



Item: AS: A-2

Tuesday, November 15, 2022

SUBJECT: APPROVAL OF HONORARY DOCTORATE

PROPOSED Board ACTION

Approval of the conferral of Honorary Doctorate on Ms. Barbara Schmidt.

BACKGROUND INFORMATION

University Policy 2.3 (Honorary Doctorates) specifies that those nominated for Honorary Doctorates be recommended to the FAU Board of Trustees by the University Faculty Senate Honors and Awards Committee, the Provost and the President. One candidate is being recommended at this time.

As detailed in her nomination letter, Ms. Schmidt has led an extraordinary life as a businesswoman, philanthropist, and spiritual teacher with over thirty years devoted to spiritual development, research and giving back to her community.

In the 1980s and '90s, she pursued intensive studies of religion, sacred text, psychology, meditation, and self-help programs. She founded the Spirit of Giving Network and raised millions of dollars for children as the co-founder and president of Ronald McDonald Children Charities of South Florida.

Ms. Schmidt partnered with the Peace Studies program within the Dorothy F. Schmidt College of Arts in 2001 to promote dialogue and guidance for individuals seeking peace within themselves and their communities. The academic program now offers an undergraduate Certificate, a Master of Arts concentration, and a Doctor of Philosophy Concentration.

Additionally, Ms. Schmidt is the author of the internationally bestselling book *The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness*. Over the years she has been on over 100 retreats and studies with teachers around the world from Deepak Chopra to the Dalai Lama.

An in-demand public speaker, Ms. Schmidt offers programs in local childhood development centers, high schools, universities, college athletic centers, and transitional programs for young adults with autism. She teaches mindfulness and meditation at Baptist Health as part of the *Peaceful Mind Peaceful Life* Wellness Series, at Nova Southeastern University, at the Dorothy F. Schmidt College of Arts and

Letters, as well as within the Charles E. Schmidt College of Medicine, the College of Social Work and Criminal Justice, the Christine Lynn College of Nursing, and while working with FAU student-athletes.

IMPLEMENTATION PLAN/DATE

If approved, this Honorary Doctorate will be conferred at a future commencement ceremony.

FISCAL IMPLICATIONS

N/A

Supporting Documentation: Nomination materials

Presented by: Dr. Michele Hawkins, Interim Provost & VP Academic Affairs **Phone:** 561-297-3062



DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS

Office of the Dean

777 Glades Road

Boca Raton, FL 33431

tel: 561.297.3803

fax: 561.297.2752

horswell@fau.edu

www.fau.edu

To: President John Kelly, Interim Provost Michele Hawkins, Vice President Chris Delisio
CC: Laurie Carney
From: Dr. Michael J. Horswell, Dean of the Dorothy F. Schmidt College of Arts and Letters
Date: August 9, 2022
RE: Nomination of Ms. Barbara Schmidt for Doctor Honoris Causa in Humane Letters

Pursuant to the University Policy on Honorary Doctorates, I hereby nominate Ms. Barbara Schmidt for the Honorary Doctorate of Humane Letters on behalf of the Dorothy F. Schmidt College of Arts and Letters. As this memorandum of support will detail, Barb has exceeded the criteria for this recognition, as laid out in our policy:

“Selection criteria are based on national and international standards of exceptional achievements that are primarily intellectual in nature. Consideration may also be given to individuals who have contributed in significant ways to the advancement of disciplines or programs at FAU and/or to the development of the state and region.”

As I will demonstrate below, Barb Schmidt has led an extraordinary life as a businesswoman, philanthropist, and spiritual teacher with over thirty years devoted to spiritual development, research and giving back to her community. Barb radiates enthusiasm and passion. As a compassionate community leader, she is one of those rare individuals who truly *cares*—and shows it in every aspect of her life.

In the 1980s and '90s, Barb pursued intensive studies of religion, sacred text, psychology, meditation, and self-help programs. She founded the Spirit of Giving Network and raised millions of dollars for children as the co-founder and president of Ronald McDonald Children Charities of South Florida.

Barb partnered with the Peace Studies program within the Dorothy F. Schmidt College of Arts in 2001 to promote dialogue and guidance for individuals seeking peace within themselves and their communities. Thanks to her key support, and she and Dick Schmidt's fundraising assistance to create the Lynn, Wold, Schmidt Peace Studies endowment, the Peace Studies program grew into the current Peace, Justice and Human Rights platform in President Kelly's strategic plan. The University's commitment to this work, and the passion of our faculty that Barb helped inspire and support, resulted in the opening of the Center for Peace, Justice, and Human Rights last year. The academic program now offers an undergraduate Certificate, a Master of Arts concentration, and a Doctor of Philosophy Concentration.

With the support of FAU's Peace Studies program, in 2006 Barb helped launch *Peaceful Mind/Peaceful World*, a community outreach program featuring workshops and weekly teachings. The program hosted notable speakers, such as His Holiness the Dalai Lama; Dr. Jane Goodall; medical intuitive Caroline

Myss; neuropsychiatrist and medical intuitive Dr. Mona Lisa Schulz; author and clinical psychologist Dr. James Finley; authors Dan Millman and Dr. Andrew Weil, and other distinguished guests who enriched our campus life experience. In 2011, continuing her mission of teaching and sharing practical spirituality, Barb founded the not-for-profit organization *Peaceful Mind Peaceful Life*, dedicated to furthering inner peace and wellness by educating and inspiring individuals, and creating community through mindfulness practices, online resources, and programs.

Barb is the author of the internationally bestselling book *The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness*. Over the years she has been on over 100 retreats and studies with teachers around the world from Deepak Chopra to the Dalai Lama. Her mission is to bring mindfulness teachings to the community in the belief that outer peace begins through inner peace. She has taught meditation courses at Nova Southeastern University and has offered classes and workshops as part of the Peace, Justice & Human Rights Initiative within the Dorothy F. Schmidt College of Arts and Letters, within the Charles E. Schmidt College of Medicine, the College of Social Work and Criminal Justice, the Christine Lynn College of Nursing and has worked extensively with FAU student athletes.

An in-demand public speaker, Barb currently has programs teaching mindfulness in local childhood development centers, high schools, universities, college athletic programs, and transitional programs for young adults with autism. She also teaches regular mindfulness and meditation workshops at Boca Raton Regional Hospital as part of the Peaceful Mind Peaceful Life Wellness Series

In 2018 after the horrific tragedy of the Stoneman Douglas High School shootings, Barb reached out to me with a desire to assist students, eager to make a change in their communities like the Parkland students, through a structured program of academic and practitioner training. That Fall we launched the *Barb Schmidt Fellowship: Cultivating Community Involvement, Advocacy, and Social Change* in partnership with *Peaceful Mind Peaceful Life*. The program provides student leaders with a platform to develop the skills and knowledge needed to initiate, execute and sustain community change.

The fellowship gives selected high school students, hands on experience through peer mentorship and workshops led by social influencers and FAU faculty over two semesters during the academic year. Successful completion of each semester earns fellows 3 university dual enrollment credits (6 credits total). Students learn key professional and technical skills that are essential for driving social change. After exploring the workings of social movements and gaining the expertise needed, students then work on their own project of choice, which is presented at the end of the fellowship and launched as a real intervention related to the project's goals. All of this is underpinned by a strong ethos of mindfulness, the necessity for becoming a changemaker to include self-care and sustainable expenditures of physical and emotional energy, in order to have maximum impacts.

Barb and her daughter and partner in Peaceful Mind Peaceful Life, Michelle Maros, open each session of the program with an hour-long class, as well as follow-up engagement with the students, and *Barb Schmidt Fellowship* alumni beyond the classroom. The program begins its fifth year this fall and would not have been sustained without the commitment of Barb to our students and faculty.

Returning to our criteria for the awarding of honorary doctorates, I can think of few others who have exceeded the mark as Barb Schmidt has. Her international recognition as a writer, teacher of

mindfulness, and philanthropist continues to grow, yet she never forgets her home base here at FAU. Her nurturing of our faculty and staff initiatives across the university has resulted in impactful outcomes for hundreds of staff, faculty, students and student-athletes. Eureka Apollon, 2020 fellow from Atlantic High School, sums up what most students and athletes report after taking classes with Barb: “My sense of empowerment also changed. Every single morning Barb and Michelle came in, I felt my sense of empowerment improving. Those were one of my favorite parts of the fellowship. Not only did I learn to cope with stress, but I also learned important life lessons such as setting up limits with people.” One must multiply that impact by the hundreds of people Barb’s teachings touch every year.

An Honorary Doctorate of Humane Letters from her beloved university would highlight and honor the myriad selfless contributions Barb Schmidt as made to Florida Atlantic University and to our greater community. She has inspired me greatly during my five years as Dean to do more to make this world a better place, and I wholeheartedly recommend her to you and our trustees for this recognition.



Owner/Publisher/Editor
Susan "SusieQ" Wood

Consultant to the Editor
Cheryl Hynes

Art Director
Robin White

National Editor
S. Alison Chabonais

Tri-County (SE Florida) Advertising
Susan Q Wood 954.630.1610

Distribution
Luis Herrera & Richard May

Co-Founder, Natural Awakenings
Publishing Corporation
John Voell II
239.530.1377

3900 Galt Ocean Dr # 1403
Ft Lauderdale FL 33308
Phone: 954.630.1610
Fax: 954.630.1670
SQWood@gmail.com
naBroward.com

© 2012 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS

Subscriptions are available by sending \$40 (for 12 issues) to the above address.

Natural Awakenings is printed on recycled newsprint with soy-based ink.



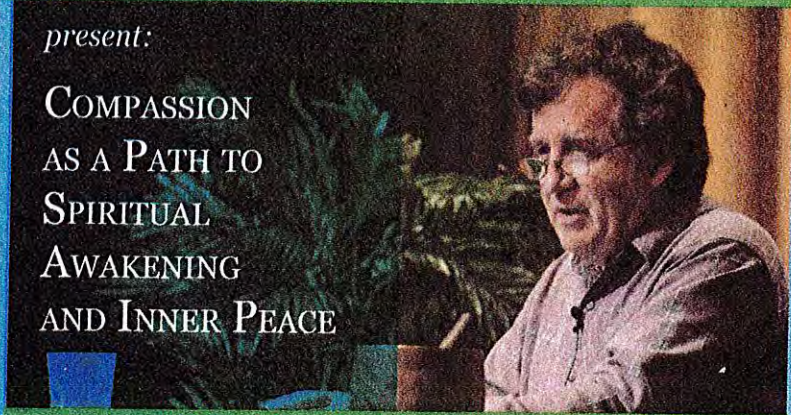
FAU

PEACE
STUDIES
PROGRAM
with

Peaceful Mind
Peaceful Life.org

present:

COMPASSION
AS A PATH TO
SPIRITUAL
AWAKENING
AND INNER PEACE



A Lecture By Thomas Merton Scholar James Finley
Thursday | October 18, 2012 | 7:30 pm
University Theatre, Florida Atlantic University, Boca Raton

An evening devoted to exploring compassion as a path to spiritual awakening and inner peace. Dr. Finley will use selected passages from The Bhagavad Gita, Christian mystics, The Upanishads, Kabbalah, and Tao Te Ching, to guide us along the healing path of endless compassion. A simple method of meditation will be taught. Q&A to follow. James Finley is a former Trappist monk who studied closely with Thomas Merton. He is now a renowned psychological and spiritual counselor in Santa Monica, CA, who leads retreats and workshops on a regular basis throughout North America and abroad. Tickets \$15; \$10 for Alumni, Faculty and Staff; Students free with ID; Call **1-800-564-9539** or visit **www.fauevents.com**

Upcoming Peaceful Mind Peaceful Life Programs

The Practice | Seminars with Barb Schmidt



Waking Up – Tapping Into Our Inner Source of Strength and Wisdom, Dec. 4 & 8, 2012, FAU Boca Raton

Living Present – Carrying Our Inner Peace Throughout the Day, Feb. 26, 2013, Mizner Park Cultural Arts Center

Letting Go – Reflecting on the Day and Making Peace with Ourselves, April 20 & 23, 2013, Mizner Park Cultural Arts Center

To register or for more information, visit **fauf.fau.edu/peaceful**, or call **561-297-2337**.

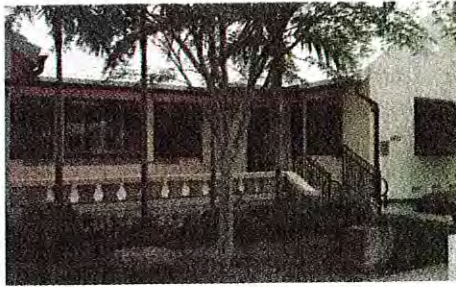


FAU Hosts James Finley with a Lecture on Spiritual Awakening

Florida Atlantic University's Peace Studies Program in the Dorothy F. Schmidt College of Arts and Letters hosts James Finley with the lecture, "Compassion as a Path to Spiritual Awakening and Inner Peace". The lecture will take place on Thursday, October 18, 7:30 p.m., in the University Theatre on FAU's Boca Raton campus, 777 Glades Road. Tickets are \$15; \$10 for FAU alumni, faculty and staff; and students are free with ID. To purchase tickets, call 1-800-564-9539 or visit fauevents.com.

Finley became a monk at the age of 18 at the cloistered Trappist monastery of the Abbey of Gethsemani where the world-renowned monk and author, Thomas Merton, was his spiritual director. Merton studied Eastern meditation techniques and is credited with reviving an interest in Christian meditation. After six years, Finley left the monastery and went on to earn degrees from the University of Akron, Saint John College and the Fuller Theological Seminary. Finley now leads retreats and workshops throughout the United States and Canada. During his lecture, he will emphasize the use of mystical compassion in our own lives and in our interactions with others.

For more information about the lecture and workshops in FAU's Peace Studies Program, call 561-297-2337. See ad page 5.



