**365-Day “Olymp-i-a Challenge” for PEACE- Year 2**

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**\*\*Author’s comments:** In this document I present my daily positive ideas and actions for peace, generated (and posted in Facebook) in the Year 2012. This journal is a journey of positive discovery. I hope it provides you with inspiration for your own positive ideas and actions for peace. Many of the ideas and actions are timeless and are relevant now and in the future. Some, however, are specific to a particular event in 2012. Nevertheless, the journal entries provide you with tangible examples of positive steps taken on a daily basis. The journal entries frequently include and reference websites and their content. Due to the fluid and changing landscape of the Internet, some links may not work over time. If a link does not work or a website no longer exists, you can enter key words from the subject matter of the journal entry in “Google” or other search engine to locate current relevant websites and launch your own exploration. As you will see, the journal entries reflect my personal interests, passion, and culture. They serve merely as prompts to motivate and encourage you to create your own, personal and unique journey.

After reading an idea or action, write down your own positive idea or action for that day along with the date and re-save this file so you record your positive idea or action. Do this as often as you can over time. Ideally, do this for 21-30 consecutive days to help engrain the habit. The more you practice, the stronger you become! You will create a living journal of your positive ideas and actions.

**365 Daily Positive Ideas and Actions for Peace:**

**Day 1: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a positive quote by Edward Everett Hale, posted on Facebook by “PeaceRipples.”**

[](https://www.facebook.com/photo.php?fbid=435844969771235&set=a.264599956895738.65998.264599746895759&type=1)

[**PeaceRipples**](https://www.facebook.com/PeaceRipples/posts/322795177742882)

‎"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."  
- Edward Everett Hale

**Day 2: OLYMP-I-A for PEACE (Year 2) - Action: Sharing a positive meditation: [NOTE: specific link from photo may not be accessible via the Web.] Related link:** [**http://www.healyourlife.com/meditations/hay-house/2013/05/01/hay-house-daily-meditations**](http://www.healyourlife.com/meditations/hay-house/2013/05/01/hay-house-daily-meditations)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.healyourlife.com/meditations/hay-house/2012/01/02/hay-house-daily-meditations?utm_id=HHDMFB&h=DAQHGHjNg&s=1) [](http://www.healyourlife.com/authors/matthieu-ricard)

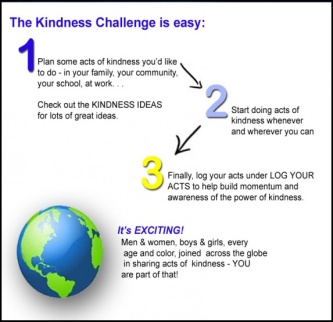
[.](http://www.healyourlife.com/meditations/hay-house/2012/01/02/hay-house-daily-meditations?utm_id=HHDMFB" \t "_blank)

**Day 3: OLYMP-I-A for PEACE (Year 2): Action: Endorphins kicked in after a rigorous Kung Fu class, along with some meditative Tai Chi. Good exercise and good times with friends.... Wonderful way to take away stress.**

**Day 4: OLYMP-I-A for PEACE (Year 2): Action: I went to a local coffee/tea shop ("The Coffee Bean and Tea Leaf") and picked up a brochure there. I learned more about the company's "Caring Cup" international programs from the brochure and online:** [**http://www.coffeebean.com/cfbn/caring-cup.html**](http://www.coffeebean.com/cfbn/caring-cup.html)

**Day 5: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a positive project of the Special Olympics of Texas... calling all scarf makers [NOTE: the specific link is no longer accessible via the Web.] Related link:** [**http://www.redheart.com/blog/special-olympics-usa-scarf-project-concludes**](http://www.redheart.com/blog/special-olympics-usa-scarf-project-concludes)

**Day 6: OLYMP-I-A for PEACE (Year 2)- Action: I read about the "Kindness Challenge" for January 2012... a wonderful way to share and spread peace:** [**http://kindness-challenge.org/faqs/#why**](http://kindness-challenge.org/faqs/#why)**;** <http://kindness-challenge.org/about/>

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://kindness-challenge.org/faqs/#why&h=BAQFanXqi&s=1) [](http://kindnesschallenge2012.files.wordpress.com/2011/12/about-copy.jpg)

**[FAQs](http://kindness-challenge.org/faqs/" \l "why" \t "_blank)**

[kindness-challenge.org](http://kindness-challenge.org/faqs/" \l "why" \t "_blank)

[KINDNESS CHALLENGE What is the Kindness Challenge? Why do acts of kindness just in January? Who started the Kindness Challenge? How does the Challenge work? Why do I have to](http://kindness-challenge.org/faqs/" \l "why" \t "_blank)

**Day 7: OLYMP-I-A for PEACE (Year 2)- Action: I watched a short film entitled "Reflections," submitted to the "7 Billion Actions" film contest:** [**http://7billionactions.votigo.com/contests/showentry/998040**](http://7billionactions.votigo.com/contests/showentry/998040)**. May our worlds come together in peace.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://7billionactions.votigo.com/contests/showentry/998040&h=KAQEaclec&s=1) [](http://7billionactions.votigo.com/)

**[Join the short film competition 1 of 7 Billion](http://7billionactions.votigo.com/contests/showentry/998040" \t "_blank)**

[7billionactions.votigo.com](http://7billionactions.votigo.com/contests/showentry/998040" \t "_blank)

[-Check out this entry in the 1 of 7 Billion Short Film Competition!](http://7billionactions.votigo.com/contests/showentry/998040" \t "_blank)

**Day 8: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video about the "Joy Rx" of the Children's Cancer Association, bringing peace, joy, friendship, music, and happiness to children with cancer. A good message about life, peace, and the power of caring actions:** [**http://vimeo.com/1546927**](http://vimeo.com/1546927)**. Watch the entire 8 min film to see how difficult times can be transformed into joy.**



**["A JOURNEY TO JOY"](http://vimeo.com/1546927" \t "_blank)**

[vimeo.com](http://vimeo.com/1546927" \t "_blank)

[A GOLIGHTLY Films Production Portland, Oregon Writer, Director, DP: Kenneth Luba Producer: Kaja Zaloudek Client:](http://vimeo.com/1546927" \t "_blank)

**Day 9: OLYMP-I-A for PEACE (Year 2)- Action: I read about El Anatsui, the renowned Ghanan artist who takes discarded items and turns them into magnificent art. He bridges history with his work. He captures a transformation, a rebirth, a movement from the discarded to the embraced. An online article from the “Austin Chronicle” states, "But even if you consider the product from which the materials for the art are taken to be a scourge on the continent, the artworks themselves are beautiful. In addition to calling attention to Africa's past and how it's changed, Anatsui is reclaiming part of it for the continent's future, transforming the worn, the disposable, the discarded, and the junked into gleaming splendors." I found a website about the artist and his work:** [**http://www.art21.org/artists/el-anatsui**](http://www.art21.org/artists/el-anatsui)**.**

**Day 10: OLYMP-I-A for PEACE (Year 2)- Action: I found a wonderful and powerful story about "Ashoka":** [**http://www.ashoka.org/story/you-all-make-impossible-possible**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ashoka.org%2Fstory%2Fyou-all-make-impossible-possible&h=WAQFrMGwtAQFq9yWrX7mKzUP3Xj4x0y-Hd-tVmnHbwF7yuw&s=1)**. It is the 30th birthday of "Ashoka". Ashoka is named in honor of the Indian leader who unified the Indian subcontinent in the 3rd century BC, renouncing violence and dedicating his life to social welfare and economic development. For his creativity, global mindedness and tolerance, Ashoka is renowned as the earliest example of a social innovator.**

**[You All Make the Impossible Possible | Ashoka - Innovators for the Public](http://www.ashoka.org/story/you-all-make-impossible-possible" \t "_blank)**

[www.ashoka.org](http://www.ashoka.org/story/you-all-make-impossible-possible" \t "_blank)

[To each of you, I thank you very deeply for being a major part of my Ashoka decade. How privileged I have been to share this](http://www.ashoka.org/story/you-all-make-impossible-possible" \t "_blank)

**Day 11: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about the critical importance of the way we care for children in early childhood:** [**http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?\_r=1**](http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1)

**[A Poverty Solution That Starts With a Hug](http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1" \t "_blank)**

[www.nytimes.com](http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1" \t "_blank)

[The American Academy of Pediatrics is warning that a harsh early environment can lay the groundwork for lifelong achievement gaps, health problems and poverty.](http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1" \t "_blank)

**Day 12: OLYMP-I-A for PEACE (Year 2)- Action: I read about the "Peace Through Pie" local activities planned for this coming weekend to celebrate Martin Luther King Jr.'s birthday:** [**http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html**](http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html)**. It's time for pie and peace :))**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html&h=yAQE8OrSV&s=1) [](http://www.austin360.com/multimedia/dynamic/01283/011112_relishausti_1283154c.jpg)

**[Wedges, in hopes of lifting wedges between people](http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html" \t "_blank)**

[www.austin360.com](http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html" \t "_blank)

[The Peace Through Pie message is spreading. For the fourth year, Peace Through Pie founders Luanne Stovall and Toni Tipton-Martin are helping organize pie socials in Austin in](http://www.austin360.com/food-drink/wedges-in-hopes-of-lifting-wedges-between-people-2093744.html" \t "_blank)

**Day 13: OLYMP-I-A for PEACE (Year 2)- Action: I watched a compelling video in which Marian Wright Edelman honors Martin Luther King, Jr. and calls for peaceful action and caring for children:** [**http://www.youtube.com/watch?v=lCKAQJg7kdk&feature=youtu.be**](http://www.youtube.com/watch?v=lCKAQJg7kdk&feature=youtu.be)



**[Overview of the Children's Defense Fund](http://www.youtube.com/watch?v=lCKAQJg7kdk&feature=youtu.be" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=lCKAQJg7kdk&feature=youtu.be" \t "_blank)

[For nearly 40 years, CDF has worked to improve the lives of all children. With 16.4](http://www.youtube.com/watch?v=lCKAQJg7kdk&feature=youtu.be" \t "_blank)

**Day 14: OLYMP-I-A for PEACE (Year 2)- Action: I attended a poetry reading by elementary students of poems they had written upon experiencing the artwork and sculptures of the artist El Anatsui. Their poems were imaginative and moving. Such creativity of expression. The organization "Badgerdog Literary Publishing" partnered with the Blanton Museum of Art to enable students from elementary schools to visit the art exhibit and express their thoughts in poetry. Creating cultural connections through art and poetry are pathways to peace.** [**https://www.facebook.com/pages/Badgerdog-Literary-Publishing/115915048488829?sk=info**](https://www.facebook.com/pages/Badgerdog-Literary-Publishing/115915048488829?sk=info)

[](https://www.facebook.com/badgerdoglitpub?sk=info&ref=nf)

[**Badgerdog Literary Publishing**](https://www.facebook.com/badgerdoglitpub?sk=info)

Badgerdog is an Austin-based nonprofit dedicated to the literary arts. We publish the work of emerging and established writers in American Short Fiction, a national quarterly literary journal, and we publish the work of youth and senior citizens through our creative writing workshops in the antholog...

