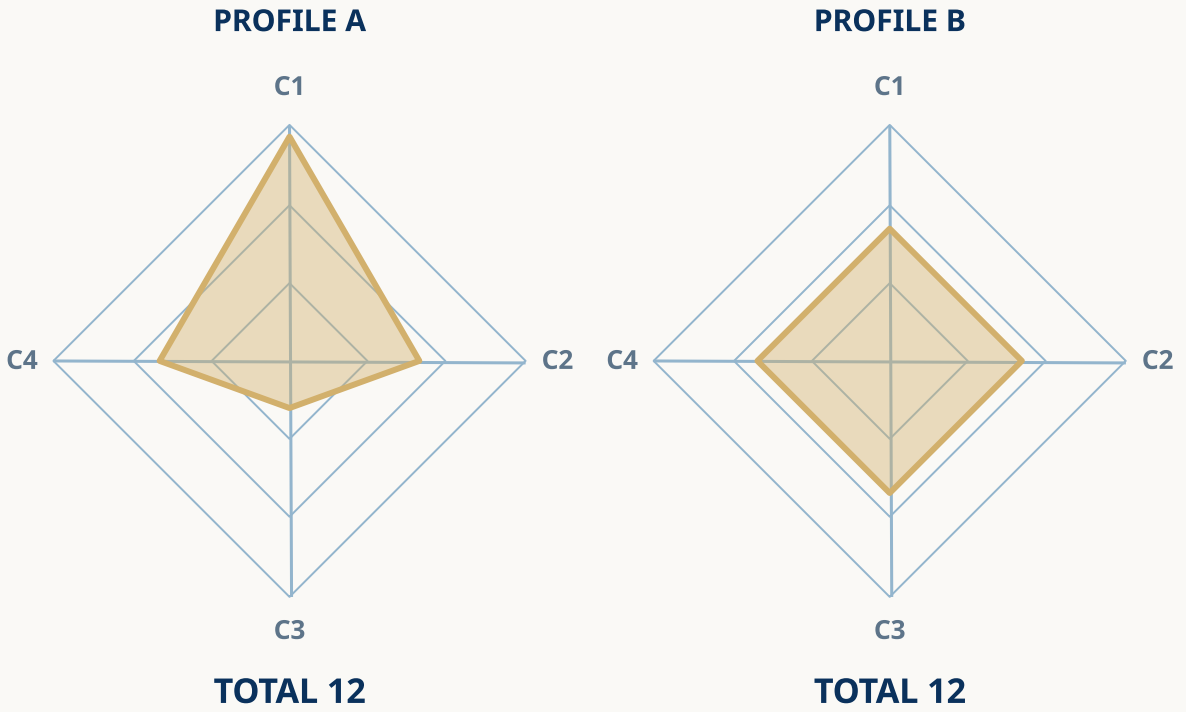
3-5
MINUTES

C1 Flexible attentional control

C2 Emotional coherence across self-states

C3 Reduced self-referential rigidity

C4 Compassionate self-awareness



Same number. Different practice.

Rigor makes the limits visible

ESTABLISHED

The construct is defined. A bilingual 20-item instrument exists.

UNDER INVESTIGATION

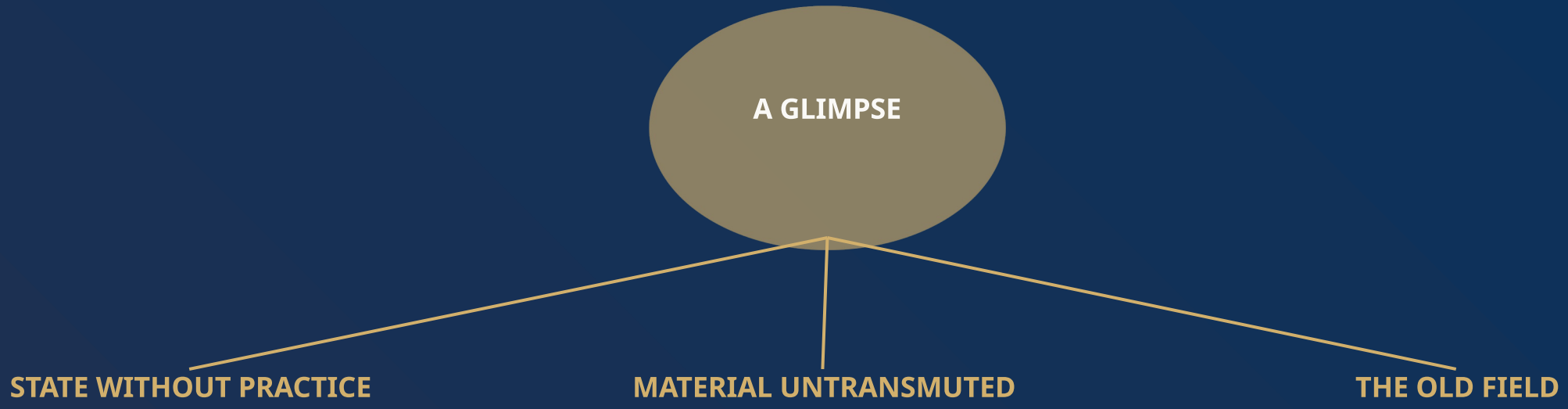
Reliability, validity, change over time, and use across settings.