Hollywood Healing Center

On June 5, Hollywood Healing Center (HHC) held their "soft opening", a great time with delicious food and wine. Amongst the center's resident healers is Randy Eady, known as the Foot Whisperer, who uses balancing techniques with feet. Eady has a background helping veterans with phantom limb pain; he makes sure that the body and feet are in constant communication. The Japanese consider the feet a window to the body. The delighted crowd sat in the resonator which is FDA approved for stress reduction and relaxation.

Other services provided by the center include massage, homeopathic classes, and end of life consults using the resonator and homeopathy. When a person's life is drawing to a close, there are so many ways the individual can make their transition where pain medicine is kept to a minimum and lucid communication is possible.

Deborah Grossman, RN, runs HHC. She has over 25 years experience, including with her teenage daughter who died in 2001. "This healing center is not the norm. We want to blend all modalities that will reduce an individual's suffering. This is a life's dream for me."

HHC is located at 1601 Harrison Street. For more information, visit HollywoodHealingCenter.org or call 954-651-2795. See ad page 41.

Get a \$25 Facial!

Get a European Facial
for only \$25!

Weekend Skin Care
Clinic

Florida
College of Natural Health
a Steiner Education Group member

Hurry! Offer good thru October 28, 2012!*

\$25 Facial!

Present this coupon to receive
\$5 off a \$30 European Facial
in our weekend clinic.

*Cannot be combined with any other offer or coupon. No cash value.
Limit two (2) facials per coupon. Offer good thru 10/28/12.

Clinic Hours and Location:

Saturday & Sunday 9:00 am - 5:30 pm

2001 W. Sample Rd., Ste. #100 • Pompano Beach, FL 33064

954-975-6400

Call today to make an appointment!
Walk-ins also welcome • First come, first served.

MM #11742

I **GRAVE**
my workout

"I crave Jazzercise because it makes me
feel rejuvenated and stress free."

- Piper, 35

Photo
not
retouched!



jazzercise. real Results

Cooper City/Park Avenue Gymnastics - 954-389-2624
Coral Springs Jazzercise Fitness Center - 954-913-7659
Dania Beach/Frost Park Rec Complex - 954-547-5032
Davie/Pine Island Center - 954-389-2624
Davie/Saint Bonaventure - 954-389-2624
Deerfield Beach/N. Broward Jazzercise Fitness Center - 954-899-6586
Fort Lauderdale Jazzercise Fitness Center - 754-224-8244
Miramar/Sunset Lakes Rec Center - 954-536-3872
Miramar/Vizcaya Park - 954-536-3872
Pompano Beach/Civic Center - 954-785-7973
Sunrise/Athletic Club - 954-389-2624
Sunrise Jazzercise Fitness Center - 954-572-0779
Weston/International Dance Academy - 954-662-6898

\$25 Off Registration

Offer valid at participating locations. Joining
fee and auto-pay registration required.
Other restrictions may apply. Expires 10/15/12

More than 100 classes
to choose from in
Broward County

FIND A CLASS NEAR YOU

jazzercise.com | (800)FIT-IS-IT

About the Fellowship

The Barb Schmidt Fellowship provides student leaders with a platform to develop the skills and knowledge needed to initiate, execute and sustain a social movement. Students will learn skills that are essential for driving social change through peer mentorship and workshops led by social influencers and FAU faculty. After exploring the workings of social movements, students will then work on their own project of choice.

Who Should Apply?

We are looking for students dedicated to community engagement and activism and that wish to enrich their leadership skills in order to become more effective agents of social change. Candidates for the Barb Schmidt Fellowship must have:

- Completed freshman year of high school
- Received the approval of a high school Guidance Counselor (or designee)
- Achieved a 3.0 or higher unweighted cumulative high school G.P.A.
- Taken the ACT, SAT, Accuplacer or P.E.R.T. and attained all of the minimum scores necessary for dual enrollment at FAU (for minimum scores see www.fau.edu/registrar/dual-enrollment/)

How Do I Apply?

Submit completed application and two written recommendations (at least one from a teacher) by **June 15, 2018**

To view the application, visit

www.fau.edu/barb-schmidt-fellowship

If you have any questions, please contact:

Suzy Livingston

slivingston@fau.edu | 561-297-3158



About Barb Schmidt

A practitioner of mindfulness and meditation for more than 30 years, Barb Schmidt is the

author of the internationally bestselling book "The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness" and founder of the non-profit organization Peaceful Mind Peaceful Life. As an activist, her mission is to bring mindfulness teachings to the community in the belief that outer peace begins through inner peace. She has been on more than 100 retreats and studied with teachers around the world, including the Dalai Lama. For more information on Barb Schmidt visit peacefulmindpeacefullife.org

www.fau.edu/barb-schmidt-fellowship

slivingston@fau.edu | 561-297-3158



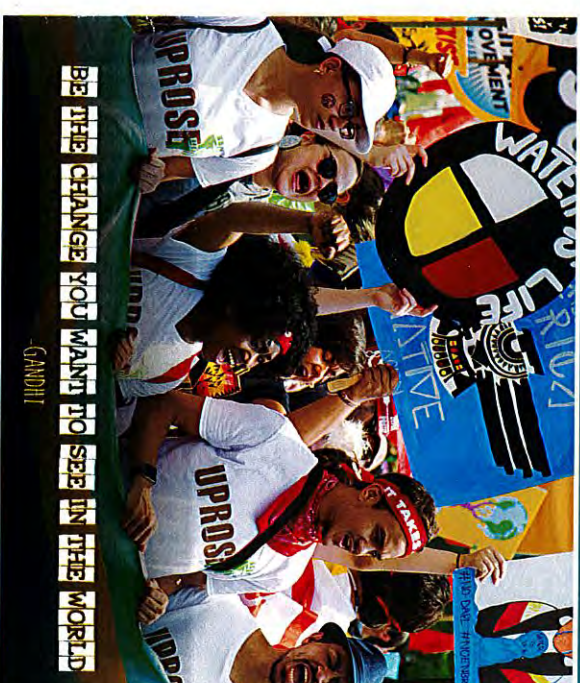
DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS

Florida Atlantic University

BOCA RATON, FLORIDA

FLORIDA ATLANTIC UNIVERSITY

CULTIVATING COMMUNITY
INVOLVEMENT, ACTIVISM
AND SOCIAL CHANGE



BARB SCHMIDT
FELLOWSHIP



DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS

Florida Atlantic University



Program Overview

Across the country student activists have made their voices heard as agents of social change. **The Barb Schmidt Fellowship** offers high school students the opportunity to nurture and sustain these efforts by participating in a special program at FAU while earning six university credits. The fellowship consists of two semesters of weekend classes offered through the Dorothy F. Schmidt College of Arts and Letters.

The fellowship brings together faculty with academic expertise, professional backgrounds and practical advocacy experience to provide the comprehensive guidance needed to be successful advocates for social change. Faculty expertise includes: History and Design of Effective Social Movements, Social and Digital Media Advocacy, News Media Analysis and Strategy, Public Presentation Skills, Fundraising and Non-Profit Organizing, Visual Arts and Graphic Design, Video Production, Music Designed for Social Change, Activist Theater, Current Legal and Political Issues, and Effective Campaign Operations from Research to Public Outreach.

SEMESTER 1 (Fall)

Participants attend class two Saturdays per month from 9 am to 2 pm at FAU's Boca Raton Campus. Fellows explore the principles of leadership, the dynamics of creating, developing and sustaining social movements through peer-to-peer and student-to-faculty interactive workshops, as well as learn the practice of mindfulness techniques to ensure the self-care and sustainability required for successful social movement work.

SEMESTER 2 (Spring)

Fellows attend class one Saturday per month from 9 am to 2 pm at FAU's Boca Raton Campus. Students will work individually or in teams to design and implement a socially-engaged service learning project. They will create a project portfolio to include all aspects of social movement development and implementation and prepare it for launch at the end of the semester.

The Fellowship will end in early May with a launch event in which each project is presented and celebrated. Local community organizers and media outlets will be invited.

Why Should I Apply?

Becoming a Barb Schmidt Fellow will reward you both personally and in your community engagement and social change efforts. The program is designed to help you:

- Gain practical knowledge and essential skills for successful organizing
- Foster partnerships through networking with other activists, university faculty and community leaders
- Support and mentor other engaged students by sharing your own expertise and experience through peer-based learning formats
- Design and develop a personalized service-learning project

All fellows selected to participate will receive a \$1,000 fellowship stipend*

Dual Enrollment credits are covered by the School District. All other costs are covered by the University, Peaceful Mind-Peaceful Life, and the generous community benefactors supporting the program.

CULTIVATING COMMUNITY INVOLVEMENT, ACTIVISM AND SOCIAL CHANGE

www.fau.edu/barb-schmidt-fellowship

**Students are required to complete the entire program in order to receive the Fellowship stipend*



FELLOWSHIP OVERVIEW

The Barb Schmidt Fellowship offers high school students the opportunity to nurture and transform students eager to become change-makers and leaders at FAU while earning six university credits. Our unique curriculum creates an environment that nurtures students' strengths and empowers them to imagine a better world with an opportunity to build a community organization.

The fellowship consists of two semesters of Saturday classes offered through the Dorothy F. Schmidt College of Arts and Letters. The fellowship brings together faculty with varied academic expertise, community leaders, peer mentors and activists practitioners for social change.

ABOUT BARB SCHMIDT



A practitioner of mindfulness and meditation for more than 35 years, Barb Schmidt is the author of the internationally bestselling book "The Practice: Simple Tools for Managing Stress, Finding Inner Peace, and Uncovering Happiness" and founder

of the non-profit organization Peaceful Mind Peaceful Life. As an activist, her mission is to bring mindfulness teachings to the community in the belief that outer peace begins with inner peace. She has been on more than 100 retreats and studied with teachers around the world, including the Dalai Lama. For more information on Barb Schmidt, visit peacefulmindpeacefullife.org

HOW CAN I MAKE A DONATION?

We have the ability to empower the next generation of leaders. Your generosity will change the lives of these deserving young students eager to make our world a better place.

To make an online gift, please visit: fauf.fau.edu/BarbSchmidtFellowship

Checks made payable to the [FAU Foundation, Inc./ Barb Schmidt Fellowship](#) can be mailed to: FAU/Dorothy F. Schmidt College of Arts and Letters, 777 Glades Rd., Boca Raton, FL 33431 Attn: Development Office

To make a credit card donation or for any questions, please contact Gail Vorsas at **561-297-2337**

"It soon became evident to me that the voice I possess is very powerful and I should not be afraid to use it when it could do so much good for this world. Empowerment comes from within and I just needed a little 'push' to fully witness that in myself."

- Jayita Golam, Deerfield Beach High School, 2020/21 Barb Schmidt Fellow (online)

FAU
BARB SCHMIDT
FELLOWSHIP
 Dorothy F. Schmidt
 College of Arts and Letters
 Florida Atlantic University

CULTIVATING COMMUNITY
INVOLVEMENT, ADVOCACY AND
SOCIAL CHANGE

BE THE CHANGE YOU WANT
TO SEE IN THE WORLD
 - GANDHI

FAU | BOCA RATON

FAU
BARB SCHMIDT
FELLOWSHIP
 Dorothy F. Schmidt
 College of Arts and Letters
 Florida Atlantic University

TRANSFORMING STUDENTS

Networking with like-minded individuals, passionate young people bring an authentic and dedicated purpose to their efforts. The program is designed to:

- Learn the tools of personal empowerment to strengthen their voices, confidence and convictions in creating positive change.
- Gain practical knowledge and essential skills for successful organizing around compelling issues.
- Foster partnerships through networking with other change-makers, university faculty and community leaders.
- Integrate positive mental health skills into daily practices of meditation and mindfulness activities to realize their personal power over inner thoughts and actions in handling challenges with a sense of peace and clarity.
- Support and mentor other engaged students by sharing your own expertise and experience through peer-based learning formats.
- Design and develop a group, community engaged social change project.

All fellows selected to participate will receive a \$1,000 fellowship stipend. *Dual Enrollment credits are covered by the School District. All other costs are covered by the University, Peaceful Mind-Peaceful Life, and the generous community benefactors supporting the program.

**Students who complete the entire program receive the Fellowship stipend.*

CULTIVATING COMMUNITY, INVOLVEMENT, ACTIVISM AND SOCIAL CHANGE



SEMESTER 1 | FALL: SPC 3632: COMMUNICATION AND SOCIAL CHANGE

Fellows explore the dynamics of creating, developing and sustaining social movements, with an emphasis on developing strong communications strategies through peer-to-peer and student-to-faculty interactive workshops, as well as the practice of mindfulness techniques to ensure the self-care and sustainability required for successful social movement work.

SEMESTER 2 | SPRING: POS 3950: COMMUNITY ACTIVISM IN PRACTICE

Fellows work in groups to design a community engaged project. They create a project portfolio to include all aspects of social movement development and implementation in preparation for launch at the end of the semester. The Fellowship ends in late April with a launch event in which each project is presented and celebrated. Local community organizers and media outlets are invited.

fau.edu/barb-schmidt-fellowship



WHO SHOULD APPLY?

Students engaged in their community who want to enrich their activism skills to become more effective agents of social change. Candidates for the Barb Schmidt Fellowship must have:

- Completed freshman year of high school
- Received the approval of a high school Guidance Counselor (or designee) Achieved a 3.0 or higher unweighted cumulative high school G.P.A.
- Taken the ACT, SAT, Accuplacer or P.E.R.T. and attained all of the minimum scores necessary for dual enrollment at FAU (for minimum scores see www.fau.edu/registrar/dual-enrollment/)

THE APPLICATION PROCESS:

In April each year, online applications are available to high schools students in Broward and Palm Beach counties. To view the application and to apply visit fau.edu/barb-schmidt-fellowship If you have any questions, please contact: Karen Leader at kleader@fau.edu

FELLOWS TESTIMONIALS

"Throughout this program I found myself going through my daily life remembering as well as putting to practice the key components to achieve power from within. I noticed that I was conscious of balancing my time which reduced stress, improved my general well-being and the efficiency of my work performance."