**Day 15: OLYMP-I-A for PEACE (Year 2)- Action: I got to visit (face-to-face) with a friend who I hadn't seen since our high school graduation, many years ago. Such a special reunion, catching up on the years of our lives. Friendship brings such satisfaction to life. There is a holiness to sharing time and memories with someone. Peace is found in such moments.**

**Day 16: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I read an article about the photographer Shomei Tomatsu and his photos of Nagasaki:** [**http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki**](http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki)**. To create a passion for peace, we must be able to look honestly into the face of war and never forget what we see there.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki&h=xAQEfBWzT&s=1) 

**[Shomei Tomatsu: 11:02 Nagasaki](http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki" \t "_blank)**

[www.lomography.com](http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki" \t "_blank)

[In his career as a photographer, Shomei Tomatsu has shot many powerful images, documenting post-war Japan. One of his most famous series of photographs was a selection of photos he shot of Nagasaki following the bombing. He charted](http://www.lomography.com/magazine/lifestyle/2012/01/12/shomei-tomatsu-11-02-nagasaki" \t "_blank)

**Day 17: OLYMP-I-A for PEACE (Year 2)- Action: I read an informative article by Paul Rice, head of Fair Trade USA- Inside Bay Area. The article reports that there are 800 companies in the United States that sell certified fair-trade products. Fair Trade USA reaches 1.3 million individual farmers and workers (5 million when family members are included) in 70 countries. [NOTE: the specific link to the article is no longer accessible via the Web.]**

Related link: <https://www.thehungersite.com/store/ths/category/284/fair-trade?origin=HS_MSN_ADGROUP_FairTrade> (The Hunger Site Store: Every Purchase (Fair Trade products) Fights Famine in the Horn of Africa & Combats Hunger in the U.S.)

[https://www.thehungersite.com/store/images/logo-220.gif](https://www.thehungersite.com/store/ths/category/284/fair-trade?0-1.ILinkListener-leftNav-siteLogo-siteLogoLink&origin=HS_MSN_ADGROUP_FairTrade)

**Day 18: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video, shared with me by a friend, in which the former poet laureate, Billy Collins, reads his poem entitled "The Lanyard." A simple poem, expressed with humor, yet profound in its exploration of the human bond. We can sense the beauty of life and peace when we recognize and are grateful for the gift of unconditional love.** [**http://www.youtube.com/watch?v=0EjB7rB3sWc**](http://www.youtube.com/watch?v=0EjB7rB3sWc)



**[Billy Collins - The Lanyard](http://www.youtube.com/watch?v=0EjB7rB3sWc" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=0EjB7rB3sWc" \t "_blank)

[Complete video at: http://fora.tv/2008/04/07/A\_Selection\_of\_Poems\_by\_Billy\_Collins Former U.S. Poet](http://www.youtube.com/watch?v=0EjB7rB3sWc" \t "_blank)

**Day 19: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed seeing children interact in positive ways. A child was stacking dominoes carefully, doing his best to make a house. Suddenly, after much work, all the dominoes came crashing down. The child building the house looked upset momentarily, however, his friend, who had been watching, shouted "You win!" and pushed toward him the pile of dominoes, as if he'd just hit the jackpot. Amazing transition from dejection to joy with just a few caring words and fresh perspective from a friend.**

**Day 20: OLYMP-I-A for PEACE (Year 2)- Action: I watched the video "I'm Human." Our humanity bridges all differences.** [**http://www.youtube.com/watch?feature=player\_embedded&v=IJymVGJ3Eag**](http://www.youtube.com/watch?feature=player_embedded&v=IJymVGJ3Eag)



**[I'm Human - Liberty Broadcasting Squad](http://www.youtube.com/watch?feature=player_embedded&v=IJymVGJ3Eag" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?feature=player_embedded&v=IJymVGJ3Eag" \t "_blank)

[Liberty Middle School's broadcasting team has created a look at what makes us different as students, citizens, and humans. Enjoy!](http://www.youtube.com/watch?feature=player_embedded&v=IJymVGJ3Eag" \t "_blank)

**Day 21: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I learned more about January 20th, the International Day of Acceptance: to achieve social acceptance of disability and to honor the late Annie Hopkins, founder of 3E Love and creator of the International Symbol of Acceptance. What a fantastic international movement:** [**http://www.3elove.com/pages/what-is-3e-love**](http://www.3elove.com/pages/what-is-3e-love)**. I also found 3E Love on Facebook:** [**https://www.facebook.com/3elove**](https://www.facebook.com/3elove)**. Embrace diversity!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.3elove.com/pages/what-is-3e-love&h=QAQFeMU-h&s=1)[](https://www.facebook.com/photo.php?fbid=10150635269217659&set=a.443510022658.236783.106155232658&type=1)

**[About Us - What is 3E Love | 3E Love's Wheelchair Heart](http://www.3elove.com/pages/what-is-3e-love" \t "_blank)**

[www.3elove.com](http://www.3elove.com/pages/what-is-3e-love" \t "_blank)

[What is 3E Love...? 3E Love, LLC. is a social entrepreneurial experiment to change the perception of disability. The](http://www.3elove.com/pages/what-is-3e-love" \t "_blank)

**Day 22: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a blog article... Hope brings peace!** [**http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html**](http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html&h=NAQEPIAy7&s=1)[](http://2.bp.blogspot.com/-rLh2_8J0QcM/TlHe0LNuzII/AAAAAAAAEc0/VHnIUzxsd58/s1600/peekaboo-photo.jpg)

**[Love That Max: 9 ways to always have hope for your child with special needs](http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html" \t "_blank)**

[www.lovethatmax.com](http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html" \t "_blank)

[Very good advice, to take your child on their own terms. It can take a while to get there but it is the best for them and for you.](http://www.lovethatmax.com/2011/08/9-ways-to-always-have-hope-for-your.html" \t "_blank)

**Day 23: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Saw a beautiful sunrise this morning which captured my imagination and lifted my spirits. I thought about how nice it would be to take photos of the sunrise every day that I go to work. What a beautiful and peaceful way to begin each new day and document my journey through time.**

**Day 24: OLYMP-I-A for PEACE (Year 2)- Action: Watched a calming and inspiring video display of Mother Teresa's poem "Anyway":** [**http://www.youtube.com/watch?v=HfFTXC0dwWU&feature=player\_embedded**](http://www.youtube.com/watch?v=HfFTXC0dwWU&feature=player_embedded)**. What we do and how we do it matters! Thanks to a special friend for sharing this!**



**[ANYWAY (Mother Teresa) ~ by Venus](http://www.youtube.com/watch?v=HfFTXC0dwWU&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=HfFTXC0dwWU&feature=player_embedded" \t "_blank)

[. . . . . . . Poem: ANYWAY by Mother Teresa Original Portrait/ Video by Venus / http://www.globalvenus.com I used color on Mother Teresas Scarf only, not her...](http://www.youtube.com/watch?v=HfFTXC0dwWU&feature=player_embedded" \t "_blank)

**Day 25: OLYMP-I-A for PEACE (Year 2)- Action: I read a great article about how a group of high school students is making a difference for peace through "Rachel's Challenge." One of the student group leaders explains that Rachel's Challenge outlines a different way to relate to other students, "They teach people how it is important to be kind to others and commit random acts of kindness and show compassion to anyone because what goes around comes around." A great model for all high schools!**[**http://www.spooneradvocate.com/news/local/article\_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html**](http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html&h=eAQEuynVD&s=1)[](http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html?mode=image&photo=0)

**[Rachel’s Challenge is now their passion - Spooner Advocate: Local: spooner advocate, columbine high.](http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html" \t "_blank)**

[www.spooneradvocate.com](http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html" \t "_blank)

[A group of Spooner High School students on Wednesday, Jan. 4, stood before the Spooner Area Chamber of Commerce and told chamber members they want to share Rachel Scott's](http://www.spooneradvocate.com/news/local/article_9aff44c2-3c67-11e1-8d2e-001871e3ce6c.html" \t "_blank)

**Day 26: OLYMP-I-A for PEACE (Year 2)- Action: I helped a group of children learn about empathy and kindness and we promised to do our best to practice them together.**

**Day 27: OLYMP-I-A for PEACE (Year 2)-Action: I read an interesting article about how people can creatively pool their resources together for positive change. We have more power to create positive change and peace than we may think.** [**http://blog.wiserearth.org/how-to-map-assets/**](http://blog.wiserearth.org/how-to-map-assets/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://blog.wiserearth.org/how-to-map-assets/&h=oAQGAKbff&s=1)

**[How to Map Assets & Expose Real Wealth for Shared Futures | WiserEarth Blog](http://blog.wiserearth.org/how-to-map-assets/" \t "_blank)**

[blog.wiserearth.org](http://blog.wiserearth.org/how-to-map-assets/" \t "_blank)

[Harnessed fully, there are more talents and resources within any small group of passionate citizens than are actually](http://blog.wiserearth.org/how-to-map-assets/" \t "_blank)

**Day 28: OLYMP-I-A for PEACE (Year 2)- Action: I found out that USAID and the Peace Corps are restarting volunteer programs in Nepal.** [**http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/**](http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/&h=sAQFr_3_M&s=1)**[](http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/blog-photo-nepal/)**

**[USAID Impact » USAID and Peace Corps Partner for Volunteers’ Return to Nepal](http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/" \t "_blank)**

[blog.usaid.gov](http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/" \t "_blank)

[USAID joined Peace Corps this month in Washington and Kathmandu to celebrate the return of its volunteers to Nepal](http://blog.usaid.gov/2012/01/usaid-and-peace-corps-partner-for-volunteers-return-to-nepal/" \t "_blank)

**Day 29: OLYMP-I-A for PEACE (Year 2)- Action: I read a wonderful article from Bodwell high school in Canada where students connect and build friendships (via CTC International's Rafiki Link program) with students in Maai Mahiu, Kenya. The article highlights a student's essay, "Soul Intersection," describing his experience with Rafiki link and his visit to Maai Mahiu. Brought back memories of my trip there. Such connections bring us closer to peace.** [**http://www.bodwell.edu/highschool/citizenship/student\_essay\_rafiki\_week/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.bodwell.edu%2Fhighschool%2Fcitizenship%2Fstudent_essay_rafiki_week%2F&h=dAQHJqacHAQFdOO1qwa_zywqDCXfCcRqIKcG0UKKY7m4F7w&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.bodwell.edu/highschool/citizenship/student_essay_rafiki_week/&h=WAQFrMGwt&s=1)

**[Student essays amaze during our Rafiki Week - Bodwell High School](http://www.bodwell.edu/highschool/citizenship/student_essay_rafiki_week/" \t "_blank)**

[www.bodwell.edu](http://www.bodwell.edu/highschool/citizenship/student_essay_rafiki_week/" \t "_blank)

[“This is a great place to meet people from different cultures, and to get to know about cultures other than your own.” –](http://www.bodwell.edu/highschool/citizenship/student_essay_rafiki_week/" \t "_blank)

**Day 30: OLYMP-I-A for PEACE (Year 2)- Action: Participated in the "Souper Bowl of Caring" at my local grocery store- helping donate needed food to help fight hunger.** [**https://www.facebook.com/souperbowlofcaring**](https://www.facebook.com/souperbowlofcaring)

[](https://www.facebook.com/souperbowlofcaring?ref=nf)

[**Souper Bowl of Caring**](https://www.facebook.com/souperbowlofcaring)

“As we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat.” On Super Bowl Sunday in 1990, a simple prayer inspired a group of teenagers to create a fun, yet meaningful way to fight hunger and reach out to those in need. Using originality and teamwo...

