Barb Schmidt, The Practice

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 and 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

Register online at fauf.fau.edu/peaceful

“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 I 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 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.

FAU’s 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 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.

Compassion as a Path to Spiritual Awakening and Inner Peace: Lecture by Thomas Merton Scholar James Finley
Oct. 18, 2012

Barb Schmidt, The Practice
Apr. 20 & 23, 2013

Happiness: Making Your Heartbeats Count: A Lecture by Dan Baker, Ph.D. | Feb. 9, 2013
Compassion as a Path to Spiritual Awakening and Inner Peace

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

Peaceful Mind Peaceful Life presents 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 helping ground us in compassion will be taught. Time will be provided for Q&A. 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, Calif., 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

Happiness: Making Your Heartbeats Count

Lecture by Dan Baker, Ph.D.
Saturday | February 9, 2013 | 2 pm
University Theatre, FAU Boca Raton Campus

“It is within almost everyone’s capacity to be happier. Happiness is key to success, health and meaningful relationships. Indeed, our quality of life is directly proportional to the accumulation of happy moments and those moments come to us heartbeat by heartbeat.” – Dan Baker Ph.D.

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

For more information, visit www.peacefulmindpeacefullife.org

Barb Schmidt is a teacher of a spiritual path that she developed called The Practice. She has been conducting workshops and lectures on peaceful, mindful living for eight years in conjunction with Florida Atlantic University and its Peace Studies program.

Peaceful Mind Peaceful Life’s mission is to teach, inspire and empower people to access inner peace, strength and unity of the mind, body and heart through the use of a daily Practice.

Follow @PeacefulBarb

For more information, visit www.peacefulmindpeacefullife.org