- Brittany, Academic Solutions Academy, Ft. Lauderdale, 2018/19 Barb Schmidt Fellow

"After months of team building exercises, group work, and connecting with our communities, I can say with absolute certainty that my confidence has never run deeper... even more important, however, is the ability to communicate with myself. The mindfulness sessions conducted every class showed me how to tap into me in ways I never imagined. Setting boundaries, understanding my desires, and making sure that I live in the moment have become essential parts of my routine."

- Chekuba Chukwuma, Atlantic High School, Delray Beach, 2019/20 Barb Schmidt Fellow

"Overall, this fellowship grew me as a person and a change-maker. Instead of sulking about world issues or community problems, I'm always looking for ways to fix them. I have become more vocal in asking questions instead of pondering them in my head. My confidence and sense of self has also really grown. This experience has been truly life-altering."

- Neil Paul, Boca Raton High School, Boca Raton, 2019/20 Barb Schmidt Fellow



2016-2017 Student-Athlete Welcome Back Kick Off
August 21, 2016 – Arena – 6:00 PM

Featured Speaker
George Mumford

AGENDA

- 5:30 PM Media interviews with ESPN West Palm and FAU Videographer
- Doors open for student-athletes and guests
- Loop of past year highlight videos will be playing in the background
 - Student-athletes must check-in with academic advisor and receive t-shirt
- 6:00 PM Pat Chun
- Welcome statement
 - Introduction of President Kelly (brief comments)
 - Introduction of SAAC President Breanna Saukas (speak for 5 minutes)
 - Recognition of individual and team awards
 - Introduction of Barb Schmidt
- 6:20 PM Barb Schmidt
- Introduction of George Mumford
- 6:30 PM George Mumford
- 7:20 PM Q & A Session
- Barb Schmidt and Pat Chun will help facilitate
- 7:30 PM Barb Schmidt and Pat Chun
- Closing Statements
 - Ice Cream provided
- 8:00 PM Event Concludes

DEPARTMENT OF ATHLETICS

Florida Atlantic University • Tom Oxley Center, 777 Glades Road, Boca Raton, FL 33431 •

Building Champions, Brick by Brick



***Coaches Discussion
August 22, 2016 – Stadium Acura Club – 9:00 AM***

***Featured Speaker
George Mumford***

AGENDA

- 8:30 AM Doors open
- Continental breakfast will be available
- 9:00 AM Pat Chun
- Welcome Statement
 - Introduction of President Kelly
 - Introduction of Barb Schmidt
- 9:10 AM Barb Schmidt
- Introduction of George Mumford
- 9:15 AM George Mumford
- 9:45 AM Q & A Session – Open Discussion
- Barb Schmidt and Pat Chun will help facilitate
- 10:00 AM Pat Chun
- Closing statements
 - Event concludes

DEPARTMENT OF ATHLETICS

Florida Atlantic University • Tom Oxley Center, 777 Glades Road, Boca Raton, FL 33431 •

Building Champions, Brick by Brick



PEACE STUDIES PROGRAM
 DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS
 FAU PEACE, JUSTICE AND HUMAN RIGHTS INITIATIVE



BARB SCHMIDT, FOUNDER

Presents An Evening of Peace & Inspiration with
 'New York Times' Bestselling Author

GABRIELLE BERNSTEIN and Friends

Wednesday, November 12, 2014

5-9 pm, Carole & Barry Kaye Performing Arts Auditorium Florida Atlantic University, Boca Raton

Join Barb Schmidt, founder of Peaceful Mind Peaceful Life, for an inspiring evening devoted to inner and outer peace and wellness.

5-6:15 pm, Peace & Wellness Exposition. Meet Barb Schmidt, vocalist Skye Dyer, author and human rights activist Serena Dyer and natural skincare entrepreneur Tata Harper; enjoy samples from Raw Juce and Green Bar & Kitchen; network and meet with organizations working for inner and external peace, justice and human rights.

6:30 pm, Barb Schmidt will lead a workshop on "Letting Go of the Need to Do and Just Be," with Skye Dyer, Serena Dyer, and Tata Harper.

7 pm, Gabrielle Bernstein, author of *Miracles Now*, will present "Your Presence is Your Power," offering practical tools and spirit-based principles from her book, meditations, assessment questions, and step-by-step guidance—while incorporating lessons from *A Course in Miracles* and Kundalini yoga. Q&A and book signing to follow

Tickets: \$25 in advance; \$30 at the door. Alumni, faculty and staff \$20; Students \$5 with school ID. Admission includes gifts from Expo exhibitors and a cd/video gift from Bernstein.

Tickets at **1-800-564-9539**
 or at **www.fauevents.com**

Special \$109 rate for lecture attendees at the Wyndham Boca. Call 1-888-404-6880 and mention FAU Bernstein lecture.



GABRIELLE BERNSTEIN & BARB SCHMIDT



SKYE DYER

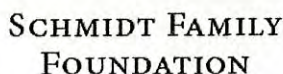


SERENA DYER



TATA HARPER

What do you IMAG*NE? While on campus Nov 12, make sure to visit the interactive sculpture IMAG*NE, on display to celebrate Peace.





Peace Studies Program

DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS



Peace Studies Program

DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS



*Peaceful Mind
Peaceful Life*
PRESENTS

Gabrielle Bernstein

New York Times bestselling author

May Cause Miracles: Lecture & Book Signing with Gabrielle Bernstein Thursday, November 14, 7:30 pm

University Theatre, FAU Boca Raton

Featured on Oprah's Super Soul Sunday as a next generation thought leader, Gabrielle Bernstein is the bestselling author of the book *May Cause Miracles*. Gabrielle will offer up soulful methods for reducing stress, igniting joy and accessing your true presence of power. Through Kundalini meditation, practical tools and messages from her books, Gabrielle will offer guidance on creating a truly miraculous life. Book signing to follow. Tickets \$25; Alumni, faculty and staff \$15; Students \$5 with school ID. For tickets, visit www.fauevents.com or call 1-800-564-9539.

Special \$99 rate for lecture attendees at the Wyndham Hotel. Call 1-888-404-6880 and refer to Gabrielle Bernstein lecture.

SCHMIDT FAMILY FOUNDATION



*Peaceful Mind
Peaceful Life*

'The Practice'

workshops by
Barb Schmidt



Cultivating Patience, Managing Stress, and Finding Meaning in our Daily Lives

"Tell me, what is it you plan to do with your one wild and precious life?" – Mary Oliver

Tuesday, December 3, 6 – 9 pm

Saturday, December 7, 9:30 am – 12:30 pm

\$20 each seminar

Senate Chambers, Student Union, FAU Boca Raton

The small irritations in our day are perfect for practicing patience, noticing what causes us stress and finding meaning in our magnificent lives. In this workshop you will learn how to use 'The Practice,' a set of practical, spiritual tools to keep the mind present, for the moments of your life where the opportunity to choose your actions and behavior exists. Registration required, visit

<http://fauf.fau.edu/peaceful> or call 561-297-2337.

Barb Schmidt is the founder of Peaceful Mind Peaceful Life and a teacher of a spiritual path that she developed called 'The Practice.' She has been conducting workshops on peaceful, mindful living for nine years. For more information about 'The Practice,' visit www.barbschmidt.com and www.peacefulmindpeacefullife.org.

For information about the FAU Peace Studies Program, visit www.fau.edu/peacestudies

2014

Present a Lecture | Q&A | Book Signing

THE PRACTICE™

Simple Tools
for Managing Stress,
Finding Inner Peace, and
Uncovering Happiness

Tuesday, May 13, 2014

Auditorium, Christine E. Lynn
College of Nursing, FAU Boca Raton

7 pm – Lecture, Q&A, and book signing with featured author **Barb Schmidt**, founder of *Peaceful Mind, Peaceful Life*, discussing her new book. More info at 561-297-2337.

Free event. Registration required at fauf.fau.edu/ThePractice



"Barb offers readers life-changing spiritual guidance in an easy to follow format, and what makes this book so magnificent is that she has infused her own stories and struggles to help readers connect and learn."

– **Gabrielle Bernstein**,

New York Times bestselling author of *May Cause Miracles*

FAU's Peace Studies Program along with *Peaceful Mind Peaceful Life* offer community outreach programs which promote lasting discussions and understanding of the challenges individuals face as they seek peace within their own lives and communities. For more information about "The Practice," visit peacefulmindpeacefullife.org or barbschmidt.com

PRAISE FOR "THE PRACTICE"



"Barb Schmidt writes in such a gentle, relaxed conversational style that it felt to me as if she were taking me by the hand and introducing me to the world of meditation and spiritual healing that she knows so well."

– **Doris Kearns Goodwin**,

Pulitzer Prize-winning American biographer, historian and political commentator

"One of the most common questions I am asked is how to integrate a spiritual practice with daily life. Barb Schmidt's small book supplies a very practical answer... this book is the result of her own experience and will appeal to anyone – irrespective of religious affiliations – interested in travelling the spiritual path."

– **Jetsunma Tenzin Palmo**,

Buddhist nun, author of *Into the Heart of Life*, teacher and founder of the Dongyu Gatsal Ling Nunnery in Himachal Pradesh, India

"Those who accept [Barb Schmidt's] invitation to begin a lifelong, daily practice of contemplation will be grateful for the interior transformations that will occur as meditation radiates out into their lives, helping them to become a healing presence in the world."

– **James Finley, Ph.D.**,

Thomas Merton scholar, author of *Christian Meditation*

"Her book is a sincerely honest and candid tale of her discoveries. It invites readers to find their own pathway. The Practice is a template for a purposeful, happier, and fulfilling life."

– **Dan Baker, Ph.D.**,

Author of *What Happy People Know*

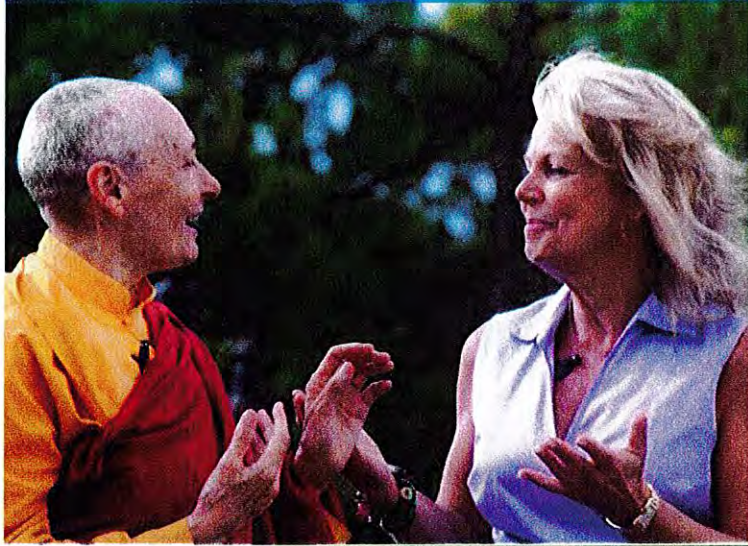


For more information about Peace Studies at FAU visit www.fau.edu/peacestudies

SCHMIDT
FAMILY
FOUNDATION



FAU PEACE, JUSTICE AND HUMAN RIGHTS INITIATIVE



A NEW YEAR RENEWAL
OF PEACE, INSPIRATION
AND COURAGE

FAU PEACE, JUSTICE AND HUMAN RIGHTS INITIATIVE



'THE PRACTICE'
WORKSHOPS BY
BARB SCHMIDT

LECTURE BY **JETSUNMA TENZIN PALMO**
7 pm, Monday, January 5, 2015

University Theatre, Florida Atlantic University, Boca Raton

Jetsunma Tenzin Palmo shares her welcome of the new year with an inspirational message of peace, courage and the wisdom of staying connected to yourself. Author of "Into the Heart of Life," Jetsunma is recognized as a powerful proponent of the universal need for all human beings to "realize their full potential."

Jetsunma was one of the first Western women to be ordained as a Tibetan Buddhist Nun. In 1999, she started a nunnery for young Buddhist girls, which now welcomes more than 70 nuns every year. In recognition of her spiritual achievements, she was given the rare title of Jetsunma, which means Venerable Master.

Tickets: \$20; \$15 Alumni, Faculty, Staff; \$5 Students w/ID

WWW.FAUEVENTS.COM | 800-564-9539

OUTER PEACE BEGINS WITH INNER PEACE
FINDING BALANCE IN THE MIDST OF CHAOS,
FEAR AND NEGATIVITY

6-9 pm, Tuesday, January 20

9:30 am-12:30 pm, Saturday, January 24

Senate Chambers, Student Union, FAU Boca Raton

Using her book "The Practice," combined with teachings from the great masters, Barb will present practical strategies for finding your "center" and knowing your self-worth while staying confident and strong, even when the external world feels incomprehensible and beyond your control. *\$25 each workshop.* Registration required, visit <http://fauf.fau.edu/peaceful> or call 561-297-2337.

Barb Schmidt is the founder of Peaceful Mind Peaceful Life and a teacher of a spiritual path that she developed called 'The Practice.' She has been conducting workshops on peaceful, mindful living for nine years. For more information, visit barbschmidt.com or www.peacefulmindpeacefullife.org.

For information about the FAU Peace, Justice and Human Rights Initiative, visit www.fau.edu/pjhr

FAU'S
Peace Studies
Program

Peaceful Mind PEACEFUL WORLD

Celebrates the 100th anniversary of Gandhi's non-violent resistance in South Africa



Here is New York

12 p.m. Images from a 9/11 photo-documentary

When the Towers Fell; by Galway Kinnell

12:30 p.m. Personal reflections and poem presentation by Department of Theatre MFA students

A Peace Tale

12:45 p.m. Storytelling performance by Dr. Caren Niele

September 11: Creating History of a Different Kind

1 p.m. Lecture by Professor Sushil Mittal, Director of the Mahatma Gandhi Center for Global Nonviolence, James Madison University

The Peaceful Mind/Peaceful World Series is a community outreach program of the Dorothy F. Schmidt College of Arts and Letters' Peace Studies program.