UNPROVEN

Population inference and durable transmission between people.

No diagnosis. No ranking. No hiring, promotion, certification, or external reward.

Why glimpses fade



A moment does not yet have a daily structure.

Old protection returns when pressure rises.

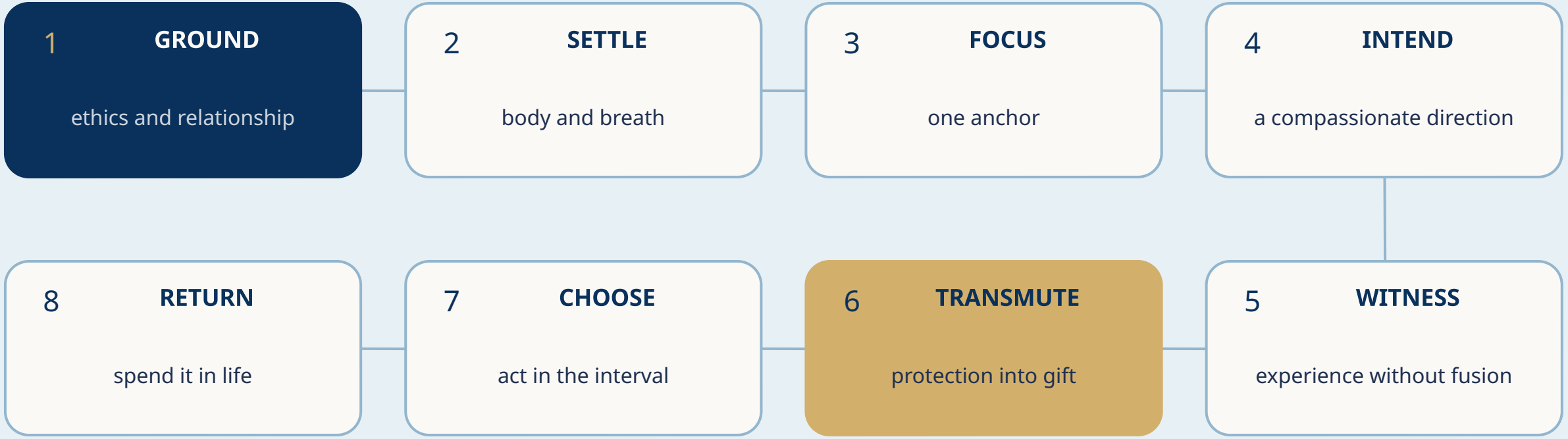
Life still rewards the earlier version of the person.

The method addresses practice, material, and environment.

From automatic pattern to service

Development is domain-specific and uneven. The model never ranks people.

The Ground Route



DAILY ENGINE Settle, Focus, Intend, Witness, Choose

Standing ethic: peace is not measured by compliance.

Five minutes of practice

5:00

01	**SETTLE**	Let the exhale lengthen. Let the chair hold your weight.
02	**FOCUS**	Choose one anchor. Return when attention wanders.
03	**INTEND**	Name one simple, compassionate direction.
04	**WITNESS**	Notice thought, feeling, and story as events.
05	**CHOOSE**	Ask what the settled version of you does here.

Eyes open or closed. Participation is optional. Stop at any time.