**Day 31: OLYMP-I-A for PEACE (Year 2)- Action: I found and read an article about a new initiative at Middlebury College to offer grants to support social entrepreneurship and encourage high school and college students and recent college graduates to tackle some of the world's toughest problems.** [**https://www.ashoka.org/story/middlebury-college-take-worlds-toughest-21st-century-challenges**](https://www.ashoka.org/story/middlebury-college-take-worlds-toughest-21st-century-challenges)

**[Middlebury College to Take On the World's Toughest 21st Century Challenges | Ashoka - Innovators for](https://www.ashoka.org/story/middlebury-college-take-worlds-toughest-21st-century-challenges" \t "_blank)**

[www.ashoka.org](https://www.ashoka.org/story/middlebury-college-take-worlds-toughest-21st-century-challenges" \t "_blank)

[Middlebury College will be giving away a grant for every day of the year—in amounts ranging from $200 to $10,000—to support social entrepreneurship as it launches of its new](https://www.ashoka.org/story/middlebury-college-take-worlds-toughest-21st-century-challenges" \t "_blank)

**Day 32: OLYMP-I-A for PEACE (Year 2)- Action: I had a delicious vegan, macrobiotic meal in a cafe known for its peaceful and calming environment. Great way to quiet the spirit and relax and generate inner peace. Children and adults need calm and quiet time to practice peace from within in order to be able to promote and sustain peace with others.**

**Day 33: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video about the Earth Child Institute. Peace, health, and green-living are all connected. We help create peace and understanding when we all work together to help save the earth.** [**http://www.youtube.com/watch?v=p3rMvz97K6o&feature=share**](http://www.youtube.com/watch?v=p3rMvz97K6o&feature=share)



**[Earth-Child-Institute.m4v](http://www.youtube.com/watch?v=p3rMvz97K6o&feature=share" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=p3rMvz97K6o&feature=share" \t "_blank)

[Our World is in need of assistance! Here are some wonderful ways that Earth Child Institute is Helping. It's a great plan of](http://www.youtube.com/watch?v=p3rMvz97K6o&feature=share" \t "_blank)

**Day 34: OLYMP-I-A for PEACE (Year 2)- Action: I'm having fun re-connecting with high school friends on FB and looking forward to our upcoming high school reunion. Times flies but friendship doesn't. Friendship stays young throughout the years.**

**Day 35: OLYMP-I-A for PEACE (Year 2)- Action: I watched an inspiring video about peace (the spirituality, the science, the common sense, and the beauty of it). When one is harmed, we all are harmed. When one is helped, we are healed. Success in life comes through how much we connect with and care about each other. We are one.**

[**http://www.youtube.com/watch?v=fvEOqB\_Cuvw&feature=youtu.be**](http://www.youtube.com/watch?v=fvEOqB_Cuvw&feature=youtu.be) **)**



**[2012 the year of AWAKENING...Please SHARE](http://youtu.be/fvEOqB_Cuvw" \t "_blank)**

[www.youtube.com](http://youtu.be/fvEOqB_Cuvw" \t "_blank)

[This is a call for "Awakening". This is a call for the whole universe to evolve and become conscious from the hypnosis of](http://youtu.be/fvEOqB_Cuvw" \t "_blank)

**Day 36: OLYMP-I-A for PEACE (Year 2)- Action: I explored "The Peace Company" website and read about their vision, mission, and their many collaborating partners-- a great listing of organizations and ambassadors for peace (**[**http://peacecompany.com/partner.php**](http://www.facebook.com/l.php?u=http%3A%2F%2Fpeacecompany.com%2Fpartner.php&h=LAQEnRvX-AQGQ9fMZwzcKTuF2V5RMMgx9fvrBWry311oCJw&s=1)**). Their FB page is** [**https://www.facebook.com/thepeacecompany2?sk=info**](https://www.facebook.com/thepeacecompany2?sk=info)**. The Four Pillars of the Peace Company: People - everyone creates value. Planet - everyone receives value. Prosperity - everyone returns value. Peace - everyone has value.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://peacecompany.com/partner.php&h=uAQHeZnEL&s=1)[](http://peacecompany.com/)

**[The Peace Company - Peace Merchandise & Services](http://peacecompany.com/partner.php" \t "_blank)**

[peacecompany.com](http://peacecompany.com/partner.php" \t "_blank)

[Peace merchandise & services: peace flags, books, educational products, audio, video, peace gifts, kids peace items, more. Also, consulting, peace workshops, online & onsite programs.](http://peacecompany.com/partner.php" \t "_blank)

**Day 37: OLYMP-I-A for PEACE (Year 2)- Action: Listened to "Redemption Song" by "Playing for Change."** [**http://www.youtube.com/watch?v=55s3T7VRQSc&feature=youtu.be**](http://www.youtube.com/watch?v=55s3T7VRQSc&feature=youtu.be)**. It's great to experience a song joining people together in peace around the world.**



**[Redemption Song | Playing For Change](http://www.youtube.com/watch?v=55s3T7VRQSc&feature=youtu.be" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=55s3T7VRQSc&feature=youtu.be" \t "_blank)

[http://playingforchange.com/episodes/40/ - Hello everyone, today we are honored to share with you all the first video from our new CD/DVD titled, "PFC2: Song...](http://www.youtube.com/watch?v=55s3T7VRQSc&feature=youtu.be" \t "_blank)

**Day 38: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the "The Youth Rising For Peace Summit": "The First Ever 24-Hour Global Telesummit. Completely Free to Attend – February 11-12, 2012. Featuring Young Peace Leaders from Around the World. Every Hour for 24 Hours!" Sounds amazing. The website also has other great info about how young people can tap into peace ideas, actions, and projects around the world.**[**http://youthrisingforpeace.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fyouthrisingforpeace.com%2F&h=9AQGpywGDAQHLg83BF79VsXrAjq_TRMpbfwx4AAldI8ES0g&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://youthrisingforpeace.com/&h=VAQHmw4dG&s=1)

**[A Global Celebration of the New Voices of Peace | The Youth Rising for Peace Summit](http://youthrisingforpeace.com/" \t "_blank)**

[youthrisingforpeace.com](http://youthrisingforpeace.com/" \t "_blank)

[Let's celebrate the new voices for peace! Join me for the first-ever 24-hour global telesummit with young peace leaders from around the world. What's your piece for peace?](http://youthrisingforpeace.com/" \t "_blank)

**Day 39: OLYMP-I-A for PEACE (Year 2)- Action: I helped children think about and create drawings about the ways they take care of themselves. When children recognize the importance of taking care of themselves, they realize their own worth and feel stronger and are more able to help others.**

**Day 40: OLYMP-I-A for PEACE (Year 2)- Action: Watched a great interview with the author of the book, "The Story of Beautiful Girl." Important messages about empathy and the importance of people with disabilities living in the community and not in institutions.** [**http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon\_02-09.html**](http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon_02-09.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon_02-09.html&h=xAQEfBWzT&s=1)[](http://www.pbs.org/newshour/)

**[Love Story Sheds Light on How Society Treats People With Disabilities | PBS NewsHour | Feb. 9, 2012](http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon_02-09.html" \t "_blank)**

[www.pbs.org](http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon_02-09.html" \t "_blank)

[A New York Times bestseller, Rachel Simon's "The Story of Beautiful Girl" explores empathy and tolerance in the form of a](http://www.pbs.org/newshour/bb/entertainment/jan-june12/rachelsimon_02-09.html" \t "_blank)

**Day 41: OLYMP-I-A for PEACE (Year 2)- Action: Woke up and watched this music video. So awesome... a great way to start each day to be reminded that we must "Live as One."** [**http://www.karmatube.org/videos.php?id=2720**](http://www.karmatube.org/videos.php?id=2720)

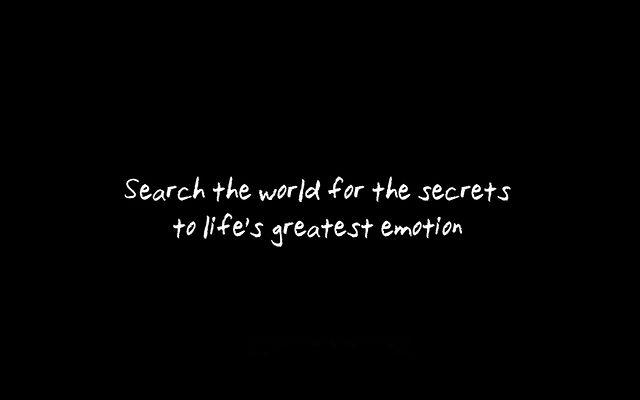
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.karmatube.org/videos.php?id=2720)[](http://www.karmatube.org/index.php)

**[KarmaTube: 7 Billion People Live as 1](http://www.karmatube.org/videos.php?id=2720" \t "_blank)**

[www.karmatube.org](http://www.karmatube.org/videos.php?id=2720" \t "_blank)

[The world population has reached 7 billion. But 7 billion people means 7 billion hearts. Connected only by a pair of headphones, musicians around the world are united by this](http://www.karmatube.org/videos.php?id=2720" \t "_blank)

**\*\*Extra Note: Today is World Happy Day :)). Here's a video shared by "Peace Ripples" on Facebook.**



**[HAPPY TRAILER](http://vimeo.com/33173268" \t "_blank)**

[vimeo.com](http://vimeo.com/33173268" \t "_blank)

[For World Happy Day](http://vimeo.com/33173268" \t "_blank)

**Day 42: OLYMP-I-A for PEACE (Year 2)- Action: Found and read a great article about Fair Trade USA's new labels and their significance. Steps in the right direction!** [**http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels**](http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels)

**[What's behind Fair Trade USA's new labels?](http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels" \t "_blank)**

[newhope360.com](http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels" \t "_blank)

[Fair Trade USA's new labels represent more than an updated look. Find out what the bold seals say about the organization's revised policies and future goals.](http://newhope360.com/fair-trade/whats-behind-fair-trade-usas-new-labels" \t "_blank)

**Day 43: OLYMP-I-A for PEACE (Year 2)- Action: I read about an art therapy project in Nambia- giving a voice to children and building self-esteem through creative expression:** [**http://www.arttherapynewyorktonamibia.com/**](http://www.arttherapynewyorktonamibia.com/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.arttherapynewyorktonamibia.com/)

**[index](http://www.arttherapynewyorktonamibia.com/" \t "_blank)**

[www.arttherapynewyorktonamibia.com](http://www.arttherapynewyorktonamibia.com/" \t "_blank)