Peaceful Mind/Peaceful World lecture sponsored by the Schmidt Family Foundation.

Here is New York courtesy of John and Joanne Payson and the Jaffe Book Arts Collection, Wimberly Library

**Monday, September 11, 2006
12:00 p.m., Live Oak Pavilion**

University Center, FAU Boca Raton

FAU
FLORIDA ATLANTIC
UNIVERSITY

Peaceful Mind PEACEFUL WORLD

Lecture / Workshop Series • 2006/07



"Peace is not an absence of war. It is a virtue, a state of mind, a disposition for benevolence, trust, and justice."

- SPINOZA

As quoted in *Words to Live By* by Eknath Easwaran



Author & Professor

Sushil Mattil

Director of the Mahatma Gandhi Center for Global Nonviolence,
James Madison University

September 11, 2006



Nurse Scientist

Jill Bormann,

PhD, RN, Veterans Affairs
San Diego, San Diego
State University

March 31, 2007

The Peace Studies Program in the Dorothy F. Schmidt College of Arts and Letters is designed to provide students with a deeper understanding of the complexity of peace and the resolution of conflict from a multidisciplinary perspective.

For information on Peace Studies, visit www.fau.edu/peacestudies

The Peace Studies Program and related College programs have developed a rich array of initiatives that promote world peace and international understanding, creating the foundation for an Institute for the Study of Peace and Social Justice.

Peaceful Mind PEACEFUL WORLD

Lecture / Workshop Series • 2006/07

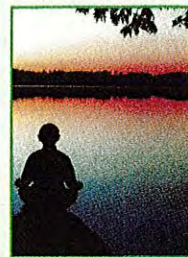


Celebrating the 100th Anniversary of Gandhi's non-violent Resistance in South Africa

Program and Lecture by Professor Sushil Mittal, Director of the Mahatma Gandhi Center for Global Nonviolence, James Madison University

Monday, Sept. 11, 2006 • 12 – 2 p.m.

Live Oak Pavilion, University Center

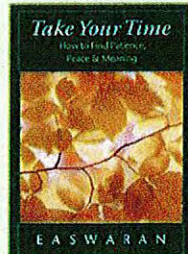


Creating Inner Peace: Ways to Calm the Mind and Lift the Spirit

EXPERIENTIAL WORKSHOP led by Jill Bormann, PhD, RN, Veterans Affairs San Diego, San Diego State University. \$5 registration fee includes a copy of the newly released book *Take your Time: How to Find Patience, Peace and Meaning* by Eknath Easwaran. Complimentary lunch will be served.

Saturday, March 31, 2007 • 10 a.m. – 2 p.m.

Christine E. Lynn College of Nursing Building



Finding Patience, Peace and Meaning

WORKSHOP based on Eknath Easwaran's book *Take your Time: How to Find Patience, Peace and Meaning*. \$5 registration fee; FREE to participants in the March 31 workshop.

Saturday, April 14, 2007 • 9:30 a.m. – noon

Christine E. Lynn College of Nursing Building

All events will take place on FAU's Boca Raton campus. Workshop space is limited, pre-registration recommended.

Please call **561.297.3158**

www.fau.edu/peacefulmind

The Peaceful Mind/Peaceful World Series is a community outreach program of the Dorothy F. Schmidt College of Arts and Letters' Peace Studies program in partnership with the Christine E. Lynn College of Nursing's Initiative for Intentional Health.



Dorothy F. Schmidt College of Arts and Letters
Office of College Communications

MEDIA CONTACT: Polly Burks
561-297-2595, pburks@fau.edu

MEDIA ADVISORY

FAU's Peaceful Mind/Peaceful World Series Presents "Creating Inner Peace: Ways to Calm the Mind and Lift the Spirit"

BOCA RATON, FL (March 29, 2007) – Florida Atlantic University's Peaceful Mind/Peaceful World series presents a lecture and workshop entitled "Creating Inner Peace: Ways to Calm the Mind and Lift the Spirit." The event will take place on Saturday, March 31 from 10 a.m. to 2 p.m. in the Christine E. Lynn College of Nursing building on FAU's Boca Raton campus. The keynote speaker for the event is Jill Bormann, Ph.D., R.N., of the VA San Diego Healthcare System and San Diego State University. Bormann's research on methods for relieving stress in veterans suffering from post-traumatic stress disorder was recently recognized in the *Journal of Advanced Nursing* and has been supported by the National Center for Complementary and Alternative Medicine of the National Institutes of Health. She will be introducing the workshop participants to a range of techniques for creating calm and finding peace in everyday life and during crisis.

The event is sponsored by FAU's Peace Studies Program and the Initiative for Intentional Health of the Christine E. Lynn College of Nursing. The Peaceful Mind/Peaceful World series is part of the community outreach done by FAU's Peace Studies Program. The program offers undergraduate and graduate courses designed to provide students with a deeper understanding of the complexity of peace and the resolution of conflict from a multidisciplinary perspective. For more information, visit www.fau.edu/peacefulmind.

- FAU -

FAU'S PEACE STUDIES PROGRAM *and* PEACEFUL MIND PEACEFUL LIFE *present*

A COMPASSIONATE CARE CONFERENCE: THE SPIRITUAL DIMENSIONS OF HEALING, TRAUMA, AND SUFFERING



Friday, April 5 – Sunday, April 7, 2013

Christine E. Lynn College of Nursing Auditorium, FAU Boca Raton

Open to the public, this conference is intended for mental health and medical professionals, students, those in ministry and all who are interested in approaches to healing and finding meaning in everyday encounters. Featuring clinical psychologist, author and Thomas Merton scholar James Finley, Ph.D.

Friday, 7 pm: Lecture

Saturday, 8 am – 5 pm: Conference

Sunday, 8 am – noon: Optional

Register online at fauf.fau.edu/compassion

\$30-\$50 or \$15 for FAU students

Saturday lunch provided by Whole Foods Market, Boca Raton

More information at 561-297-2337


Peaceful Mind
Peaceful Life.org

Presenting Partners

FAU CHARLES E. SCHMIDT
COLLEGE OF MEDICINE

FAU CHRISTINE E. LYNN
COLLEGE OF NURSING

WHOLE FOODS MARKET
BOCA RATON

FAU DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS
PEACE STUDIES PROGRAM

FAU SCHOOL OF SOCIAL WORK

HOSPICE BY THE SEA, INC.

LOUIS AND ANNE GREEN
MEMORY AND WELLNESS CENTER

FAU

Money

FAU hosts compassionate care conference

A conference that explores approaches to healing that treat the whole person will be presented by Florida Atlantic University's colleges of Medicine, Nursing, Social Work and Humanities, April 5 beginning with a keynote 7 p.m. at the Christine E. Lynn College of Nursing in Boca Raton, through April 7.

The conference, sponsored by the Louis and Anne Green Memory and Wellness Center and Hospice by the Sea, is designed for health professionals, students, those in ministry, and in various treatment disciplines.
Call 561-297-2337.

— **Cindy Kent**

Online today

@ 10 a.m.:

Need a change? Learn the most effective ways to find a new job, and which fields may be your best bets, at **Sun Sentinel.com/yourcareer**

Broward College to explain financial aid

Find out how to get money for college Saturday. Broward College staffers will help prospective and current students fill out financial aid applications from 9 a.m. to 2 p.m., at the A. Hugh Adams Central Campus, 3501 SW Davie Road, Building 19, in Davie.

Submit applications on the spot and learn about scholarships, including Florida Bright Futures. Bring your 2011 and 2012 tax returns and W-2 forms, if available. Presentations will be in English, Spanish and Creole.

Call 954-201-7200 or go to broward.edu/sfs.

— **Donna Gehrke-White**



▲ Dow 14,450.06 (+2.77)

▼ S&P 500 1,275.78 (+2.74)

▼ NASDAQ 3,242.32 (-10.55)

▲ OIL \$92.54/bbl. (+\$0.49)

▼ 10-YR. NOTE 2.02% (-0.04)



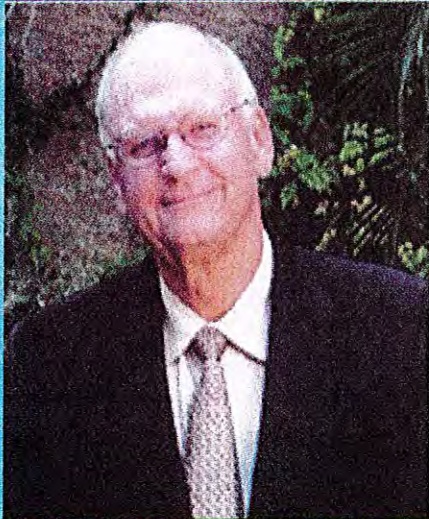
(2013)



PEACE STUDIES PROGRAM with

Peaceful Mind Peaceful Life
A Way of Life

HAPPINESS: MAKING YOUR HEARTBEATS COUNT



Lecture by Dan Baker, Ph.D.

Saturday, February 9, 2 pm
University Theatre, FAU Boca Raton Campus

The author of *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better*, Dan Baker, Ph.D., has been at the grass roots level in a national initiative known as Positive Psychology. The scientific study of human strengths, virtues and character, Positive Psychology investigates what is right with people, their organizations and institutions. "Organizations grow and prosper when they lead from what they do right and best."

Tickets \$15; \$10 for Alumni, Faculty and Staff; Students free with ID; Call 1-800-564-9539 or visit www.fauevents.com

EXPRESSIONS OF PEACE PRESENTED BY THE FAU PEACE STUDIES PROGRAM AND THE SCHOOL OF SOCIAL WORK



The Practice Seminars with Barb Schmidt

Living Present - Carrying Our Inner Peace Throughout the Day

Tuesday, February 26, 9:30 am - 12 pm

Tuesday, February 26, 6 - 8:30 pm

Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton; \$15 each seminar

Letting Go - Reflecting on the Day and Making Peace with Ourselves

Saturday, April 20, 9:30 am - 12 pm

Tuesday, April 23, 6 - 8:30 pm

Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton; \$15 each seminar

Registration required (non-refundable) and seating is limited. To register visit: fauf.fau.edu/peaceful or call 561-297-2337.

Seminar Registration - All seminars will be facilitated by Barbara Schmidt. Coffee and beverages are served. Please bring a light sweater and a writing utensil.

For more information about The Practice, visit:
www.peacefulmindpeacefullife.org





PEACE STUDIES
PROGRAM *with*



The Practice Seminars with Barb Schmidt

Waking Up – Tapping Into Our Inner Source of Strength and Wisdom

Tuesday, December 4, 6 - 8:30 pm

Saturday, December 8, 9:30 am - 12 pm

Senate Chambers, Student Union, FAU Boca Raton

\$15 each seminar

Living Present – Carrying Our Inner Peace Throughout the Day

Tuesday, February 26, 9:30 am - 12 pm

Tuesday, February 26, 6 - 8:30 pm

Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton; \$15 each seminar

Letting Go – Reflecting on the Day and Making Peace with Ourselves

Saturday, April 20, 9:30 am - 12 pm

Tuesday, April 23, 6 - 8:30 pm

Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton; \$15 each seminar

We invite you to join Barb as she teaches **The Practice**, a set of practical tools that can be used throughout the day to guide us in our lives. These tools are intended to help us cultivate a peaceful mind so that we can lead happier, more loving, more mindful, and more peaceful lives.

For more information about
The Practice, visit:
www.peacefulmindpeacefullife.org

Seminar Registration -
All seminars will be facilitated by
Barbara Schmidt. Coffee and beverages are
served. Please bring a light sweater and a
writing utensil.

*Registration required (non-refundable)
and seating is limited. To register visit:*

fauf.fau.edu/peaceful
or call 561-297-2337.



FLORIDA ATLANTIC UNIVERSITY
DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS

FAU DEPT. OF ENGLISH *with* BARB SCHMIDT
and PEACEFUL MIND/PEACEFUL LIFE
present

P. SCOTT
CUNNINGHAM
O, MIAMI FOUNDER *and* DIRECTOR

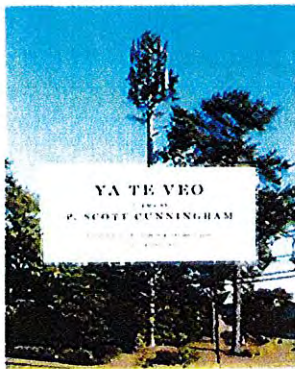
AN EVENT TO CELEBRATE
THE PUBLICATION OF
YA TE VEO



SPECIAL READING & BOOK SIGNING

Tues, April 10, 2018

7 pm, Grand Palm Room, Student Union
Building (SU), FAU Boca Raton



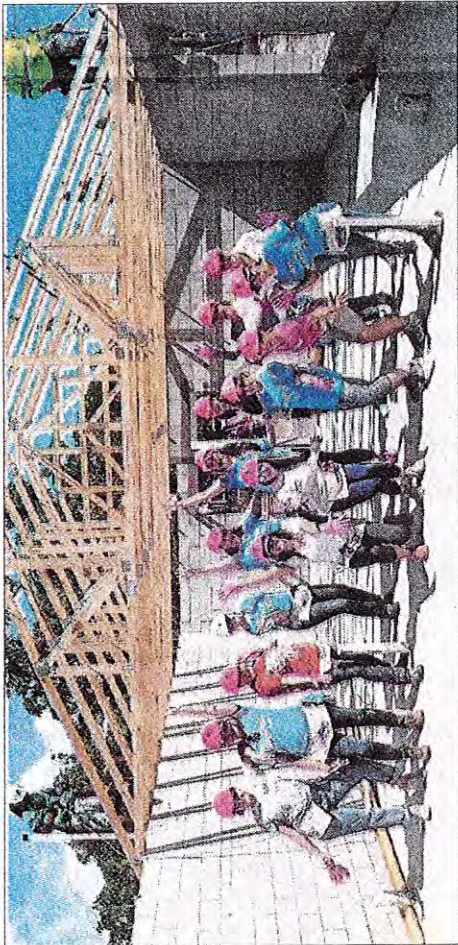
P. Scott Cunningham is a poet, translator, essayist, and community organizer originally from Boca Raton, FL. He is the author of *Ya Te Veo* (University of Arkansas Press, 2018), selected by Billy Collins for the Miller Williams Poetry Series. He is the founder and director of O, Miami, a non-profit organization that celebrates Miami, FL through the lens of poetry. Named one of “20 Under 40 Emerging South Florida Leaders” by *The Miami Herald* and one of 51 “brilliant urbanites who are helping to build the cities of America’s future” by *Fast Company*, he has been a featured speaker at The Aspen Institute, Breakout, Creative Many, TedX, Creative Mornings Miami, Miami Book Fair, and the Decatur Book Festival.

