

Be The Change: Seek Peace Within **An Introductory Peace Education Experience**

Objective: Promote mental & emotional well-being, peace, compassion and nonviolence. (Guided video module is 70 minutes, recommend 90min+ for initial group screening virtually or in person.)

- *Peacelearning Guidance* and the compelling why for ‘Seeking Peace Within Yourself’.
- *Documentary Film* showcasing the healing and transformation of survivors of violence from across America during their sojourn in India, walking in the footsteps of Dr. Martin Luther King, Jr..
- *Framework for Healing* from trauma and deepening socio-emotional skills.
- *Breathwork* practices for building inner resilience.
- *Call to Peace Action* application of framework, breathwork and more peacelearning.
 - [Video overviews & testimonials](#)
 - Due to topics of violence, mental health and trauma recommended for adults and youth grades 4+.

1. Experience the program and find peace within. View as an individual and/or with family and discuss peacelearnings.

- [Use this special link to purchase](#)
- Get 50% discount with our exclusive code: **JL4P50**
 - You will have access for 1 year from the date of purchase!



2. Feel inspired to spread peace by hosting a group screening in your community, school and/or organization. Great family-community engagement event (recommend 90+min)!

- A group license includes facilitation coaching, a comprehensive engagement guide and promotional material.
 - Optional ‘at home’ practice module for participants to have access to breathwork and meditation for a year.
 - You will have access for 1 year from the date of purchase. The engagement guide provides several agendas and extension activities for in person and/or virtual gatherings - it doesn't have to be just a one time occasion!
- *Contact julie@thepeacepad.org to arrange!

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Context: Stress, violence and mental-emotional health needs are reaching unprecedented levels and threatening the mental health and well-being of our human infrastructure. This is a defining moment that requires us all to be grounded and at the same time, being able to empathize and energize others through our presence and actions. *The purpose of this video-based experience is to help build our inner capacity to ‘be the change’!*

→ **Video overviews & testimonials**

The **Be The Change** educational module utilizes the power of an **unscripted documentary film** as a teaching aid to develop our capacity for becoming stronger advocates of compassion and nonviolence. During this documentary film, we follow the journey of six victims of violence from across America who embarked on a transformational journey to India. This sojourn was inspired by *Dr. Martin Luther King Jr.*, who had also visited India to study nonviolence. Their personal stories of the impacts of violence and their desire to **heal the wounds of trauma** and **reinvigorate the conversation about nonviolence** in America binds them together. At the end of the documentary, we explain the **theory of nonviolence (Ahimsa)** and how the practice of breathwork and meditation can help to transform ourselves and deepen our capacity to be the change in our communities & organizations. The participants are then guided through **breathwork** to help develop a personal daily habit of **self-care & self-compassion**. An engagement guide supports leads in facilitating critical thinking exercises, reflecting, summarizing and extending the insights gained from the video-based module with group gatherings.

Expected Outcomes:

- Understand the universal message of Ahimsa (nonviolence)
- Develop capacity to promote peace, compassion and nonviolence
- Deepen emotional intelligence, self care and self-compassion using the power of breath
- Be inspired to adopt nonviolence as a ‘way of living’ and to share this in your community