**Day 44: OLYMP-I-A for PEACE (Year 2)- Action: Spent time with children talking about what makes them special and important and helping them discover what they do to help themselves and each other.**

**Day 45: OLYMP-I-A for PEACE (Year 2)- Action: I read an interesting article about Shai Reshef, an Ashoka Fellow who is impacting the future. He has established the "University of the People," bringing free online higher education to millions of young people around the world.** [**https://www.ashoka.org/story/free-university-courses-all-ashoka-fellows-university-people-smart-way-make-future**](https://www.ashoka.org/story/free-university-courses-all-ashoka-fellows-university-people-smart-way-make-future)

**[Free University Courses for All: Ashoka Fellow’s University of the People is a Smart Way to Make the](https://www.ashoka.org/story/free-university-courses-all-ashoka-fellows-university-people-smart-way-make-future" \t "_blank)**

[www.ashoka.org](https://www.ashoka.org/story/free-university-courses-all-ashoka-fellows-university-people-smart-way-make-future" \t "_blank)

[Shai Reshef, president and founder of the University of the People, a nonprofit institution based in Pasadena, California, is](https://www.ashoka.org/story/free-university-courses-all-ashoka-fellows-university-people-smart-way-make-future" \t "_blank)

**Day 46: OLYMP-I-A for PEACE (Year 2)- Action: I helped a group of children talk about and draw pictures to show how they feel when they help others.**

**Day 47: OLYMP-I-A for PEACE (Year 2)- Action: I saw a sign in a local store about "Explore Austin." I looked up more info online. The program provides mentoring and outdoor adventure over a 6 year period for 6th through 12th grade inner-city youth to help the youth increase self-confidence, build character, and develop a sense of responsibility for themselves and those around them.** [**http://exploreaustin.org/about**](http://exploreaustin.org/about)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://exploreaustin.org/about&h=QAQFeMU-h&s=1)[](http://exploreaustin.org/)

**[About Our Program « Explore Austin](http://exploreaustin.org/about" \t "_blank)**

[exploreaustin.org](http://exploreaustin.org/about" \t "_blank)

[Founded in 2006, Explore Austin combines the benefits of mentoring and outdoor adventure in a six-year program for 6th through 12th grade inner-city youth. Focusing on team](http://exploreaustin.org/about" \t "_blank)

**Day 48: OLYMP-I-A for PEACE (Year 2)- Action: I learned more about "Philly Stake" on Facebook (**[**https://www.facebook.com/pages/Philly-Stake/169445703118802?sk=info**](https://www.facebook.com/pages/Philly-Stake/169445703118802?sk=info)**) and about their grantees on the web (**[**http://phillystake.org/information/about-stake/**](http://phillystake.org/information/about-stake/)**). "Philly Stake" is a locally-based, volunteer-organized micro-grant program in Philadelphia that invests in and enriches local arts and creative thought, local organic food production, and the local economy and in so doing helps build a more peaceful and synergistic community. A great example for all communities!**

[](https://www.facebook.com/pages/Philly-Stake/169445703118802?sk=info&ref=nf)

[**Philly Stake**](https://www.facebook.com/pages/Philly-Stake/169445703118802?sk=info)

Philly Stake is a locally sourced, recurring dinner in which money is raised for creative & relevant community engaged projects. As a micro granting program, community members become creators. ------------------------------ A stake in the Philadelphia community A stake in the arts and in creative th...

**Day 49: OLYMP-I-A for PEACE (Year 2)- Action: I read about the "Peace Through Pie" efforts to promote and establish a tradition across the country of baking and eating pie on the Martin Luther King Day Holiday... as a symbol of peace. A creative idea!** [**http://blogs.seattleweekly.com/voracious/2012/01/pro-pie\_group\_wants\_online\_rec.php**](http://blogs.seattleweekly.com/voracious/2012/01/pro-pie_group_wants_online_rec.php)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://blogs.seattleweekly.com/voracious/2012/01/pro-pie_group_wants_online_rec.php&h=9AQGpywGD&s=1)[](http://blogs.seattleweekly.com/voracious/recipe-box.jpg)

**[Pro-Pie Group Wants Online Recipe Sites to Acknowledge MLK Day With Holiday Menus](http://blogs.seattleweekly.com/voracious/2012/01/pro-pie_group_wants_online_rec.php" \t "_blank)**

[blogs.seattleweekly.com](http://blogs.seattleweekly.com/voracious/2012/01/pro-pie_group_wants_online_rec.php" \t "_blank)

[Martin Luther King Day is over, but organizers of an effort to link pie with the holiday are now turning...](http://blogs.seattleweekly.com/voracious/2012/01/pro-pie_group_wants_online_rec.php" \t "_blank)

**Day 50: OLYMP-I-A for PEACE (Year 2)- Action: I read the "Create Peace Project" blog posts from Nepal** [**http://www.createpeaceproject.org/the-importance-of-creativity/**](http://www.createpeaceproject.org/the-importance-of-creativity/)**. Such exciting and inspiring work!**

[](http://www.createpeaceproject.org/secrethatch/wp-content/uploads/2012/02/DSC_0178.jpg)

**[Create Peace Project The Importance of Creativity](http://www.createpeaceproject.org/the-importance-of-creativity/" \t "_blank)**

[www.createpeaceproject.org](http://www.createpeaceproject.org/the-importance-of-creativity/" \t "_blank)

[an art-for-peace education organization](http://www.createpeaceproject.org/the-importance-of-creativity/" \t "_blank)

**Day 51: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about ways to practice and cultivate compassion.** [**http://www.dailygood.org/view.php?sid=75**](http://www.dailygood.org/view.php?sid=75)**. There is research showing the individual health as well as the societal benefits of exercising compassion. "The key to developing compassion in your life is to make it a daily practice." This article shares how to do so. Great info!!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.dailygood.org/view.php?sid=75&h=DAQHGHjNg&s=1)[](http://www.dailygood.org/view.php?qid=4621)

**[DailyGood: 7 Practices to Cultivate Compassion, by Leo Babauta](http://www.dailygood.org/view.php?sid=75" \t "_blank)**

[www.dailygood.org](http://www.dailygood.org/view.php?sid=75" \t "_blank)

[Scientific studies suggest that there are physical benefits to practicing compassion -- people who practice it produce 100](http://www.dailygood.org/view.php?sid=75" \t "_blank)

**Day 52: OLYMP-I-A for PEACE (Year 2)- Action: I looked up the Global Peace Exchange (GPE) on Facebook and read more about the organization. I am excited about a potential collaboration with GPE and the Earth Child Institute this summer to work with children in schools throughout Nepal!**[**https://www.facebook.com/pages/Global-Peace-Exchange/12395086279?sk=info**](https://www.facebook.com/pages/Global-Peace-Exchange/12395086279?sk=info)

[](https://www.facebook.com/globalpeaceexchangefsu?sk=info&ref=nf)

[**Global Peace Exchange**](https://www.facebook.com/globalpeaceexchangefsu?sk=info)

The Global Peace Exchange was started in August of 2006 as a completely student organization at Florida State University to coordinate and expand the service-based exchange opportunities for students throughout the world. We look to engage, educate and empower students and communities together.

**Day 53: OLYMP-I-A for PEACE (Year 2)- Idea: Peace is found in genuine, lasting friendships in the context of empathy and compassion.**

**Day 54: OLYMP-I-A for PEACE (Year 2)- Action: I read about the Children's Defense Fund (CDF) "Cradle to Prison Pipeline" Campaign:** [**http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/**](http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/)**. "CDF's vision with its Cradle to Prison Pipeline campaign is to reduce detention and incarceration by increasing preventive supports and services children need, such as access to quality early childhood development and education services and accessible, comprehensive health and mental health coverage." The website offers resources and ways that individuals and communities can take action.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/&h=OAQE-gwIk&s=1)

**[Cradle to Prison Pipeline Campaign](http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/" \t "_blank)**

[www.childrensdefense.org](http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/" \t "_blank)

[CDF's Cradle to Prison Pipeline® Campaign advances policies and youth programs that put America's poor, minority, and at risk children on track to productive adulthood and opposes](http://www.childrensdefense.org/programs-campaigns/cradle-to-prison-pipeline/" \t "_blank)

**Day 55: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed a great meal with good friends. Lots of entertaining stories and laughter. Good friends enrich life and bring peace and joy to the soul!**

**Day 56: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Experienced the fullness of life, the diversity, the passion, the beauty of friends and family rising to meet challenges. Just like breaking the sound barrier, as we move toward a challenge, there is turbulence, but if we persist and move through it, there is a beautiful calm and peace on the other side.**

**Day 57: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Spoke as part of a panel at the "Texas Advanced Leadership and Advocacy Conference," encouraging people with disabilities and their families to continue to advocate and share their stories with Legislators in order to increase awareness and funding for essential services. Funding of community services is critical so people with disabilities can live in the community and not in institutions. Protecting human rights is essential to peace!** [**http://talac.tamu.edu/**](http://www.facebook.com/l.php?u=http%3A%2F%2Ftalac.tamu.edu%2F&h=JAQGivtvAAQEHY7umE9auwEf_DSo5gJboyVBfHmQ5nOR6nw&s=1)





**[Home | Texas Advanced Leadership and Advocacy Conference (TALAC)](http://talac.tamu.edu/" \t "_blank)**

[talac.tamu.edu](http://talac.tamu.edu/" \t "_blank)

[The Texas Advanced Leadership and Advocacy Conference (TALAC) is an annual conference providing leadership and](http://talac.tamu.edu/" \t "_blank)

**Day 58: OLYMP-I-A for PEACE (Year 2)- Action: Watched an informative video about how we, as consumers, can help create a better world with each choice we make on what we purchase:** [**http://www.youtube.com/watch?v=DVxe1ZKIff0**](http://www.youtube.com/watch?v=DVxe1ZKIff0)



**[Fair Trade: The Power of the Consumer](http://www.youtube.com/watch?v=DVxe1ZKIff0" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=DVxe1ZKIff0" \t "_blank)

[Fair Trade is a system that harnesses the power of the market to help alleviate poverty and generate significant global](http://www.youtube.com/watch?v=DVxe1ZKIff0" \t "_blank)

**Day 59: OLYMP-I-A for PEACE (Year 2)- Action: Spreading the word about the "7 Billion Actions" Short Film Competition. The top 10 films are amazing to watch and you can vote to help select the winner:** [**http://7billionactions.votigo.com/contests/browseallentries/all/all**](http://7billionactions.votigo.com/contests/browseallentries/all/all)

[](http://7billionactions.votigo.com/)

**[Join the short film competition 1 of 7 Billion](http://7billionactions.votigo.com/contests/browseallentries/all/all" \t "_blank)**

[7billionactions.votigo.com](http://7billionactions.votigo.com/contests/browseallentries/all/all" \t "_blank)

[Join the short film competition 1 of 7 Billion](http://7billionactions.votigo.com/contests/browseallentries/all/all" \t "_blank)

