

The Path of the Peacemaker

Session One: Peace and Security: From the Inner Core Out into the World

- Illuminating the emergence of mature human beings capable of holding their center in conflict and crisis.
- Learning how we transmute corrosive negative stress, and hostility.
- Confronting false positives, distraction and denial and remaining centered in positive and visionary truth
- Cultivating the stance of the authentic peacemaker

Session Two: The Inner Capacities of the Peacemaker

- Integrating spiritual vision, spiritual practice with engagement in social justice, social healing and political realities.
- Experiencing the wounded healer in action
- Learning the art and science of forgiveness
- Studying the role of empathy, compassion, emotional spaciousness
- Developing ongoing clarity and conviction around intentions

Session Three: The Communication Skills of the Peacemaker

- Building dialogic skills, types of dialogue and when/where to practice dialogue
- Practicing non-violent communication
- Mastering the use of different modalities of communication in specific contexts
- Cultivating the science and practice of deep listening
- Using media and messaging: the range of tools at your disposal
- Activating track two diplomacy

Session Four: Translating the Science of Health and Healing into Social and Global Contexts

- Review of key concepts in mind body health and how they relate to the social body
- Learning approaches to healing collective wounds of the past; specific case studies
- Understanding victim perpetrator entanglement in ongoing conflicts

Session Five: Developing a Systems Perspective on War, Violent Conflict and Oppression

- Using systems theory to illuminate the interrelatedness of issues leading to violence
- Analyzing specific contexts from a systems perspective
- Engaging “simple rules” as a peacemaker from a systems perspective

Session Six: Reframing Beliefs and Worldviews for a Peaceful World

- Understanding core international treaties and documents with regard to human rights and peace; special attention to the Earth Charter.

- Learning about key concepts that are changing international law and practice and continuing impediments to ending massive levels of violence
- Understanding how worldview and belief are affecting the transformation of societies across the planet and giving birth to a more peaceful future.

Session Seven: You are the Peacemaker We Have Been Waiting For: How to Identify and Engage in Your Work as a Peacemaker

- Synthesizing course work
- Sharing information and key resources
- Making a sacred commitment

Bonus Session #1 with Frances Moore Lappé

Frances Moore Lappé is author of *Diet for a Small Planet*, founder of the Small Planet Institute, and co-founder of Food First: Institute for Food and Development Policy. She has written 17 books, is the recipient of the Right Livelihood Award, and was named the 2008 James Beard Foundation's Humanitarian of the Year. Her most recent book is *Getting A Grip 2: Clarity, Creativity and Courage for the World We Really Want*. This bonus helps you:

- Understand the predominant mental map that begins with lack (from energy to food to goodness) and how that spreads conditions of violence
- Shift beyond this mental map and connect with the deep sources of empathy that humans are "soft-wired" with.
- See the promise of living democracies for creating peace
- Cultivate courage to create conditions that bring out the best in us

Bonus Session #2 with Sequoyah Trueblood.

Sequoyah is a remarkable, pipe-carrying Choctaw elder who has contributed selflessly for many years around the world as a role model for healthy leadership, bringing peace and joy to the hearts of many. In this bonus workshop, you'll receive genuine guidance from a profoundly inspired and diversely experienced Elder. You'll:

- Learn how the earth was made for peace
- Understand how the path of peace is easy for those who have no preference / no judgments / expectations
- Receive the teachings of Great Thanks, Great Peace, Great Love
- Gain awareness of the natural law of impermanence
- Learn how to honor children and the feminine