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

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Image: (left to right) Noemi Marin, Director of the Peace Studies Program and Associate Professor in FAU’s School of Communication and Multimedia Studies; Mary Cormier, PM/PW Curriculum Developer; Adriana Faraldo, PM/PW Workshop Facilitator; James Finley, guest lecturer; Barb Schmidt, Community Partner and workshop facilitator; and Laurie Carney, Director of Development for the Dorothy F. Schmidt College of Arts and Letters.
Change is a reality in our lives, sometimes we welcome it and at other times we find ourselves resisting it. In this workshop we begin to explore how spiritual practices can help us accept the reality of change and to live in that acceptance and deep gratitude of the present moment.

Saturday, January 22
Truth and Illusion –
The power of the word and the stories we tell ourselves

“THERE ARE TIMES WHEN YOU ARE FACED WITH A CHOICE BETWEEN THE REAL AND THE UNREAL, WHAT IS TRUE AND WHAT IS FALSE. WHEN FACED WITH SUCH A CHOICE YOU SEEK THE TRUTH WITHIN YOUR HEART.” – JJ DEWEY

WORKSHOP INFORMATION
All workshops: 9:30 am – 3 pm
Coffee and tea provided
Senate Chambers, Student Union
FAU Boca Raton
Registration required: $15 (non-refundable)
Seating limited; lunch included
To register for workshops, visit fauf.fau.edu/peaceful or call 561-297-2337

Thursday, February 17, 7 pm
Childlike Acceptance As a Path to Inner Peace with James Finley
Returning to FAU, James Finley will lead us in a contemplative exploration of childlike acceptance as a path to inner peace. Childlike acceptance will be viewed as an attitude of trust in the divine mystery that invincibly sustains us in the midst of life and death. Finding our way to this divine ground, resting in it, we can experience the peace that surpasses understanding. We can become someone in whose presence others are better able to find peace in the midst of their difficulties. Time will be given for a brief period of group silent meditation and discussion of the themes presented.

Saturday, April 2
Lighting the Light Within

“LIFE CAN BE FOUND ONLY IN THE PRESENT MOMENT. THE PAST IS GONE, THE FUTURE IS NOT YET HERE, AND IF WE DO NOT GO BACK TO OURSELVES IN THE PRESENT MOMENT WE CANNOT BE IN TOUCH WITH LIFE.”
–THICH NHAT HANH

Our life is meant to be lived in the present moment where choice and action reside. In this workshop we will learn how to meditate and to use a mantram and other spiritual tools that have been given to us throughout the ages by the great teachers such as the Buddha, Saint Francis of Assisi, Tenzin Palmo, Saint Teresa of Avila and Gandhi.

Thursday, March 3, 7 pm
An Evening with Dr. Schulz
Dr. Mona Lisa Schulz is one of those rare people who can cross the borders of science, medicine and mysticism. She has an M.D., a Ph.D. in Brain Science, she practices Neuropsychiatry, she is an Associate Professor of Psychiatry at the University of Vermont School of Medicine, and she has been a medical intuitive for 22 years. Schulz has published three books: The Intuitive Advisor, The New Feminine Brain and Awakening Intuition.

LECTURE INFORMATION
Tickets $25 / Group ticket price (20 or more) $15
Box office fees may apply / FAU faculty, staff and students free • 1-800-564-9539
www.fauevents.com