**Day 60: OLYMP-I-A for PEACE (Year 2)- Action: Had a discussion with children about how we communicate and share our feelings with others**

**Day 61: OLYMP-I-A for PEACE (Year 2)- Action: Found out about the Clinton Foundation and the Millennium Network projects around the globe. "President Bill Clinton established the William J. Clinton Foundation with the mission to alleviate poverty, improve global health, strengthen economies, and protect the environment, by fostering partnerships among governments, businesses, nongovernmental organizations, and private citizens to turn good intentions into measurable results."**

[**http://www.clintonfoundation.org/main/get-involved/millennium-network.html**](http://www.clintonfoundation.org/main/get-involved/millennium-network.html)**)**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.clintonfoundation.org/how-you-can-help/millennium-network)[](http://www.flickr.com/photos/49152339@N05/sets/72157630052152621/)

**Day 62: OLYMP-I-A for PEACE (Year 2)- Action: Celebrated my friend's mother's 96th birthday. A wonderful and moving occasion. Such richness life brings through long-lasting friendships. There is peace in seeing the passage of time and the grace and wisdom of the generations.**

**Day 63: OLYMP-I-A for PEACE (Year 2)- Action: Spent a day surrounded by family and good friends. An uplifting, peaceful day full of smiles, laughter, and genuine caring.**

**Day 64: OLYMP-I-A for PEACE (Year 2)- Action: I read an article shared with me by a friend about the friendship of two people, one a Dachau concentration camp survivor and one who was a camp liberator. The beauty of this friendship and bond touched me as I cannot imagine the amazing connection that these two individuals must share. Their story must not be forgotten. It compels us to seek peace.** [**http://news.yahoo.com/dachau-survivor-liberator-meet-6-decades-later-164044398.html?ugc\_c=t45pepT12QBjv42GjPCVK0TwJFUXNqP4stevGHXmuEGVA7r8L0nOkB4fXYDdlWbnIK.GOhE2jjkm8jvQvqlfI.RnRhuQ3hNwzy1y2uI6flV43jV.xgH2MIO\_C.UTMTsqvluwV1x8u\_\_bUODL91H2j4i.9BtE5q7xtylJbL9fYW\_UeAdlpFwXFG.aJCom4th9aOJLQxYoUUBSNUtr8yEz7IZZzO\_JZisYHbYFiDbMeTsEt15uSCF.vnQCEYflwGngJonD68dHsJLpakOvK0iidMCGhw--&bcnv\_s=e&uh\_id=e249dcp7f6d70e9afii953pgd96eu&ugc\_scnv=1&ll=2**](http://news.yahoo.com/dachau-survivor-liberator-meet-6-decades-later-164044398.html?ugc_c=t45pepT12QBjv42GjPCVK0TwJFUXNqP4stevGHXmuEGVA7r8L0nOkB4fXYDdlWbnIK.GOhE2jjkm8jvQvqlfI.RnRhuQ3hNwzy1y2uI6flV43jV.xgH2MIO_C.UTMTsqvluwV1x8u__bUODL91H2j4i.9BtE5q7xtylJbL9fYW_UeAdlpFwXFG.aJCom4th9aOJLQxYoUUBSNUtr8yEz7IZZzO_JZisYHbYFiDbMeTsEt15uSCF.vnQCEYflwGngJonD68dHsJLpakOvK0iidMCGhw--&bcnv_s=e&uh_id=e249dcp7f6d70e9afii953pgd96eu&ugc_scnv=1&ll=2)

[](http://news.yahoo.com/photos/photo-of-the-day-slideshow-slideshow/thursday-feb-23-2012-photo-dachau-survivor-ernie-photo-174122658.html;_ylt=AtZuG06BqKEAfmxkNXaUxQ3zWed_;_ylu=X3oDMTQ1dGlpdGExBG1pdANBcnRpY2xlIFJlbGF0ZWQgTGVhZARwa2cDMTM3MDExZmMtNmJjYS0zNTBmLWIwMTAtMjU4ZDRkMzZhZTA5BHBvcwMxBHNlYwNNZWRpYUFydGljbGVMZWFkBHZlcgM4NGQyNjM4MC02NjIxLTExZTEtOGY2Yi1mZjIzMzQzNjhlMTc-;_ylg=X3oDMTJtOTZodjRsBGludGwDdXMEbGFuZwNlbi11cwRwc3RhaWQDYjljY2Y1YTctOTY5YS0zYTdmLTgzOTktYThhZDA1ZDc4NjkwBHBzdGNhdAN1LXMEcHQDc3RvcnlwYWdl;_ylv=3)

**[Dachau survivor and liberator meet 6 decades later](http://news.yahoo.com/dachau-survivor-liberator-meet-6-decades-later-164044398.html?ugc_c=t45pepT12QBjv42GjPCVK0TwJFUXNqP4stevGHXmuEGVA7r8L0nOkB4fXYDdlWbnIK.GOhE2jjkm8jvQvqlfI.RnRhuQ3hNwzy1y2uI6flV43jV.xgH2MIO_C.UTMTsqvluwV1x8u__bUODL91H2j4i.9BtE5q7xtylJbL9fYW_UeAdlpFwXFG.aJCom4th9aOJLQxYoUUBSNUtr8yEz7IZZzO_JZisYHbYFiDbMeTsEt15uSCF.vnQCEYflwGngJonD68dHsJLpakOvK0iidMCGhw--&bcnv_s=e&uh_id=e249dcp7f6d70e9afii953pgd96eu&ugc_scnv=1&ll=2" \t "_blank)**

[news.yahoo.com](http://news.yahoo.com/dachau-survivor-liberator-meet-6-decades-later-164044398.html?ugc_c=t45pepT12QBjv42GjPCVK0TwJFUXNqP4stevGHXmuEGVA7r8L0nOkB4fXYDdlWbnIK.GOhE2jjkm8jvQvqlfI.RnRhuQ3hNwzy1y2uI6flV43jV.xgH2MIO_C.UTMTsqvluwV1x8u__bUODL91H2j4i.9BtE5q7xtylJbL9fYW_UeAdlpFwXFG.aJCom4th9aOJLQxYoUUBSNUtr8yEz7IZZzO_JZisYHbYFiDbMeTsEt15uSCF.vnQCEYflwGngJonD68dHsJLpakOvK0iidMCGhw--&bcnv_s=e&uh_id=e249dcp7f6d70e9afii953pgd96eu&ugc_scnv=1&ll=2" \t "_blank)

[The way Ernie Gross and Don Greenbaum laugh and tell jokes with the ease of old friends, it's easy to assume the dapper octogenarians have known each other forever.](http://news.yahoo.com/dachau-survivor-liberator-meet-6-decades-later-164044398.html?ugc_c=t45pepT12QBjv42GjPCVK0TwJFUXNqP4stevGHXmuEGVA7r8L0nOkB4fXYDdlWbnIK.GOhE2jjkm8jvQvqlfI.RnRhuQ3hNwzy1y2uI6flV43jV.xgH2MIO_C.UTMTsqvluwV1x8u__bUODL91H2j4i.9BtE5q7xtylJbL9fYW_UeAdlpFwXFG.aJCom4th9aOJLQxYoUUBSNUtr8yEz7IZZzO_JZisYHbYFiDbMeTsEt15uSCF.vnQCEYflwGngJonD68dHsJLpakOvK0iidMCGhw--&bcnv_s=e&uh_id=e249dcp7f6d70e9afii953pgd96eu&ugc_scnv=1&ll=2" \t "_blank)

**Day 65: OLYMP-I-A for PEACE (Year 2)- Action: Helped children learn about and experience another country's culture, language, and food. We had fun practicing new words and sampling a tasty snack. The more we understand and appreciate the many cultures in the world, the more we build a foundation for peace.**

**Day 66: OLYMP-I-A for PEACE (Year 2)- Action: I looked up info on International Women's Day (March 8th), which celebrates the transformative strength, resilience, initiative, and empowerment of girls and women to make the world a better place to live.** [**http://www.internationalwomensday.com/about.asp**](http://www.internationalwomensday.com/about.asp)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.internationalwomensday.com/about.asp&h=CAQFb5ydf&s=1)**[](http://www.internationalwomensday.com/default.asp)**

**[About International Women's Day 2012 - Glenda Stone re. Global IWD Arts](http://www.internationalwomensday.com/about.asp" \t "_blank)**

[www.internationalwomensday.com](http://www.internationalwomensday.com/about.asp" \t "_blank)

[The International Women's Day website](http://www.internationalwomensday.com/about.asp" \t "_blank)

**Day 67: OLYMP-I-A for PEACE (Year 2)- Action: Celebrated International Women's Day by teaching a group of young Girl Scouts ("Daisies") about how we care for the needs of others and how caring for others also helps our own health and well-being.**

**Day 68: OLYMP-I-A for PEACE (Year 2)- Action: I found the "Comfort the Children" (CTC) L.I.F.E. jackets at my local Whole Foods. They are located at the Allegro Coffee Company's counter. The L.I.F.E. jackets are washable, reusable hot cup sleeves sewn by the "Malaika Mums" in Maai Mahiu, Kenya. Proceeds of sales at Whole Foods stores throughout the U.S. go to help support the Malaika Mums (mothers of children with special needs).** <http://www.ctcinternational.org/lifeline>



**Day 69: OLYMP-I-A for PEACE (Year 2)- Action: Sharing an event...  
The Moment of Peace is happening today at 8pm in your local time zone. "Described by one participant as 'Earth Hour for the Soul', The Moment of Peace is a free, non-profit, annual international event to promote more peace and happiness in our modern busy lives by sitting silently for one hour. People of all backgrounds, faiths, beliefs, race and religion are invited to celebrate this moment together."** [**https://www.facebook.com/events/173216152737934/**](https://www.facebook.com/events/173216152737934/)

[https://fbcdn-profile-a.akamaihd.net/hprofile-ak-snc4/187766_173216152737934_5944094_t.jpg](https://www.facebook.com/events/173216152737934/?ref=nf)

[**The Moment of Peace 2012 - One Hour, Millions of People, United in Silence**](https://www.facebook.com/events/173216152737934/)

**Day 70: OLYMP-I-A for PEACE (Year 2)- Action: Spent peaceful moments in silent contemplation while pausing to gaze at the sunset on an early evening walk at the lake... listening to all the sounds around me and yet not listening... suspended in time.**

**Day 71: OLYMP-I-A for PEACE (Year 2)- Action: Found an inspiring page on Facebook, "Daily Vitamins for the Soul," (**[**https://www.facebook.com/dailyvitaminsforthesoul?sk=wall**](https://www.facebook.com/dailyvitaminsforthesoul?sk=wall)**) and also visited their website (**[**http://dailyvitaminsforthesoul.com/**](http://dailyvitaminsforthesoul.com/)**). They share the following "soul essential vitamins": Vitamin A (Affirmations), Vitamin B+ (Being Positive), Vitamin C (Chakra Balancing), Vitamin D (Daily Meditation), and Vitamin G (Gratitude).**

[](https://www.facebook.com/dailyvitaminsforthesoul?sk=wall&ref=nf)

[**Daily Vitamins for the Soul**](https://www.facebook.com/dailyvitaminsforthesoul?sk=wall)

Our mission is to create a community of simple techniques and ideas that enliven, heal, and inspire your soul. We honor your time and commitments, therefore our goal is make personal and spiritual development fun, simple and easy. We believe self-care is the key to living a balanced life and share w...