Free and open to the public.

Books available for sale. For information, call 561-297-2974

If accommodation(s) for a disability is required call TTY 1-800-955-8770 or e-mail mfa@fau.edu a minimum of five (5) working days in advance of the date of the event.

YOUR NEIGHBORHOOD IN PICTURES



Leadership Palm Beach County classmates recently participated in Habitat for Humanity's National Women Build Initiative. These homes are funded by women, built by women and designated to be occupied by single-mom households. Amy Brand, chief development officer for Habitat, is a member of the current Leadership class.

CONTRIBUTED



The Caffè Luna Rosa team was dressed in patriotic red, white and blue for Delray Beach's 10th annual Savor the Avenue. The restaurant served 115 guests, who dined on Maine lobster and slow-roasted beef filet, while enjoying the glow of sparklers each received from their host.

CONTRIBUTED BY RICH POLLACK



Poet, translator, essayist and community organizer P. Scott Cunningham (center), a former Boca Raton resident, gave a reading and signed books recently at Florida Atlantic University. He was warmly welcomed by his hosts, Barb Schmidt (left) of Peaceful Mind/Peaceful Life and Michael Horswell, dean of FAU's Dorothy F. Schmidt College of Arts and Letters. CONTRIBUTED

Have some news in pictures you want to share? Send them to npostpictures@pbpost.com. Resolution must be at least 300 dpi and full caption information must be included. Caption should include: first and last names; titles; directionals (from left to right etc.); event name and date; and a description of the activity (if relevant).

PHOTOS WITHOUT COMPLETE CAPTIONS WILL NOT BE USED

PETS OF THE WEEK



ANIMALS

Three rare red wolf pups



AN EVENING WITH DR. JANE GOODALL

Generously Supported by Peaceful Mind Peaceful Life
and Dick and Barb Schmidt

Tuesday, March 19 | FAU BOCA RATON

Carole and Barry Kaye Performing Arts Auditorium

6:30 pm, Lecture and Book Signing

For Private Reception and support information, see reverse side

Tickets at fauevents.com or **561-297-6124**

Department of Anthropology
DOROTHY F. SCHMIDT COLLEGE OF ARTS AND LETTERS
Florida Atlantic University, Boca Raton



(2019)

PEACEFUL MIND PEACEFUL LIFE and FAU present

BE THE CHANGE

An Evening With

Glennon Doyle

Abby Wambach

Brittany Packnett

Elaine Welteroth



A NIGHT OF INSPIRATION, EMPOWERMENT AND FUN!

with *New York Times* best-selling author **Glennon Doyle**, two-time Olympic gold medalist **Abby Wambach**, Harvard Institute of Politics Fellow **Brittany Packnett**, award-winning journalist and *Project Runway*'s **Elaine Welteroth**, international best-selling author and co-founder of the nonprofit Peaceful Mind Peaceful Life **Barb Schmidt**, mindfulness, meditation, and personal empowerment writer and speaker **Michelle Maros**

6:30 pm, Friday, April 5, 2019

Carole and Barry Kaye Performing Arts Auditorium

Florida Atlantic University, Boca Raton

Tickets at fauevents.com | **561-297-6124**

Priority Seating \$100 | General Seating \$35 and \$60

FAU Students, Faculty and Staff Free in General Seating

All Early-Bird \$50, \$60 and \$100 purchased tickets receive a copy of Abby's new book, **WOLFPACK**, at the event; must present ticket at the door to receive.

VIP Meet-and-Greet opportunities available; please contact Liz Gilbert at liz@ludlamgroup.com or 561-350-6663.

If accommodation(s) for a disability is required or another version of this flyer is needed, call TTY 1-800-955-8770 / 561-297-6124 or e-mail faubox_office@fau.edu (5) working days prior to the event.

 Peaceful Mind *Peaceful Life*

DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS



Peaceful Mind Peaceful Life

Workshops 2011/12

The Journey Inward

Tuesday, November 1, 9:30 am – 2:30 pm
Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton, \$25 (lunch included)

Saturday, November 5, 9:30 am – 2:30 pm
Senate Chambers, Student Union, FAU Boca Raton,
\$25 (lunch included)

Kicking off our new season of workshops and events, **Peaceful Mind Peaceful Life** founder **Barb Schmidt** has invited **yoga master Leslie Glickman** to share her wisdom and Yin Yoga practice in this exciting one-day program. Yin Yoga aligns with the Daily Spiritual Practices taught through **Peaceful Mind Peaceful Life** by helping people achieve personal transformation and inner unity. Beginning with a discussion by **Barb and Adriana Faraldo** on the use of a mantra or Sacred Friend, "The Journey Inward" will include a lecture by Leslie, followed by a Yin Yoga practice that will offer an opportunity to experience a unique type of yoga that is long, slow, quiet and profound. Yin poses are done while sitting on the floor with slow movements, breathing techniques, intention setting and use of a mantra. This approach to yoga connects the mind, body and spirit.

Leslie has been teaching yoga for more than 16 years and believes it is an education of the self. She is the founder and director of Yoga Journey, which is dedicated to sharing the gift of yoga through classes, worldwide retreats, workshops and Teacher Trainings. Her approach to yoga teaches you to take your experience off the mat and into your daily life. Please wear comfortable clothes (shorts or pants) that allow for easy moving and stretching, and bring a yoga mat and towel.

Seeing Beneath Life's Experiences: Living a Life of Gratitude

Saturday, Dec. 3, 9:30 am – 12 pm
Tuesday, Dec. 6, 6 – 8:30 pm

*"There are no mistakes, no coincidences.
All events are blessings given to us to learn from."*
-Elizabeth Kubler-Ross

Awaken your Heart: Uncovering our Truest Self

Saturday, Feb. 18, 9:30 – 12 pm
Tuesday, Feb. 21, 6 – 8:30 pm

"I would finally just like to advise you to grow through your development quietly and seriously; you can interrupt it in no more violent manner than by looking outwards, and expecting answers from outside to questions which perhaps only your innermost feeling in your most silent hour can answer." - Rainer Maria Rilke.

The awakening of our heart allows us to more fully live the life we have been given. See how the practice of being present in our life begins to bridge the distance between our head and our heart allowing us to uncover our true self. **\$15 each workshop.**

Cultivating Patience in our Busy Lives: Removing Personal Obstacles

Saturday, April 21, 9:30 am – 12 pm
Tuesday, April 24, 6 – 8:30 pm

"He that can have patience, can have what he will."
- Benjamin Franklin.

We live in a world that has never been busier and yet we have come to expect instant gratification. Learn how Daily Spiritual Practices can help us cultivate the patience it takes to look at our lives and to understand the personal obstacles that prevent us from being the person we are meant to be. **\$15 each workshop.**

Workshop Information

All workshops will be facilitated by Barbara Schmidt and



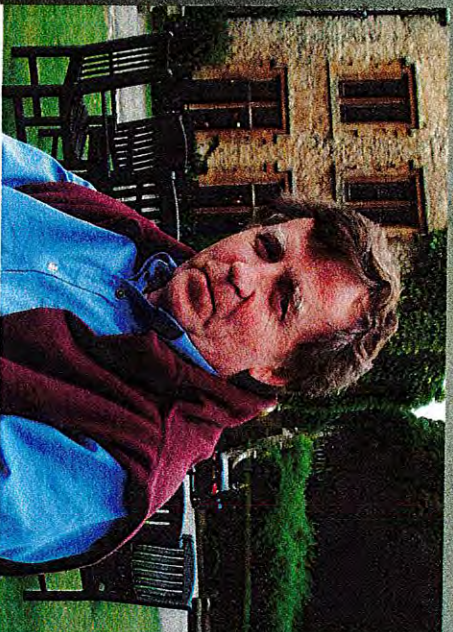
Into the Heart of Life – Jetsumma Tenzin Palmo
Saturday, Jan. 7, 4 pm, Lecture and book signing
University Theatre, FAU Boca Raton

Jetsumma Tenzin Palmo is one of only a handful of western women to be ordained as a Tibetan Buddhist Nun. She is recognized as a powerful proponent of the universal need of individuals to find their voices so that all human beings can “realize their full potential.” In one of her rare visits to the United States, Tenzin Palmo offers down to earth, practical advice on cultivating a peaceful mind amidst the chaos and stress of everyday life.

Tenzin Palmo left England for India at the age of 20 to pursue her Buddhist training and in 1964 became a nun. After several years of study, she sought complete seclusion in a remote cave where she practiced intensively for 12 years. Later she started a nunnery. In 2008, in recognition of her spiritual achievements and her efforts in promoting women, Tenzin Palmo was given the title of *Jetsumma*, which means Venerable Master. She recently spoke at The Omega Institute in Rhinebeck, New York.

“Tenzin Palmo is one of the most genuine and accomplished of western practitioners. Her voice is simple and pure, wise and true.”—Jack Kornfield, author of *Path with a Heart*

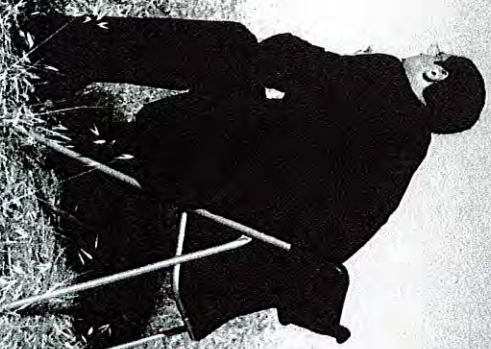
Tickets: \$25, \$15 each for groups of 10 or more, free for students
For lecture tickets, visit www.fauvents.com or call 1-800-564-9539



The Contemplative Way: The Tradition of Thomas Merton – with Dr. James Finley
Thursday, Jan. 26, 7:30 pm
St. Johns on the Lake United Methodist Church,
4760 Pine Tree Drive, Miami Beach

Lecture co-sponsored by the Program in the Study of Spirituality at Florida International University and Florida Atlantic University's Peace Studies Program.

For more information, visit
<http://casgroup.fiu.edu/religion/events.php>



Peaceful Mind Peaceful Life

Peaceful Mind Peaceful Life is a new non-profit organization launched by founder Barbara Schmidt with Adriana Faraldo and Mary Cormier to continue teaching, inspiring and empowering people to access inner peace, strength and unity of the mind, body and heart through the use of Daily Spiritual Practices. With over 25 years of experience in teaching and practicing meditation and as the leaders of our Peaceful Mind / Peaceful World workshops for the past six years, we congratulate them on this new venture and welcome them back as presenters of our 2011/2012 workshop and lecture series.

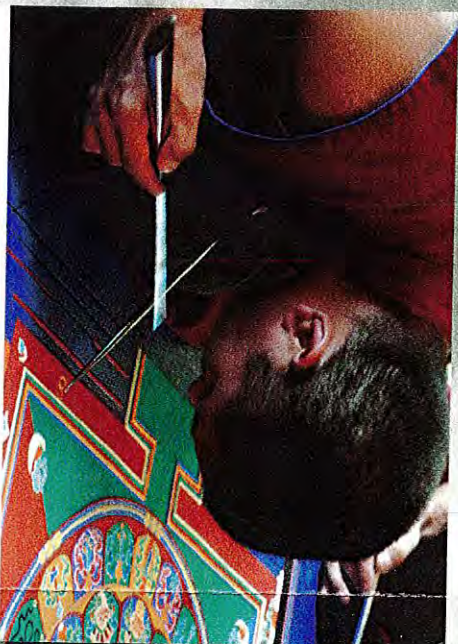
 Find us on facebook!

www.facebook.com/peacefulmindpeacefullife



Programs

presented by FAU Peace Studies Program
EXPRESSIONS of PEACE



Tibetan Sand Mandala – Mystical Arts of Tibet February 25 - March 2, 2012

Schmidt Center Gallery, FAU Boca Raton

Painting with colored sands is one of the most exquisite and unique expressions of Tantric Buddhism. Over several days, visiting Tibetan monks will create an intricate work made from millions of grains of colored sands. Free and open to the public.

Opening Ceremony: Saturday, Feb. 25, Noon – 1 pm

The monks begin by preparing the site for the Mandala Sand Painting with approximately 30 minutes of chants, music and dance.

Closing Ceremony: Saturday, March 3, 1-3 pm

During the closing ceremony, the monks dismantle the Mandala, sweeping up the colored sands to symbolize the impermanence of all that exists. Half of the sand will be distributed to the audience in small bags. The remainder of the sand will be carried in a procession by the monks to the Arts and Letters Complex lake and ceremonially poured to disperse the healing energies of the Mandala throughout the world.

For more information, visit www.fau.edu/galleries



Sand Painting: The Sacred Art of Tibet

Wednesday, Feb. 29, 4 pm

University Theatre, FAU Boca Raton

Lecture and film sponsored by the FAU Peace Studies Program and Department of Anthropology. The ancient art of Tibetan sand painting has been preserved in the monasteries of India Tibet for some 2,500 years. Traditionally practiced in secret this unique art form has only been practiced publicly in the last decades. In this beautifully photographed and fascinating documentary, Tibetan monks from the Dalai Lama's personal monastery, Namgyal, create the mandala of Kalachakra, most sacred of all Buddhist sand paintings. The film explores the meaning of the symbols and rituals within the mandala that have existed through the centuries. Free and open to the public.