Pain takes one of two routes

TRANSMITTED	TRANSMUTED
REPRESSION	EXPRESSION
DENIAL	HONESTY
SHAME	DIGNITY
REJECTION	BELONGING
GUILT	FORGIVENESS
SEPARATION	COMMUNION

The virtue is the wound at another frequency. Harm is never romanticized.

The five-step alchemy

Deep or traumatic material needs a qualified companion.

Choose. Return. Spend the peace.

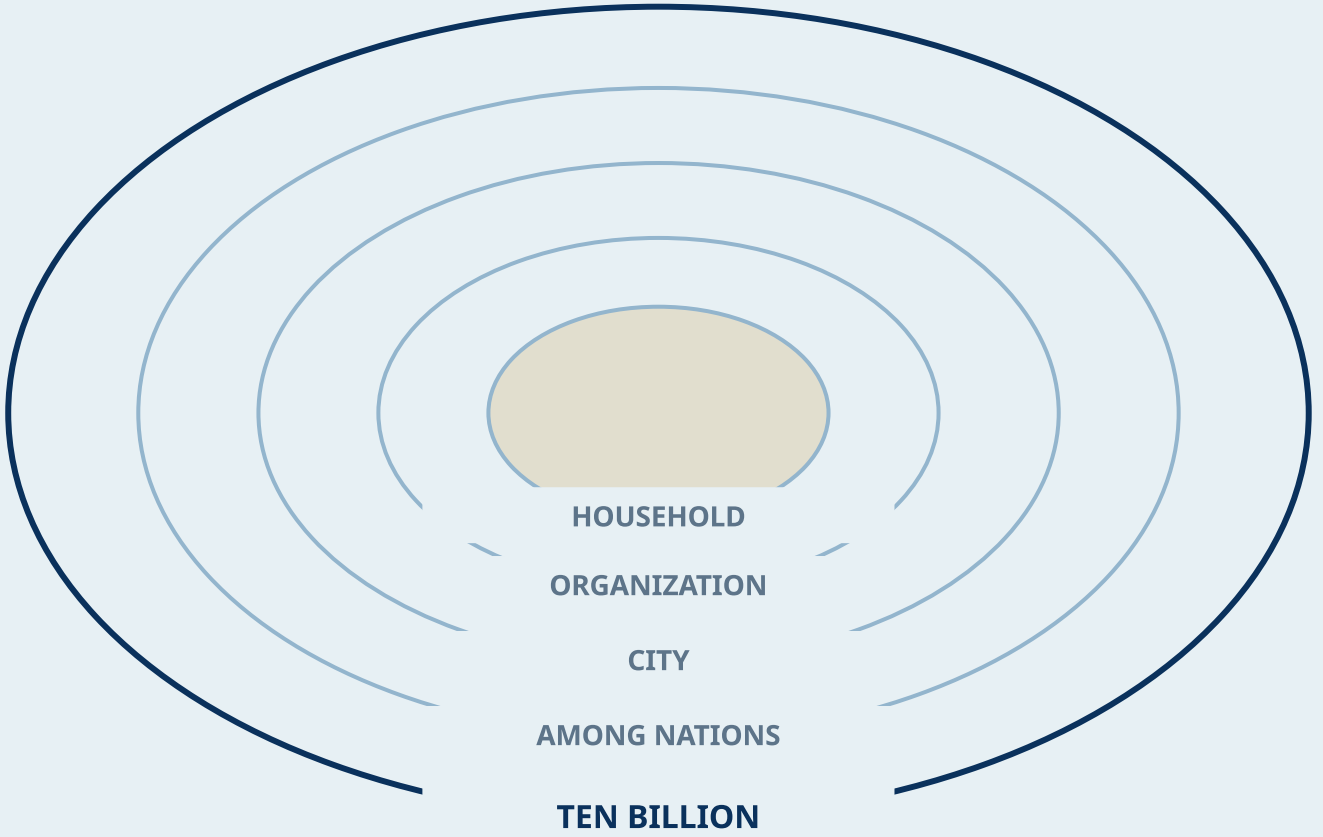
Peace becomes real when another person receives it.

The settled state crosses the interval into one small action, then returns to the household and the wider field.

The scales of return

The same eight movements, at widening radius

Repair at the table. Structural change at work. Civic places for encounter. Regulated rooms between nations.