**Day 72: OLYMP-I-A for PEACE (Year 2)- Action: Attended a memorable event, celebrating a long-time friend and co-worker. Got to see lots of good friends and catch up on news... Such a great feeling generated by smiles, hugs, good wishes and fond memories... the fabric of life and peace.**

**Day 73: OLYMP-I-A for PEACE (Year 2)- Action: Sharing info about The Shift Network's "Conception Day 2012", a globally broadcast event on March 22 (featuring Barbara Marx Hubbard) to bring people together to create a healthy, sustainable, peaceful, and prosperous world for all. We need to ask ourselves, what is our "gift to the shift?"** [**http://conceptionday2012.com/**](http://conceptionday2012.com/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://conceptionday2012.com/&h=BAQFanXqi&s=1) 

**[Celebrate and Activate the Birth 2012 Campaign | Conception Day 2012](http://conceptionday2012.com/" \t "_blank)**

[conceptionday2012.com](http://conceptionday2012.com/" \t "_blank)

[Are you ready to create a healthy, sustainable, peaceful and prosperous world for all? Then join me for Conception Day](http://conceptionday2012.com/" \t "_blank)

**Day 74: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a news report on "Little Free Libraries" and how they build community. A wonderful idea that is spreading across the U.S. and the world!** [**http://dailynightly.msnbc.msn.com/\_news/2012/03/10/10634425-using-books-to-build-community**](http://dailynightly.msnbc.msn.com/_news/2012/03/10/10634425-using-books-to-build-community)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://ow.ly/9DsFe&h=uAQHeZnEL&s=1) 

**[Using books to build community](http://ow.ly/9DsFe" \t "_blank)**

[dailynightly.msnbc.msn.com](http://ow.ly/9DsFe" \t "_blank)

[By Rehema Ellis, NBC News education correspondent](http://ow.ly/9DsFe" \t "_blank)

**Day 75: OLYMP-I-A for PEACE (Year 2)- Action: Shared a wonderful meal with friends and family. A beautiful evening full of good food, laughter, and the peace of being together.**

**Day 76: OLYMP-I-A for PEACE (Year 2)- Action: Celebrated a young boy's milestone birthday with friends. A joyous, fun, and life-affirming celebration. The joy and innocence of youth. We shouldn't forget it.**

**Day 77: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a story of inspiration about the Barefoot College. Video:**  <http://www.karmatube.org/videos.php?id=2699> ; **Website:** <http://www.barefootcollege.org/>





**[KarmaTube: Barefoot College](http://ow.ly/9IwRv" \t "_blank)**

[www.karmatube.org](http://ow.ly/9IwRv" \t "_blank)

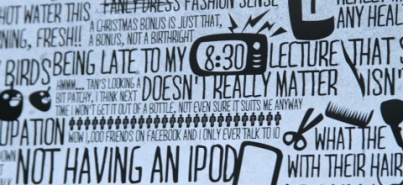
[In Rajasthan, India, an extraordinary school teaches rural women and men -- many of them illiterate -- to become solar engineers, artisans, dentists and doctors in their own villages.](http://ow.ly/9IwRv" \t "_blank)

**Day 78: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed a relaxing, peaceful massage, a good way to relieve stress and tension.**

**Day 79: OLYMP-I-A for PEACE (Year 2)- Action: I experienced a simple act of kindness from a stranger. While walking my dog, a driver paused and let me cross a busy street safely. It's amazing how good just a simple, kind gesture can make you feel. You never know the ripple effect you may have.**

**Day 80: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed the peace of a sunny afternoon after a replenishing rain. All the plants, birds, and animals seemed more refreshed and at ease.**

**Day 81: OLYMP-I-A for PEACE (Year 2)- Action: Sharing information about a great challenge- "Living Below the Line." Trying to walk in another's shoes helps us move further down the pathway to peace.** [**http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine**](http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine&h=mAQE8Kub1&s=1) 

**[Living #BelowTheLine](http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine" \t "_blank)**

[www.impatientoptimists.org](http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine" \t "_blank)

[In May this year, I’m going to spend 5 days eating only what I can buy for £1(one pound)—the equivalent of the global extreme poverty line.](http://www.impatientoptimists.org/Posts/2012/03/Living-BelowTheLine" \t "_blank)

**Day 82: OLYMP-I-A for PEACE (Year 2)- Action: Sharing some powerful words by Alice Walker.** [**http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/**](http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/) 

**['This Is the Time for Poetry': A Conversation With Alice Walker](http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/" \t "_blank)**

[www.theatlantic.com](http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/" \t "_blank)

[The Pulitzer-winning author discusses the role of literature in moments of upheaval, the importance of women's rights, and more.](http://www.theatlantic.com/entertainment/archive/2012/03/this-is-the-time-for-poetry-a-conversation-with-alice-walker/254744/" \t "_blank)

**Day 83: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I am enjoying the peaceful state of taking a break from filling out income tax forms (it's that time of the year :)) In thinking about this experience, I realize that I often feel peace most when I disengage from stress. When stress drops away, there is peace. Peace appears to be the constant. Peace is always present if we can tap into it. Due to its constancy, I think we often take such peace for granted, ignoring its presence within us, and only choose to appreciate it when it is revealed and offset by times of stress or tension. I believe that if we practice, we can train ourselves to recognize, experience, and appreciate internal peace as a stronger, constant presence in our lives and lessen our attention to the stressful ups and downs that will come and go.**

**Day 84: OLYMP-I-A for PEACE (Year 2)- Action: Experienced the tranquil beauty and peace of strolling through a countryside full of wildflowers, yellow, blue, pink, red, purple, all highlighted by a brilliant sunny day.... butterflies dancing among them... birds calling.... nature revealing peace.**

**Day 85: OLYMP-I-A for PEACE (Year 2)- Action: I read about an organization called "Free the Children."** [**http://www.freethechildren.com/blog/2012/03/seeds-of-change.php**](http://www.freethechildren.com/blog/2012/03/seeds-of-change.php)**. Inspiring stories of positive change!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.freethechildren.com/blog/2012/03/seeds-of-change.php&h=uAQHeZnEL&s=1) [](http://www.freethechildren.com/blog/St.%20Ann%20School,%20Seeds%20of%20Change%20Table%20after%20a%20successful%20weekend,%20FTC%20Drought%20Relief,%202011.jpeg)

**[Seeds of Change - Free The Children Stories](http://www.freethechildren.com/blog/2012/03/seeds-of-change.php" \t "_blank)**

[www.freethechildren.com](http://www.freethechildren.com/blog/2012/03/seeds-of-change.php" \t "_blank)

[Free The Children is the world's largest network of youth helping youth through education, with more than one million youth involved in our innovative education and development](http://www.freethechildren.com/blog/2012/03/seeds-of-change.php" \t "_blank)

**Day 86: OLYMP-I-A for PEACE (Year 2)- Action: Sharing an inspiring video and comment posted by "Fair Trade Certified." "These adorable kids were so excited to show off their musical talents when we visited their classroom at the Chamraj school in southern India. Tea workers in the Korakundah community have chosen to invest their Fair Trade premiums in education; including books for the students, a school bus, and the construction of new building…”**

[**http://www.youtube.com/watch?v=TgcTJdlDiZk**](http://www.youtube.com/watch?v=TgcTJdlDiZk)



**[Students in the Korakundah Tea Estate Community](http://www.youtube.com/watch?v=TgcTJdlDiZk" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=TgcTJdlDiZk" \t "_blank)

[Take a look into an English class at the Chamraj school in the Korakundah Tea Estate community in southern India. Tea](http://www.youtube.com/watch?v=TgcTJdlDiZk" \t "_blank)

**Day 87: OLYMP-I-A for PEACE (Year 2)-Action: Had to share this! The Make-A-Wish Foundation helps make dreams come true and brings joy to life. This is a beautiful story of the power of music and the connection of people in mutual honor and kindness... all steps to peace.** [**http://www.redlasso.com/entertainment/massachusetts-boy-with-spina-bifida-meets-idol-bruce-springsteen/**](http://www.redlasso.com/entertainment/massachusetts-boy-with-spina-bifida-meets-idol-bruce-springsteen/)



**[Massachusetts boy with spina bifida meets idol Bruce Springsteen](http://www.redlasso.com/entertainment/massachusetts-boy-with-spina-bifida-meets-idol-bruce-springsteen/" \t "_blank)**

[www.redlasso.com](http://www.redlasso.com/entertainment/massachusetts-boy-with-spina-bifida-meets-idol-bruce-springsteen/" \t "_blank)

[A 5-year-old Mansfield boy who has spina bifida got his wish on Monday night: the chance to meet his idol Bruce Springsteen.](http://www.redlasso.com/entertainment/massachusetts-boy-with-spina-bifida-meets-idol-bruce-springsteen/" \t "_blank)

**Day 88: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a tribute for peace posted in Facebook by "The Global We."**

[**http://www.youtube.com/watch?v=yukm2JyfvjI&feature=share**](http://www.youtube.com/watch?v=yukm2JyfvjI&feature=share)



**[His Holiness the 14th Dalai Lama on accepting the 2012 Templeton Prize](http://www.youtube.com/watch?v=yukm2JyfvjI&feature=share" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=yukm2JyfvjI&feature=share" \t "_blank)

[The 2012 Templeton Prize Laureate, His Holiness the 14th Dalai Lama, speaks on his](http://www.youtube.com/watch?v=yukm2JyfvjI&feature=share" \t "_blank)

**Day 89: OLYMP-I-A for PEACE (Year 2)- Action: Had a wonderful supper with great friends. Good food, good laughter, good times! Good for bringing peace to the soul!**

**Day 90: OLYMP-I-A for PEACE (Year 2)- Action: Watched and enjoyed discussing the 1997 science fiction movie "GATTACA" with friends. The movie exposes the injustice of discrimination and the inherent dangers in the human quest for genetic "perfection".**

**Day 91: OLYMP-I-A for PEACE (Year 2)- Action: Left early on a road trip and watched the sun rise over misty fields and returned home in the glow of sunset- beautiful bookends to a peaceful and heart-warming day.**

**Day 92: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a great website... teens taking action to make the world a better place.**[**http://www.dosomething.org/**](http://www.dosomething.org/)

[](http://apps.facebook.com/bullysurvey/)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.dosomething.org/&h=HAQFt5N8-&s=1)

**[Do Something](http://www.dosomething.org/" \t "_blank)**

[www.dosomething.org](http://www.dosomething.org/" \t "_blank)

[Spread the word about the lack of access to clean water in developing nations. Join The Water Games to organize your walk now.](http://www.dosomething.org/" \t "_blank)