For more information, contact 561-297-2623



Workshops

Peaceful Mind | Peaceful Life

The Journey Inward

Tuesday, Nov. 1, 9:30 am – 2:30 pm, \$25 (lunch included)
Mizner Park Cultural Arts Center, 201 Plaza Real, 2nd Floor, Boca Raton
Saturday, Nov. 5, 9:30 am – 2:30 pm, \$25 (lunch included)
Senate Chambers, Student Union, FAU Boca Raton

Kicking off our new season of workshops and events, Peaceful Mind Peaceful Life founder, **Barb Schmidt** has invited yoga master **Leslie Glickman** to share her wisdom and Yin Yoga practice in this exciting one-day program. Yin Yoga aligns with the Daily Spiritual Practices taught through Peaceful Mind Peaceful Life by helping people achieve personal transformation and inner unity.

Beginning with a discussion by **Barb Schmidt** and **Adriana Faraldo** on the use of a mantra or Sacred Friend, "The Journey Inward" will include a lecture by Leslie, followed by a Yin Yoga practice that will offer an opportunity to experience a unique type of yoga that is long, slow, quiet and profound. Yin poses are done while sitting on the floor with slow movements, breathing techniques, intention setting and use of a mantra. This approach to yoga connects the mind, body and spirit.

Leslie has been teaching yoga for more than 16 years and believes it is an education of the self. She is the founder and director of Yoga Journey, which is dedicated to sharing the gift of yoga through classes, worldwide retreats, workshops and teacher trainings. Her approach to yoga teaches you to take your experience off the mat and into your daily life. Please wear comfortable clothes (shorts or pants) that allow for easy moving and stretching, and bring a yoga mat and towel.

Seeing Beneath Life's Experiences: Living a Life of Gratitude

Saturday, Dec. 3, 9:30 am – 12 pm
Tuesday, Dec. 6, 6 – 8:30 pm

*"There are no mistakes, no coincidences.
All events are blessings given to us to learn from."*
- Elizabeth Kubler-Ross

Our life experiences are most often beyond our control. Learn how Daily Spiritual Practices can help us accept and find gratitude for the lessons these experiences bring into our life. **\$15 each workshop.**

Awaken your Heart: Uncovering our Truest Self

Saturday, Feb. 18, 9:30 am – 12 pm
Tuesday, Feb. 21, 6 – 8:30 pm

"I would finally just like to advise you to grow through your development quietly and seriously; you can interrupt it in no more violent manner than by looking outwards, and expecting answer from outside to questions which perhaps only your innermost feeling in your most silent hour can answer."
- Rainer Maria Rilke

The awakening of our heart allows us to more fully live the life we have been given. See how the practice of being present in our life begins to bridge the distance between our head and our heart allowing us to uncover our true self. **\$15 each workshop.**

Cultivating Patience in Our Busy Lives: Removing Personal Obstacles
Saturday, April 21, 9:30 am – 12 pm
Tuesday, April 24, 6 – 8:30 pm

"He that can have patience, can have what he will."
- Benjamin Franklin.

We live in a world that has never been busier and yet we have come to expect instant gratification. Learn how Daily Spiritual Practices can help us cultivate the patience it takes to look at our lives and to understand the personal obstacles that prevent us from being the person we are meant to be. **\$15 each workshop.**

Workshop Registration

All workshops will be facilitated by **Barbara Schmidt** and **Adriana Faraldo**. They will be held in the **Senate Chambers in the Student Union** on the Boca Raton campus except where noted. Coffee and beverages are served. Please bring a light sweater and a writing utensil. Parking available in Lot 16 or 17.

Registration required (non-refundable) and seating is limited. To register, call **561-297-2337**, or visit:

fauf.fau.edu/peaceful



Dedication



In collaboration with the Schmidt Family Foundation, the Peaceful Mind/Peaceful World series is now in its seventh year as a community outreach program within the Peace Studies Program at FAU. Its programs promote lasting discussions and an understanding of the challenges individuals face as they seek peace within their own lives and communities. Distinguished speakers, lectures and workshops offer practical methods to calm the mind and lift the spirit.

The Peace Studies Program, established in 1999 within the Dorothy F. Schmidt College of Arts and Letters, has brought together students, faculty, and community members to explore pathways to peace and the process of peacebuilding. As an interdisciplinary program, Peace Studies draws from a broad range of fields: anthropology, literary studies, political science, communication, history, ethics, social work and many more. The program offers an Undergraduate Certificate designed to complement a traditional major in any field.

For more information about FAU's Peace Studies Program, visit www.fau.edu/peacestudies.



WV



Peace Studies at FAU

The Peaceful Mind/Peaceful World series is now in its fifth year as a community outreach program with the Peace Studies Program at Florida Atlantic University. Its purpose is to promote lasting discussions and an understanding of the challenges individuals face as they seek peace within their own lives and in their communities. The series presents distinguished speakers, lectures and workshops that offer practical methods to calm the mind and lift the spirit.

The Peace Studies Program at FAU is committed to explore and examine the causes of peace and conflict resolution from a multidisciplinary perspective. Established in 1999 in the Dorothy F. Schmidt College of Arts and Letters, the Peace Studies Program offers an Undergraduate Certificate, a Master of Arts Concentration and a Doctor of Philosophy Concentration.

For more information about FAU's Peace Studies Program, visit www.fau.edu/peacestudies

"We must remember, each and every one of us, that our voices and our actions make a difference, every day."

- Jane Goodall
2008 Featured Speaker

Peaceful Mind

PEACEFUL WORLD

2009/10 OUTREACH SERIES

Special event

FROM A CULTURE OF VIOLENCE TO A CULTURE OF PEACE:

Transforming the Human Spirit

A moving exhibition organized by the Soka Gakkai International, an international Buddhist lay organization, and co-sponsored by FAU's Peace Studies Program. Exhibition dates: **Monday, Nov. 9 – Sunday, Nov. 15**
Wimberley Library, FAU Boca Raton campus
(561) 297-3212

Directions to FAU Boca Raton

From I-95 North/South exit on Glades Road heading east. Make a left into FAU's main entrance on NW 10th Avenue. Follow campus signs for specific venues.

fau.fau.edu/peaceful

SCHMIDT FAMILY FOUNDATION



 Palm Beach County Florida
THE BEST OF EVERYTHING.
A COMMITMENT TO OUR FUTURE.
A COMMITMENT TO OUR FUTURE.

 PALM BEACH COUNTY
CULTURAL COUNCIL

FAU DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS

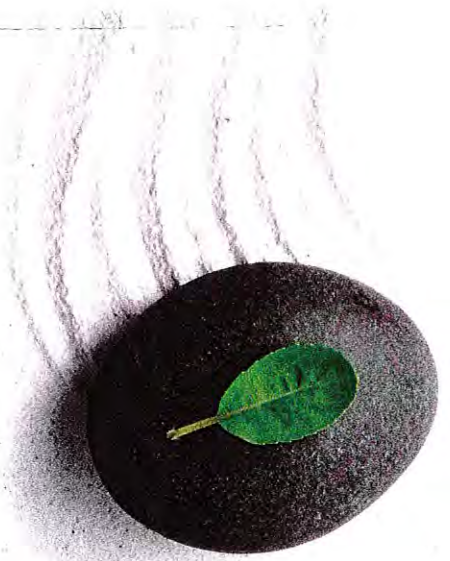
The colors and design of the Peaceful Mind logo are trademarks of the Florida Atlantic University.

FAU'S PEACE STUDIES PROGRAM PRESENTS

Peaceful Mind

PEACEFUL WORLD

2009/10 OUTREACH SERIES



fau.fau.edu/peaceful

FAU DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS

Florida Atlantic University

Workshops 2009/10

Senate Chambers, Student Union Building
FAU Boca Raton • fauf.fau.edu/peaceful



EXPERIENCE FREEDOM, COMPASSION AND UNITY THROUGH FORGIVENESS

It was Francis of Assisi who said:

“Those who have not learned the art of forgiveness have lost the greatest source of joy in life.”

Learn practical exercises to help access the pathway to forgiveness of ourselves and others.

**Saturday, Nov. 7
9:30 a.m. – 3 p.m.**

OUR ACTIONS MAKE A DIFFERENCE: THE DETAILS OF YOUR LIFE MATTER

“Your vision will become clear when you look into your heart. Who looks outside dreams, who looks inside awakens.” - Carl Jung

Living a life of clear intention is more powerful than we could imagine. In this workshop, we will use practices to help us see beyond our successes and failures, and beyond our habits to find the freedom to express our most noble desires and greatest talents.
Saturday, Jan. 16, 9:30 a.m. – 3 p.m.



MAKE YOUR LIFE A WORK OF ART “It’s not too late at all. You just do not yet know what you are capable of.” - Gandhi

You can realize your ideals. The principle of meditation is simple: You are what you think. By meditating on words that embody your highest ideals, you drive them deep into your consciousness. There they

take root and begin to create wonderful changes in your life – changes you have wanted to make, but have not known how to bring about. Passage meditation workshop based on Eknath Easwaran’s method.
**Saturday, May 1
9:30 a.m. – 3 p.m.**

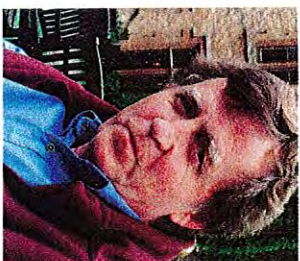
WORKSHOP INFO.

New Location: Senate Chambers, Student Union Building, FAU Boca Raton

Registration Required \$10 (non-refundable)
Seating limited; Lunch included

To register for workshops, visit
fauf.fau.edu/peaceful
or call **561-297-2337**

Lecture Series



JAMES FINLEY, Lecture

Thursday, January 28, 7 p.m.
University Theatre, FAU Boca Raton

James Finley will guide us in turning to Thomas Merton and other mystics in practicing meditation as a path to spiritual awakening. The fundamentals of

meditation will be explored. An emphasis will be given to both the actual experience of meditative and the ways in which meditation helps us to live a more contemplative way of life, as a spiritually awake, compassionate human being in the midst of the world.



CAROLINE MYSS,

Lecture & Booksigning
Thursday, March 4, 7 p.m.
FAU Arena, FAU Boca Raton

Caroline Myss talks about her new book, *Defy Gravity*, which explores the mystical qualities involved in the experience of

healing. “Profound and lasting healings are, ultimately, mystical experiences that cannot be generated by the power of reason or the mind, as the intellect is incapable of igniting a mystical experience. Mystical experiences are spontaneous occurrences of a highly Divine nature that originate within the soul, and it is that source that also contains the capacity to heal illness.”

Lecture tickets: \$25
FAU Students, Faculty and Staff free
For lecture tickets call **1-800-564-9539**
or visit www.fauvents.com

Peaceful Mind Peaceful Life Seminars

When I was five years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down happy. They told me I didn't understand the assignment, and told them they didn't understand life." —John Lennon

Would you like to live your life free from fear, grounded in strength and self-confidence, grateful for your day and living in love with yourself and others?

We invite you to join Barb Schmidt, founder of Peaceful Mind Peaceful Life, as she teaches **The Practice**, a set of practical tools that can be used throughout the day to guide us in our lives. For more information about the Practice, visit: www.peacefulmindpeacefullife.org



Peace Studies Program

In collaboration with the Schmidt Family Foundation, the Peaceful Mind/Peaceful World series is now in its eighth year as a community outreach program within the Peace Studies Program at FAU. Its programs promote lasting discussions and a understanding of the challenges individuals face as they seek peace within their own lives and communities.

FAU's Peace Studies Program, established in 1999 within the Dorothy F. Schmidt College of Arts and Letters, is brought together students, faculty and community members to explore pathways to peace and the process of peacebuilding. As an interdisciplinary program, Peace Studies draws from a broad range of fields: anthropology, literary studies, political science, communication, history, ethics, social work and many more to offer an undergraduate certificate designed to complement a traditional major in any field. For more information about FAU's Peace Studies Program, visit www.fau.edu/peacestudies.

Presenting Partners

Charles E. Schmidt College of Medicine
<http://med.fau.edu> | 561-297-0022

Christine E. Lynn College of Nursing
<http://nursing.fau.edu> | 561-297-3207

FAU School of Social Work
<http://www.fau.edu/ssw> | 561-297-3234

Louis and Anne Green Memory and Wellness Center
www.fau.edu/memorywellnesscenter | 561-297-0502

Hospice by the Sea, Inc.
www.hbts.org | 561-395-5031

— Directions —

Christine E. Lynn College of Nursing Auditorium
Florida Atlantic University, Boca Raton

From I-95: Exit Glades Road eastbound; turn left onto East University Drive/NW 13th St. Turn left onto Arts Avenue, park toward the north end of Lot 1 on your right. The Christine E. Lynn College of Nursing (Bldg. 64) is just west of Lot 1.

From Florida Turnpike: Exit at Glades Road eastbound; follow the directions above.