A dream with a denominator

25 million CATALYSTS × 400 lives IN A WORKING LIFE = 10 billion PEOPLE

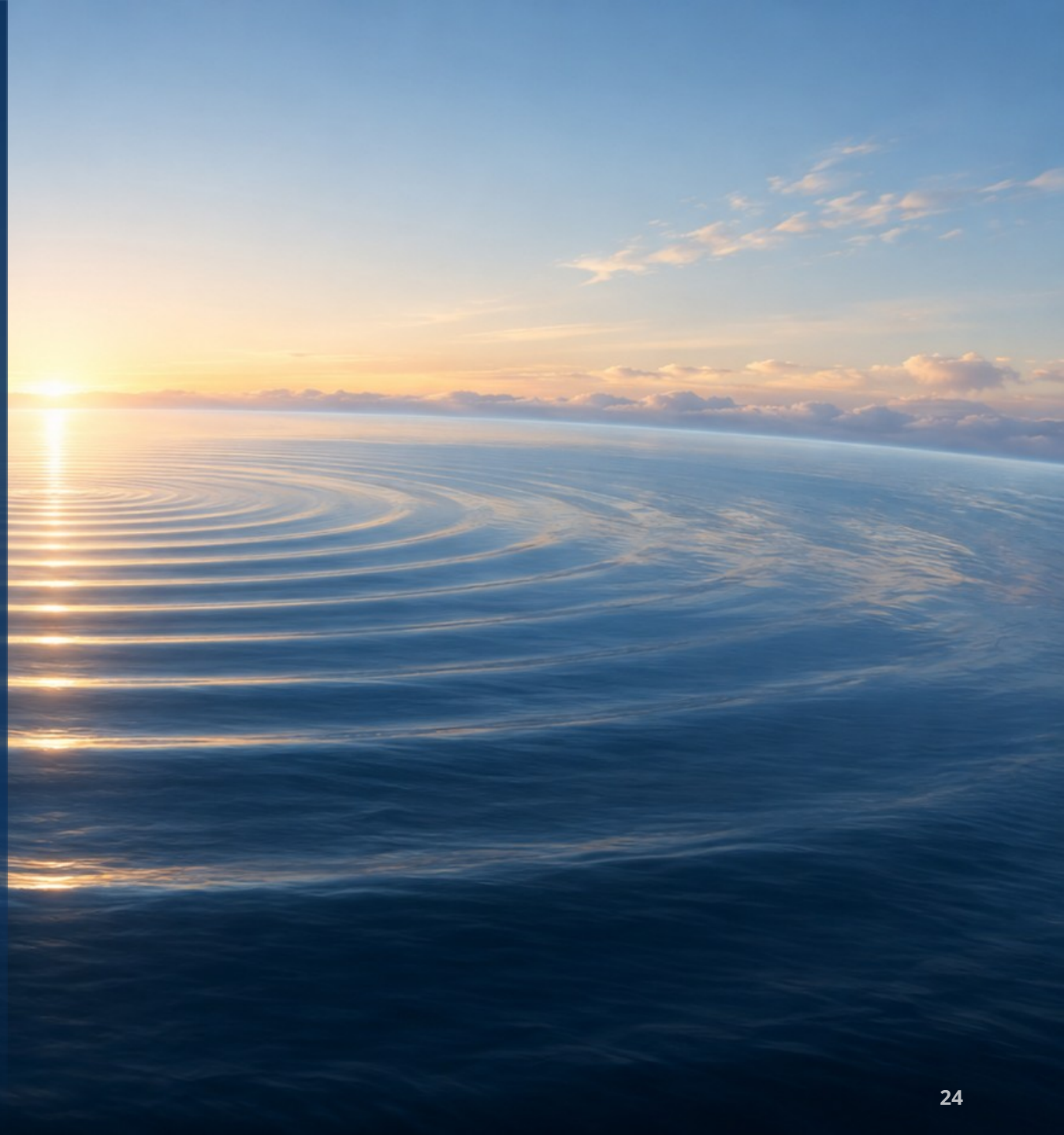
This arithmetic demonstrates plausibility, not inevitability.

The strained join: does a changed interior create durable change in another person's field?

GENERATION TXAI

Txai means 'my other self' in the Huni Kuin tradition.

Who receives something different from you in the next seven days?

One breath. One ordinary action. Begin there.

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