**Day 93: OLYMP-I-A for PEACE (Year 2)- Action: Sharing "Life Lessons from Room 507": "1) Love fully and blindly; 2) We are all more alike than we are different; 3) Life should be full of laughter; and 4) Every day marks a new opportunity to live your best life."** [**http://mariashriver.com/blog/2012/03/life-lessons-room-507**](http://mariashriver.com/blog/2012/03/life-lessons-room-507)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://mariashriver.com/blog/2012/03/life-lessons-room-507&h=iAQE0sstz&s=1) 

**[Life Lessons from Room 507](http://mariashriver.com/blog/2012/03/life-lessons-room-507" \t "_blank)**

[mariashriver.com](http://mariashriver.com/blog/2012/03/life-lessons-room-507" \t "_blank)

[Follow @kciesemier !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement](http://mariashriver.com/blog/2012/03/life-lessons-room-507" \t "_blank)

**Day 94: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a link with some great tips for a happier, more peaceful life.** [**http://hosted-p0.vresp.com/328619/5936d108a2/ARCHIVE**](http://hosted-p0.vresp.com/328619/5936d108a2/ARCHIVE)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://p0.vresp.com/HIEkvZ&h=WAQFrMGwt&s=1) 

**[http://p0.vresp.com/HIEkvZ](http://p0.vresp.com/HIEkvZ" \t "_blank)**

[hosted-p0.vresp.com](http://p0.vresp.com/HIEkvZ" \t "_blank)

[Late last night a friend posted this article 15 Things You Should Give Up To Be Happy, I immediately read it and knew I had to share it with all of you!1. Give up your need to always](http://p0.vresp.com/HIEkvZ" \t "_blank)

**Day 95: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed a wonderful retirement celebration. Enjoyed seeing the bliss of transformation. A beautiful tribute to new beginnings, freedom, peace...**

**Day 96: OLYMP-I-A for PEACE (Year 2)- Action: Passing along some inspiration for peaceful living.** [**http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html**](http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html&h=EAQHbNeiZ&s=1) [](http://www.oprah.com/own-super-soul-sunday/What-the-Pacific-Crest-Trail-Taught-Cheryl-Strayed-Video)

**[Super Soul Sunday - OWN TV](http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html" \t "_blank)**

[www.oprah.com](http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html" \t "_blank)

[Super Soul Sunday is a three-hour block of programming airing Sunday mornings on OWN. Each week, Oprah Winfrey will present programs that nourish your mind, body and spirit](http://www.oprah.com/own-super-soul-sunday/super-soul-sunday.html" \t "_blank)

**Day 97: OLYMP-I-A for PEACE (Year 2)- Action: I explored the photos and poetry on the "Effortless Peace" Facebook page:** [**https://www.facebook.com/home.php#!/effortlesspeace2**](https://www.facebook.com/home.php#!/effortlesspeace2)**. The dance of peace… beautiful and inspiring!**

[](https://www.facebook.com/photo.php?fbid=341136702623162&set=a.341136699289829.73875.341131562623676&type=1)

**Day 98: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Sharing a video. Whether we explain the mysteries of the universe and life the same way or differently, what we need to see and embrace is what we have in common and our ultimate connectivity.** [**http://www.youtube.com/watch?feature=player\_embedded&v=9D05ej8u-gU**](http://www.youtube.com/watch?feature=player_embedded&v=9D05ej8u-gU)



**[The Most Astounding Fact (Neil deGrasse Tyson, HD)](http://www.youtube.com/watch?feature=player_embedded&v=9D05ej8u-gU" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?feature=player_embedded&v=9D05ej8u-gU" \t "_blank)

[Astrophysicist Dr. Neil DeGrasse Tyson was asked by a reader of TIME magazine, "What is the most astounding fact you can share](http://www.youtube.com/watch?feature=player_embedded&v=9D05ej8u-gU" \t "_blank)

**Day 99: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a photo and beautiful message... "UBUNTU."** [**https://www.facebook.com/photo.php?fbid=10150627160386463&set=a.463811576462.249864.7770061462&type=1&ref=nf**](https://www.facebook.com/photo.php?fbid=10150627160386463&set=a.463811576462.249864.7770061462&type=1&ref=nf)

[](https://www.facebook.com/photo.php?fbid=10150627160386463&set=a.463811576462.249864.7770061462&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.463811576462.249864.7770061462&type=3)

‎(Feel free to share.) "An anthropologist proposed a game to African tribe kids.... He put a basket full of fruit near a tree and told them that whoever got there first won the sweet fruits. When he told them to run they all took each other’s hands and ran together, then sat together enjoying their treats. When he asked them why they had run like that as one could have had all the fruits for himself they said: UBUNTU, how can one of us be happy if all the other ones are sad? UBUNTU in the Xhosa culture means: "I am because we are".

**Day 100: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a poem about a threat to peace and the eternal hope for our humanity to overcome and survive:** [**http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/**](http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/)**. The poem was written by a child upon viewing and being inspired by the artwork of El Anatsui (**[**https://www.facebook.com/pages/El-Anatsui/111815595501082**](https://www.facebook.com/pages/El-Anatsui/111815595501082)**).**

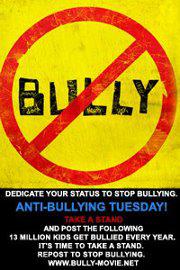
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/&h=QAQFeMU-h&s=1) [](http://www.badgerdog.org/unbound/wp-content/uploads/2012/04/anatsui-art-1996-001-akuas.jpg)

**[Surviving Fire | unbound](http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/" \t "_blank)**

[www.badgerdog.org](http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/" \t "_blank)

[To continue our celebration of National Poetry Month, we have a special ekphrastic poem for you this afternoon! Badgerdog took Mr. Villegas’ fourth grade classroom at Perez Elementary](http://www.badgerdog.org/unbound/2012/04/10/surviving-fire/" \t "_blank)

**Day 101: OLYMP-I-A for PEACE (Year 2)- Action: I read a magazine article about the movie "Bully," now showing. It is a powerful film that reveals the epidemic of bullying and the imperative to stand up against it. I read more on the Facebook page:** [**https://www.facebook.com/bullymovie/info**](https://www.facebook.com/bullymovie/info)

[](https://www.facebook.com/bullymovie?sk=info&ref=nf)

[**Bully**](https://www.facebook.com/bullymovie?sk=info)

BULLY follows five kids and families over the course of a school year giving an intimate glimpse into bullying at schools and offering insight as teachers, administrators and parents struggle to find answers. In select theaters now.

**Day 102: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Sharing a photo posted by The David Sheldrick Wildlife Trust: "As Maralal [a new arrival at the elephant orphanage] takes a nap, Naipoki stands over her. Naipoki's trunk gentle touching Maralal's face, as she stands guarding Maralal, whom she is keen to nurture." When I look at this photo, I feel the love between them. Nurturing transcends differences. It is a common element. When we nurture each other, we bring peace to each other and to the world.** [**https://www.facebook.com/photo.php?fbid=10150750948484889&set=a.167086934888.112085.120805694888&type=1&ref=nf**](https://www.facebook.com/photo.php?fbid=10150750948484889&set=a.167086934888.112085.120805694888&type=1&ref=nf)

[](https://www.facebook.com/photo.php?fbid=10150750948484889&set=a.167086934888.112085.120805694888&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.167086934888.112085.120805694888&type=3)

As Maralal takes a nap, Naipoki stands over her. Naipoki's trunk gentle touching...

**Day 103: OLYMP-I-A for PEACE (Year 2)- Action: Participated in a wonderful gathering of friends, talking about life's passages and our search for meaning. Experienced the peace of sharing, support, and community.**

**Day 104: OLYMP-I-A for PEACE (Year 2)- Action: Sharing an article about the journey to peace. May we meet on the path :)).** [**http://www.healthymindheartbody.com/cultivate-equanimity/**](http://www.healthymindheartbody.com/cultivate-equanimity/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.halecollege.com/cultivate-equanimity/&h=hAQEMsORT&s=1) 

**[Cultivate Equanimity](http://www.halecollege.com/cultivate-equanimity/" \t "_blank)**

[www.halecollege.com](http://www.halecollege.com/cultivate-equanimity/" \t "_blank)

[Cultivate Equanimity: Steadiness and strength of mind in the midst of stress, chaos and uncertainty of life, is not a modest endeavor.](http://www.halecollege.com/cultivate-equanimity/" \t "_blank)

**Day 105: OLYMP-I-A for PEACE (Year 2)- Action: I explored the "United Fashion for Peace" webzine at** [**http://webzine.unitedfashionforpeace.com/qui-sommes-nous/**](http://webzine.unitedfashionforpeace.com/qui-sommes-nous/) **(the site is in French, however, if you click the "translate" button, you can view the website in English or other languages) and also on Facebook at** [**https://www.facebook.com/pages/United-Fashion-for-Peace/131507920249524?sk=info**](https://www.facebook.com/pages/United-Fashion-for-Peace/131507920249524?sk=info)**. This is a unique "fashion" magazine that presents "an international platform for ethical fashion, promoting peace, tolerance, exchange, dialogue among civilizations through culture, creativity, and craftsmanship plural." Very interesting!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://webzine.unitedfashionforpeace.com/qui-sommes-nous/&h=WAQFrMGwt&s=1) 

**[Qui Sommes Nous | United Fashion For Peace](http://webzine.unitedfashionforpeace.com/qui-sommes-nous/" \t "_blank)**

[webzine.unitedfashionforpeace.com](http://webzine.unitedfashionforpeace.com/qui-sommes-nous/" \t "_blank)

[UFFP est un nouveau magazine en ligne venu célébrer une planète éthique . C’est une plateforme internationale pour la mode éthique qui défend la paix, la tolérance l’échange, le](http://webzine.unitedfashionforpeace.com/qui-sommes-nous/" \t "_blank)

**Day 106: OLYMP-I-A for PEACE (Year 2)- Action: I read this article. So inspiring! A quote from Ilda Martines de Souza in the article: "We want to build this paradise so our children and everyone who comes to the country can step on this land and be proud to say, 'Here, we don't shed blood. Here, we don't wage war.' " She talks of the progress made in Brazil to redistribute land and create livelihoods for many.** [**http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522**](http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522&h=rAQGp6nn1&s=1) 

**[Birthing Justice: Without Firing an Arm, We Created a Revolution](http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522" \t "_blank)**

[www.nationofchange.org](http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522" \t "_blank)

["We take the land from one hand and put it in the hands of a thousand... landowners would only use this land for cattle, and now we produce beans, milk, food, for the entire population."](http://www.nationofchange.org/birthing-justice-without-firing-arm-we-created-revolution-1334495522" \t "_blank)

**Day 107: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I read about the "Five Days for Freedom" April 16-20 (a "Free the Children" campaign). There is incredible energy behind this effort around the world. My thoughts about freedom for the first 2 days: April 16-Freedom is found in balance and is attained when we live in peace, not by living in self-absorbing, self-centered freedom but by living gently and respecting others and the earth that sustains us. April 17- Freedom is the glimmering bliss discovered through kindness. People can go to the website and learn more how to participate:** [**http://www.fivedaysforfreedom.com/#what\_5days**](http://www.fivedaysforfreedom.com/#what_5days)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.fivedaysforfreedom.com/#what_5days&h=jAQEMWJqb&s=1) **[](http://www.freethechildren.com/)**

**[Express your freedom to act online! Post about Five Days for Freedom on Facebook and let you](http://www.fivedaysforfreedom.com/" \l "what_5days" \t "_blank)**

[www.fivedaysforfreedom.com](http://www.fivedaysforfreedom.com/" \l "what_5days" \t "_blank)

[To be free is to be free from poverty, exploitation, thirst and disease, as well as to be free to act. Click the icons below to](http://www.fivedaysforfreedom.com/" \l "what_5days" \t "_blank)

**Day 108: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Taking part in the "Five Days for Freedom" April 16-20 (a "Free the Children" campaign:** [**https://www.facebook.com/freethechildren**](https://www.facebook.com/freethechildren)**). A thought about freedom for April 18- We find freedom when peace is envisioned, nurtured and sustained in our ideas and actions.**

[](https://www.facebook.com/freethechildren?ref=nf)

[**Free The Children**](https://www.facebook.com/freethechildren)

Founded by a group of twelve 12-year-olds, Free The Children has since grown to become the largest network of children helping children through education. Today, Free The Children is a network of young people over one million strong. Through the voices and actions of youth, Free The Children conti...