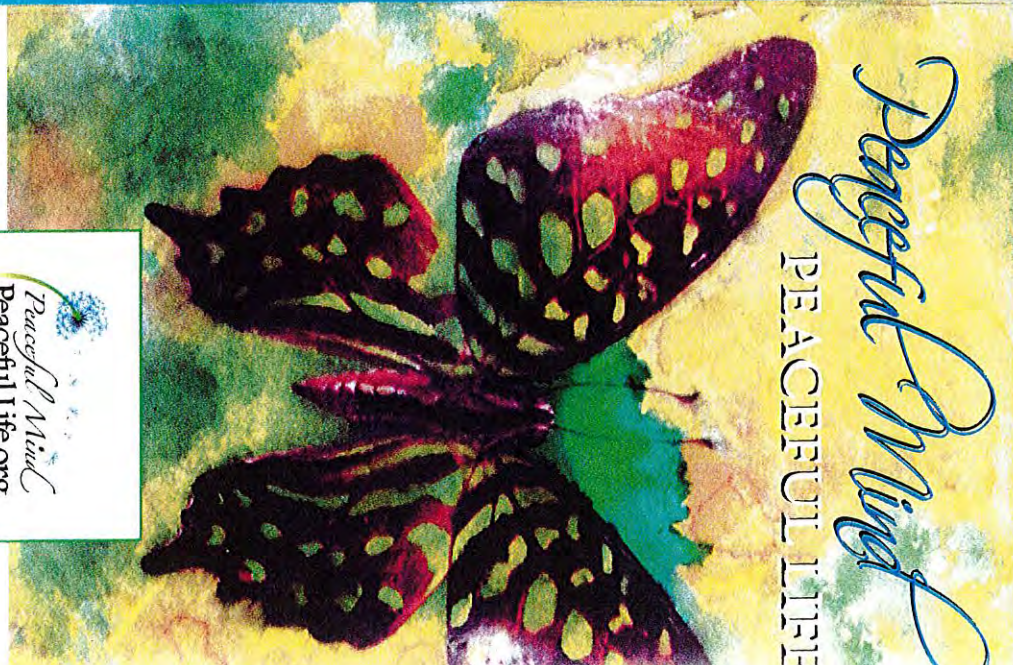
— Hotel Accommodations —

The Wyndham Hotel, 1950 Glades Road, Boca Raton
Special rate of \$99 per day for conference participants. This includes complimentary shuttle to campus and nearby shopping. To make reservations by phone, please call **1-888-404-6880** and refer to the **A Compassionate Care Conference at FAU** room block and your date of arrival.

Directions: I-95 North/ South: Exit on Glades Road (Exit #45) and head west to second light (Renaissance Way). Make a U-Turn and take the first right, the hotel is on your left.



DOROTHY F. SCHMIDT
COLLEGE OF ARTS AND LETTERS
Peace Studies Program



Peaceful Mind
PEACEFUL LIFE



A COMPASSIONATE CARE CONFERENCE:
THE SPIRITUAL DIMENSIONS OF HEALING
TRAUMA, AND SUFFERING

Friday, April 5 – Sunday, April 7, 2013
Christine E. Lynn College of Nursing Auditorium
Florida Atlantic University, Boca Raton Campus

In the process of healing we are sometimes amazed to discover that when we risk sharing what hurts the most in the presence of someone who will not invade us or abandon us, we discover the pearl of great price within ourselves. We experience the invincible preciousness of ourselves in the midst of our fragility.

When this transformative moment occurs in a clinical setting, the clinician and the patient realize together the spiritual and depth dimensions of the healing process.

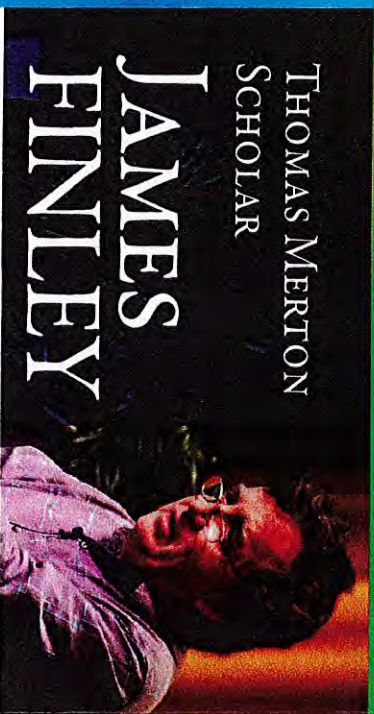
- James Finley

Conference Description:

In this conference, James Finley will explore a seven-step approach to treating trauma and all psychological and medical symptoms in ways that gravitate toward and come to rest in the spiritual dimensions of the healing process. This conference is intended for mental health and medical professionals and students, those in ministry, those in various treatment disciplines, and all who are interested in approaches to healing that treat the whole person and, in particular, seek to draw on spiritual resources in the healing process. The sessions will include brief periods of silent meditation and time for discussion of the themes presented.

Topics to be Covered:

- ▶ The axial moment that transcends suffering in the midst of suffering
- ▶ The seven phases of healing
- ▶ The healing aspects of meditation, the meditative aspects of healing
- ▶ The traumatization of spirituality, the spirituality of trauma
- ▶ Becoming a contemplative clinician, becoming a contemplative patient
- ▶ Learning to be a healing presence in a traumatized world



THOMAS MERTON
SCHOLAR

JAMES
FINLEY

James Finley, Ph.D. lived as a Trappist monk at the Gethsemani Monastery in Kentucky where the Christian monk and author Thomas Merton was his spiritual director. He earned his doctorate in psychology from the School of Psychology at Fuller Theological Seminary in 1989. He has led silent retreats on contemplative living and the contemplative dimensions of healing throughout the United States, Canada and in several countries in Europe. Currently Finley is a clinical psychologist in private practice with his wife in Santa Monica, California. He is the author of several books and audio sets exploring the wisdom and guidance found in the classical texts of the contemplative traditions of the world's great religions, with a particular focus on the Christian and Buddhist traditions. He is presently writing a book version of the material presented for this conference for Sounds True Publishing Company.

This Conference is for:

- ▶ Those in the medical and mental health professions, or any discipline that seeks to help others where we face the question of how to be renewed and transformed instead of overwhelmed and discouraged with the demands of one's chosen profession.
- ▶ For those who are in treatment for medical and psychological symptoms, the question is how to do all that you can to lessen and, if possible, remove symptoms that cause suffering in ways that open out on an unexpected sense of inner peace and clarity in being awakened to the tender beauty of being a human being.
- ▶ For anyone seeking to learn how our everyday encounters deepen one's sense of gratitude and compassion for the gift of being human and finding meaning in what we do even when challenged or frustrated.

CHRISTINE E. LYNN COLLEGE OF NURSING
AUDITORIUM, FAU, BOCA RATON

— Conference Schedule —

- ▶ **Friday, April 5, 2013**
 - 7 – 8:30 pm, Opening Keynote Lecture
- ▶ **Saturday, April 6, 2013: Conference Begins**
 - 8 am, Arrival and Coffee
 - 9 am, Program Begins
 - 12 pm, Lunch (*Lunch generously provided by Whole Foods Market Boca Raton*)
 - 1 pm, Afternoon Program Resumes
 - 5 pm, Day Concludes
- ▶ **Sunday, April 7, 2013: (Optional)**
 - 8 am, Arrival and Coffee
 - 9 am, Final Thoughts and Discussion
 - 12 pm, Conference Ends

Registration Required:

Tickets*: \$50; \$30 FAU Faculty and Staff; \$15 FAU Students

*Includes all programs and lunch

(Continuing Education credits may be available)

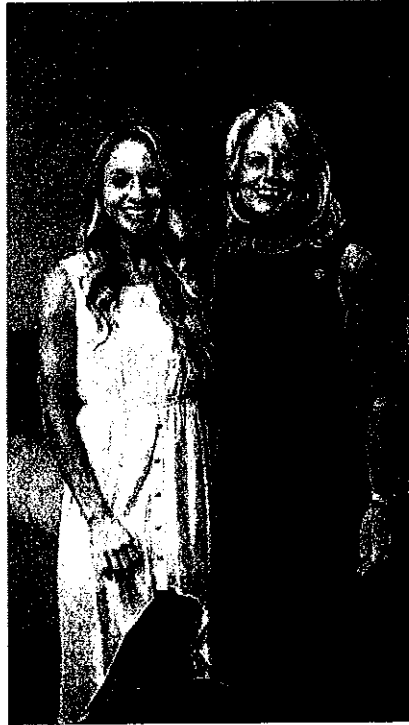
Register online at:

fauf.fau.edu/compassion

Register by phone at:

561-297-2337

Dyer daughters to join Gabrielle Bernstein at FAU



Gabrielle Bernstein, left, and Barbara Schmidt, who will host an "An Evening of Peace and Inspiration with Gabrielle Bernstein and Friends" at Florida Atlantic University. (submitted photo, FPG)

Marci Shatzman mshatzman@tribune.com

OCTOBER 22, 2014

"We've never done anything together," author and storyteller Serena Dyer said about her upcoming appearance in Boca Raton with Skye Dyer, a soul, jazz and folk singer.

The sisters will be part of an interactive expo and workshop at "An Evening of Peace and Inspiration with Gabrielle Bernstein and Friends" Nov. 12 in the Kaye Auditorium and Student Union at Florida Atlantic University, 777 Glades Road.

Boca Raton philanthropist, spiritual teacher and author Barbara Schmidt will lead a workshop with Skye on "Letting Go of the Need to Do and Just Be." Bernstein's talk on "Your Presence and Your Power" with a question-and-answer session and book signing will cap the evening. Bernstein is the well-known author, TV guest and motivational speaker, now also the founder of HerFuture.com, a social networking site.

The Dyer sisters are two of self-help guru Wayne Dyer's eight grown children, and Serena, 29, went to St. Paul Lutheran School and Spanish River High School. Their mother still lives in Boca. And after earning her masters, Serena wrote a book with her father that came out in June, "Don't Die with Your Music Still in You."

"A few years ago, he asked me if I wanted to go with him and introduce him at a few different talks," so she did, Serena Dyer said.

She loved being onstage and told a few stories, which ultimately led to the book and finding her own path spiritually and professionally. Now she lives in Fort Lauderdale with her husband Matthew Pisoni and is expecting a baby in April. Her father lives on the island of Maui.

Fresh off her book tour for "The Practice," Schmidt spoke at the commencement and received her first honorary doctorate from Lynn University's president emeritus Donald Ross, now president of Irish American University in Dublin. "It's so fitting. I'm half Irish and my mother is all Irish," she said. "I met the most amazing warm people."

Schmidt hosted Bernstein for a lecture last year as part of her Peaceful Mind/Peaceful Life programs at FAU. This time, she wanted to make the event more interactive - and bigger.

"It's a four-hour coming together to nourish ourselves and learn we have more love and power and strength than we think we do," she said. "We have a bigger space and it will be like an expo."

"My message is very empowering for people today. We are so plugged in all the time. Plug yourself into you for 5 minutes and then you can plug into the external world," Schmidt said. "I'm hoping this will launch this movement across the country. Outer peace begins with inner peace."

General admission is \$25 in advance, \$30 at the door, and includes a CD/video from Bernstein. FAU alumni, faculty and staff are \$20; students \$5 with ID. Tickets are available at fauevents.com or 800-564-9539.

Copyright © 2014, Sun Sentinel

FROM AROUND THE WEB

Sponsored Links by Taboola

The 3 Worst Things that Age You Faster (AVOID)
MAX Workouts

New Rule Leaves Drivers Furious & Shocked...
Insurance.Comparisons.org

28 Celebs Who Have Severe Illnesses
PressroomVIP

Please Don't Retire At 62. Here's Why.
The Motley Fool

Thinking of Selling Your Home? Get Rid of Granite
Reviewed.com

10 Commonly Misspelled Sports Names
ThePostGame

Cottage Cheese Recipe for the Dairy-Sensitive

SAMPLER

"Barb offers readers life-changing spiritual guidance in an easy to follow format, and what makes this book so magnificent is that she has infused her own stories and struggles to help readers connect and live."

—Gabrielle Bernstein, *New York Times* bestselling author of *May Cause Miracles*

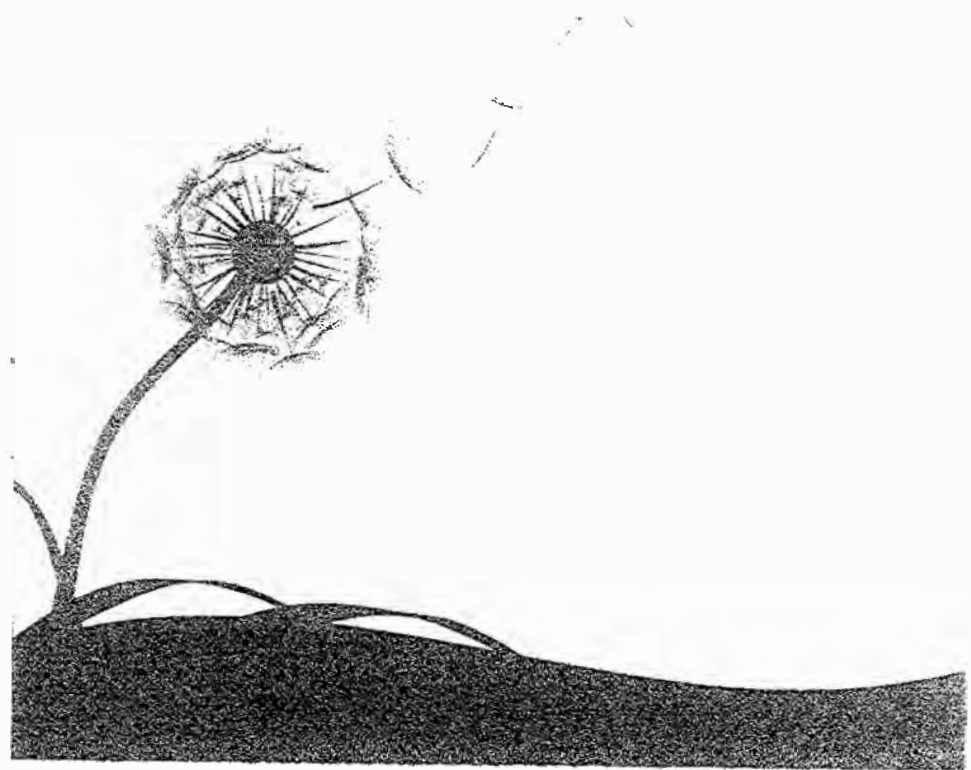
THE PRACTICE™

Simple Tools
for Managing Stress,
Finding Inner Peace, and
Uncovering Happiness

BARB SCHMIDT
Founder of Peaceful Mind Peaceful Life

**“A THOUGHT WHICH
IS WELL GUARDED
BY A CONTROLLED MIND
BRINGS HAPPINESS.”**

—B.K.S. Iyengar



INTRODUCTION

*“Our mind with its incessant stream
of thoughts, memories, opinions, hopes and
fears is our constant companion, from
which we cannot escape even in our dreams.
So it makes sense to cultivate a worthy
travel companion for our journey.”*

—Jetsunma Tenzin Palmo

When I listened to Tenzin Palmo talk about the mind on a retreat in 2010, I completely understood what she meant about our mind being our closest companion. It is *always* with us. I also remember thinking that this companion of ours can often sound like an annoying broken record, harping on the same old complaints and concerns.

Listening to all the mind’s judgments, worries, planning, memories, and fantasies is stressful and drains our energy, interferes with our ability to be present, and keeps us focused on outward things that are supposed to make us feel happy. When we are so focused on what is going on in our minds, we are not able to function at our highest level or fully appreciate our blessings. We look at the state of the world and all its problems, all *our* problems, and we question how we can be happy with all that is going on. We wonder about the injustice of it all, and often lose patience with others and ourselves for not being able to “make things right” and “just be happy.” Living this way can cause us a great deal of suffering and a lot of stress.

So we look for distractions, outward things, to make us feel better. In our society, there is no shortage of them. The media bombards us with flashy images and false promises. These external influences somehow sink their hooks into our hearts and convince us that we need them to find the happiness and fulfillment we are longing for. From very early on, we have been taught by society that if we “get this” and “achieve that,” life will be great and we will be happy. But no matter how much we accumulate or use to make us feel better or forget, we still feel as if something is missing. “Things” cannot make us happy, and even though we know this deep

down, we still hope that maybe this one more thing will be “the thing” that will do it for us.

Here is the good news: The potential to be happy is right inside of us—there is nothing we need to find and then figure out how to get it. Nothing we seek on the outside can compare to that. We might think we have found something or someone who “completes” us, that gives us the “wholeness” we are in search of, but we all know from experience that feelings based on changing circumstances do not last. People age and die, situations end, tragedy strikes, natural disasters occur, things get used up or are no longer useful, and the list goes on and on. However, in reality, what *never* changes is within each one of us, and this is the part that makes us whole.

Carl Jung wrote, “Your vision will become clear when you look into your heart. Who looks outside dreams, who looks inside awakens.” When our hearts awaken to this Truth, we can all say with deep sincerity and knowing, “I am complete.” When we live from within, we will know peace and happiness. The daily stresses of life will be more manageable and our days will be more fulfilling.

When I heard the Dalai Lama speak at Florida Atlantic University as part of the Peace Studies Program in 2010, he repeated a sentiment that he often shares: “Life is meant to

be happy.” We are meant to be happy. Our minds con us into wondering what that means. *Are we happy? Why aren't we happy?* We think it is a feeling we sometimes have: “How do you feel?” someone asks, and the other person replies, “Well, I was happy yesterday, but today I'm not so happy because this happened to me. It was so stressful!” That sort of happiness is like riding a roller coaster—fleeting at best.

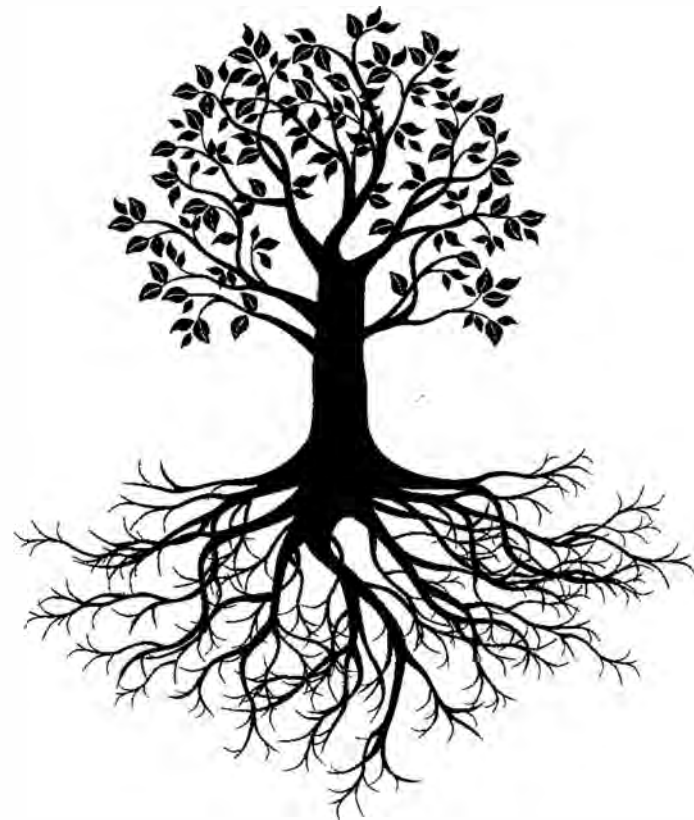
When the great masters and teachers talk about happiness, they are talking about that underlying sense of joy, peace, and security that we will find inward when we seek it through stillness and by being present to the moments of our lives. This place of stillness is within each one of us, and we can tap into it by having a spiritual practice that quiets the mind—not to get rid of it, but to enrich and nourish it and teach it to listen inwardly. “The word that comes out of listening changes hearts,” says my friend James Finley, a Thomas Merton scholar. This is a profound Truth: change happens within.

The idea is to cultivate our minds the way we would a garden, by planting the plants we want, tending to them regularly, and keeping the ground fertile. When we do this daily, we start to align our mind, body, and heart so that each part of us works together in unity with a beautiful rhythm. This is what *The Practice* helps us do.

THE PRACTICE

The Practice, as taught in this book, is a set of practical tools that can be used throughout the day to guide us along our life's path. It is a compilation of the great Truths taught by authentic teachers and masters throughout the centuries from various religious and spiritual traditions. The Practice creates the following three-part framework around which to live our magnificent lives:

1. **Waking Up**
Meditation
2. **Living Present**
Sacred Mantra
Focused Attention
Inspirational Reading
3. **Letting Go**
Reflection



We are like a magnificent tree with an incredible root system. Even though we cannot see what is going on underground, we know that the root system is vital to the tree's ability to thrive. The roots are its strength, its foundation, and what gives the tree its nourishment. And the same is true for us. Even if we cannot see it, our strength and nurturing is there inside us, providing us with everything we need to thrive.

Simply stated, these tools are meant to help us cultivate a peaceful mind so that we can lead the happy, loving, mindful, purposeful lives we are looking to have—the magnificent lives we are meant to live. They provide us with structure in

our day so that we can take the necessary time to go within and bring our mind, body, and heart into alignment and ground ourselves. When we go inward, we cultivate the beautiful qualities of acceptance, gratitude, patience, compassion, strength, and courage. These are the talents that help us deal with the difficulties in our lives and help break down the obstacles that hold us back from tapping into our source of love, peace, and happiness.

Why did I call this daily routine *The Practice*? Martha Graham defines the word *practice* beautifully: “Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire.” Cultivating our minds—reining in the thoughts that interfere with our happiness and inner peace—takes practice.

The keywords in Graham’s definition are *over and over again*. This means we need to do something consistently to be able to enjoy the benefits. This is not something we do until we get it right, and then everything will be perfect. No, *The Practice* is not a panacea or a quick fix. We know life is not perfect and that expecting it to be that way is a big obstacle to inner peace. “It is the journey not the destination,” it has been said. So to remain on the path, we must “perform, over and over again in the face of all obstacles.”

The Practice is not a religion. It can be a complement to any religious or spiritual practice, or it can stand entirely on its own. People who are looking to deepen their connection to their innermost selves can incorporate *The Practice* into their daily lives. There is no need to have meditated previously to start enjoying the benefits of this spiritual discipline. Likewise, those who already engage in meditation and other spiritual pursuits may find the framework I offer here helpful for structuring their day in such a way that there is always time for looking within to regain balance and clarity.

We do not have to go anywhere special to do *The Practice*, and we certainly do not have to live in seclusion to lead a spiritual and happy life. We have everything we need right where we are to live a life with depth, meaning, and “spirit.” *The Practice* helps us look at the world and ourselves differently, allowing us to live life from a fresh vantage point. We learn how to tap into our Inner Guide, our Source, to connect with God, of our understanding (from the Eleventh Step of Alcoholics Anonymous: “God as we understood him”).

By going within, we align our mind, body, and heart, but we do this with awareness that we are not perfect; life is not perfect. Although we cannot expect to stay in alignment all day long, we do know how we feel when our spirit, our

essence, radiates love and confidence. That is the beauty of *The Practice*: when we recognize that we are coming out of alignment and stress is getting the best of us, we can take a few deep breaths to bring ourselves back to center. I like to call this “checking in with ourselves.” We are human, so we *will* go off track. The question is how quickly do we recover and get back into alignment? Some days, it may take minutes, some days it may take hours, and there may even be times when it may take days or months. The whole point here is to keep practicing and continue along our path. When we live life by checking within periodically, we are better able to make choices and take actions that bring us more joy and less stress. I call this “living life from the inside out.”

HOW TO USE THIS BOOK

In the first three chapters of this book, you will be guided through the three parts of *The Practice*: Waking Up, Living Present, and Letting Go. We begin with a morning meditation and remain aware of the peace we tapped into as the day progresses through the repetition of a Sacred Mantra, practicing Focused Attention, Reading for Inspiration, and Reflection at the end of the day. Each chapter concludes with “Parting

Seeds.” These are key takeaway points from the chapter that are helpful to keep in mind as you go about your day. In the final chapter, you will have an opportunity for deepening your experience of *The Practice* with practical exercises.

After you have read through this book once, you can keep it close by in case you have any questions or would like to look at a part of *The Practice* a little closer to, little by little, fully integrate it into your life. My wish is that you will find this book a faithful companion on your life’s journey.

In these pages, I share with you what I have learned through my nearly thirty years of study and practice. I discovered very early on that although it is so incredibly inspiring and necessary to hear and read what others have to say about the spiritual journey and about life, it is not until we experience it for ourselves that we will know personally, on a deep level, what they are all talking about. No one can make that happen for us. As the Buddha said, “We ourselves must walk the path.” We must walk the walk and discover who we truly are.

The Benefits of The Practice

When we regularly take the steps to go within each morning, stay present throughout the moments of our daily routine, and let go of our attachments to the day when it comes to a close, we will find that The Practice is helping us to do the following:

- Recognize that our everyday life is our spiritual life
- Remove the obstacles that interfere with inner peace
- Manage stress and cultivate more patience, empathy, and compassion
- Have more courage when facing fears and making changes
- Overcome habitual behaviors and make better choices
- Get out of reaction mode and take time to consider our responses
- Reduce negative thinking and ease feelings of anxiety, worry, and stress
- See the blessings beneath life's more difficult experiences
- Awaken our heart and uncover our truest self residing within
- Know a deep feeling of wholeness; we are complete

ABOUT PEACEFUL MIND PEACEFUL LIFE

Peaceful Mind Peaceful Life is a not-for-profit organization, resource, and community that helps people incorporate into their lives the spiritual tools that promote a peaceful mind and a happy, loving, and peaceful life. Founded in 2011 by philanthropist and lifelong seeker, Barb Schmidt, Peaceful Mind Peaceful Life serves as an ongoing support system, teacher, advisor, and friend to guide people in the community along the path of living from within.

For more information and to connect with others who are changing their lives with Peaceful Mind Peaceful Life, visit www.peacefulmindpeacefullife.org.

Follow the blog at <http://peacefulmindpeacefullife.org/> blog and “Like” the organization on Facebook.

Please share your experiences as you incorporate The Practice into your life.

THE MEANING BEHIND THE DANDELION

*“The real voyage of discovery
consists not in seeking new lands
but seeing with new eyes.”*

—Marcel Proust

Iwould like to leave you with a brief explanation of the dandelion associated with Peaceful Mind Peaceful Life. Being familiar with the significance of this simple flower will help you to better appreciate the mission of this wonderful organization.

♦ ♦ ♦

As a child, I loved the dandelions growing on our lawn. And like most children, I enjoyed blowing the seeds into the wind and seeing them take flight to land somewhere far, far

14

away. When it was my turn to mow the grass, my dad would say, “Mow those dandelions too. They’re just weeds,” but I really didn’t want to mow them down. I just thought they were so pretty, especially the seed part. I still do. And I love that the dandelion is the Peaceful Mind Peaceful Life logo.

When we were looking for a logo to represent the spiritual life, we considered several options—and although there were many good ideas, none quite fit the bill. The search continued for several months until we arrived at the dandelion as a serious consideration. Could it be that something so ordinary and abundant could be what we were seeking?

It turns out that it was exactly what we were seeking: A spiritual life is often found in the ordinary. We search for it all over the place, but it has always been right there in front of us, and there is an abundant supply. We have a tendency to overlook the common. What could better symbolize this than the dandelion? It is so simple, and it is everywhere! When we dug deeper into the qualities of the dandelion, we discovered that although it seems ordinary, the dandelion has so many wonderful properties:

- A dandelion can grow in just about any place. It can survive even in the roughest environments.
- The dandelion has a deep root system that gives it the strength to withstand just about anything.

- The dandelion is filled with health-promoting nutrients. Yes, you can eat them.
- Dandelions have medicinal properties and can be used by holistic doctors to treat many ailments.
- The dandelion's transformation from flower to seed is a promise that it will continue to live on.
- Dandelion seeds spread far and wide—you never know where they will take root.

These qualities of the dandelion can easily be applied to the spiritual life. The spiritual life is our ordinary, daily life. It is right there in front of us all the time. It gives us strength to withstand just about anything—even unfriendly environments; it nourishes our being and heals us when necessary; it shows us that transformation is beneficial, and that we never know where our seeds—our spiritual legacy—will take root.

My friend Cathy wrote to us recently to say, “The dandelion is almost like a secret password for those who have attended your workshops. Its simplicity and understatedness speak volumes about those who choose to make time for peace in their minds, hearts, and lives.”

In this way, the dandelion can be the password you use to unlock the door within that has been waiting patiently for you to open it.