**Day 109: OLYMP-I-A for PEACE (Year 2)- Action/Idea: This week, April 15-22, is "The Days of Remembrance" week, held annually. April 19th is Yom Hashoah, the International Day of Remembrance, which also is called Holocaust Remembrance Day. I explored the United States Holocaust Memorial Museum website:** [**http://www.ushmm.org/remembrance/dor/**](http://www.ushmm.org/remembrance/dor/)**. As part of my participation in the "Five Days for Freedom" April 16-20 ("Free the Children" campaign), here is a thought about freedom for April 19th... For the sake of freedom and peace, may we remember the Holocaust, never forget it, learn from it, and never repeat it.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ushmm.org/remembrance/dor/&h=tAQGQ2U_H&s=1) [](http://www.ushmm.org/remembrance/dor/video/?content=whyweremember)

**[Days of Remembrance](http://www.ushmm.org/remembrance/dor/" \t "_blank)**

[www.ushmm.org](http://www.ushmm.org/remembrance/dor/" \t "_blank)

[Organizing an observance? Add your event to the map and join the nation in commemorating the Days of Remembrance and remembering the victims of the Holocaust.](http://www.ushmm.org/remembrance/dor/" \t "_blank)

**Day 110: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Participating in the Free the Children "Five Days for Freedom" campaign (April 16-20)... My thought about freedom for April 20th: Our children must actively study and learn how to live healthy, eco-friendly, and peaceful lives. This is the essential foundation for future freedom among all people in the world.**

**Day 111: OLYMP-I-A for PEACE (Year 2)- Action: I explored the Facebook page "If Everyone Cares":** [**https://www.facebook.com/IfEveryoneCares**](https://www.facebook.com/IfEveryoneCares)**. The organization's vision is to 1) "Bring together every single Community, non-profit and Community Project, by Pin-pointing them on an Interactive Global Community Map using existing technology similar to that of Google Earth"; 2) "... Ensure that anyone who needs help and support, wants to volunteer, or would like to start their own project has a place to locate them - thus Creating a Community that Cares"; and 3) "... allow projects to share tools, resources and strategies enabling them to reduce running costs." I found more info online is at:** [**http://www.ifeveryonecares.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ifeveryonecares.org%2F&h=IAQGgI_gzAQFoqrdSgifeit2Ap1VFgMSV9I2FlirXY-FJTQ&s=1)

[](https://www.facebook.com/IfEveryoneCares?ref=nf)

[**If Everyone Cares**](https://www.facebook.com/IfEveryoneCares)

If Everyone Cares has a Global Vision. Our Facebook page is the hub for communication. As well as sharing updates and information on or goals and achievements, we share Inspiration, Motivation, feel good stories of success and communities. IEC is a safe and free site. As such it does not accept adv...

**Day 112: OLYMP-I-A for PEACE (Year 2)- Idea: Peace is not an illusion. We know it. We feel it. We can spread it. What if our history was filled with people "marching off to peace" instead of "marching off to war"? What if we decorated "peace" heroes as often as we do "war" heroes or even sports heroes? Why don't we do these things? Emphasizing peace in our lives and society is doable when we choose to do so. Something to ponder.**

**Day 113: OLYMP-I-A for PEACE (Year 2)- Action: I read about "Stand 4 Change" Day at** [**http://stand4change.org//**](http://www.facebook.com/l.php?u=http%3A%2F%2Fstand4change.org%2F%2F&h=iAQE0sstzAQGBFIgYF8aWmPW5WkqtbGXPFkcsNsERKoGhpQ&s=1)**. On May 4, 2012 at 12:00 p.m. EST students and teachers across North America will stop, stand, and demonstrate their commitment to putting an end to bullying. The website has current statistics on bullying.**

**[Stand 4 Change](http://stand4change.org/" \t "_blank)**

[stand4change.org](http://stand4change.org/" \t "_blank)

**Day 114: OLYMP-I-A for PEACE (Year 2)- Action: Found out more about the Global Peace Exchange volunteer effort planned with the Earth Child Institute in Nepal this summer. Exciting collaboration and work ahead!** [**https://www.facebook.com/pages/Global-Peace-Exchange/12395086279**](https://www.facebook.com/pages/Global-Peace-Exchange/12395086279)

[](https://www.facebook.com/globalpeaceexchangefsu?ref=nf)

[**Global Peace Exchange**](https://www.facebook.com/globalpeaceexchangefsu)

The Global Peace Exchange was started in August of 2006 as a completely student organization at Florida State University to coordinate and expand the service-based exchange opportunities for students throughout the world. We look to engage, educate and empower students and communities together.

**Day 115: OLYMP-I-A for PEACE (Year 2)- Action: Exploring the Comfort the Children (CTC) International "Zazzle" store with products featuring artwork from the youth in Maai Mahiu, Kenya. Partial proceeds from purchases on this site go to support CTC. What a wonderful way to display the talents of these fine young people who created these drawings as part of our CTC art team efforts last summer. I miss the youth and everyone with CTC in Maai Mahiu. A wonderful experience that lives on through art!** [**http://www.zazzle.com/ctcinternational**](http://www.zazzle.com/ctcinternational)

[](http://www.zazzle.com/ctcinternational/gifts?cg=196952258564518331)

**[ctcinternational: Home: Zazzle.com Store](http://www.zazzle.com/ctcinternational" \t "_blank)**

[www.zazzle.com](http://www.zazzle.com/ctcinternational" \t "_blank)

**Day 116: OLYMP-I-A for PEACE (Year 2)- Action: I went on the Kiva micro-financing website to redistribute a loan to a new entrepreneur. It is so exciting to see all the successful work being done in start-up businesses around the world. Kiva's mission is to connect people through lending to alleviate poverty. New Kiva users get a free $25 loan to offer to an entrepreneur of their choice. Worth checking out!** [**http://www.kiva.org/**](http://www.kiva.org/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.kiva.org/&h=MAQHDlil4&s=1) [](http://www.kiva.org/)

**[Kiva - Loans that change lives](http://www.kiva.org/" \t "_blank)**

[www.kiva.org](http://www.kiva.org/" \t "_blank)

[Make a loan to an entrepreneur across the globe for as little as $25. Kiva is the world's first online lending platform connecting online lenders to entrepreneurs across the globe.](http://www.kiva.org/" \t "_blank)

**Day 117: OLYMP-I-A for PEACE (Year 2)- Action: I visited the Dragonfly art gallery and saw the exhibit, "Reflections in Fiberart." A friend of mine created one of the art pieces in the exhibit. Wonderful work and very inspiring. I enjoyed the immersion in this art form. Personally, I feel that fiberart brings a transformation to the common, everyday, useful items- cloth, paper, thread, yarn. As part of the process, these items bring their own identity, dimension, and "life story" to the artwork. What a wonderful experience. I felt the hands of many cultures, the authenticity of the labor, the beauty of the simplicity and diversity, woven together. I came away with a profound sense of humanity and a feeling of peace.**

**Day 118: OLYMP-I-A for PEACE (Year 2)- Action: I went to a festival called "A Taste of India." All my senses were immersed in another culture- wonderful new sights, sounds, tastes. What a valuable and amazing experience! Life has so much beauty. When we learn about other cultures, we open a new dimension of the world in our lives.**

**Day 119: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a beautiful message of hope and peace from children ambassadors for "oneness." This video is worth repeating. It serves as a wonderful reminder of resilience, the beauty of life, and peace.**[**http://www.karmatube.org/videos.php?id=3085**](http://www.karmatube.org/videos.php?id=3085)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.karmatube.org/videos.php?id=3085&h=9AQGpywGD&s=1) [](http://www.karmatube.org/index.php)

**[KarmaTube: Ekatva - Oneness](http://www.karmatube.org/videos.php?id=3085" \t "_blank)**

[www.karmatube.org](http://www.karmatube.org/videos.php?id=3085" \t "_blank)

[16 youth from a slum in India, 1 renowned dance academy, and 1 inspiring NGO from the Gandhi Ashram come together to bring a message of](http://www.karmatube.org/videos.php?id=3085" \t "_blank)

**Day 120: OLYMP-I-A for PEACE (Year 2)- Action: I found the YouTube video of the song "Rise" from the movie "Chimpanzee." The song has a beautiful, uplifting message of resilience and coming together to overcome adversity.** [**http://www.youtube.com/watch?v=uxVeeqqAyf0**](http://www.youtube.com/watch?v=uxVeeqqAyf0)



**[McClain Sisters - Rise (from Disneynature's Chimpanzee)](http://www.youtube.com/watch?v=uxVeeqqAyf0" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=uxVeeqqAyf0" \t "_blank)

[© 2012 Disney Disney's Friends For Change featuring McClain Sisters "Rise" From](http://www.youtube.com/watch?v=uxVeeqqAyf0" \t "_blank)

**Day 121: OLYMP-I-A for PEACE (Year 2)- Action: After watching a TV presentation of a special interview of a panel of Nobel Peace Laureates, I looked up more about the event which was part of the 12th World Summit of Nobel Peace Laureates held in Chicago April 23-25, 2012. I explored the info on the 12th World Summit website and read the "Charter for a World Without Violence," an amazing document that we should all be familiar with and work to support:** [**http://www.nobelforpeace-summits.org/charter-for-a-world-without-violence-2/charter-for-a-world-without-violence/**](http://www.nobelforpeace-summits.org/charter-for-a-world-without-violence-2/charter-for-a-world-without-violence/)

**[CHARTER FOR A WORLD WITHOUT VIOLENCE](http://www.nobelforpeace-summits.org/charter-for-a-world-without-violence-2/charter-for-a-world-without-violence/" \t "_blank)**

[www.nobelforpeace-summits.org](http://www.nobelforpeace-summits.org/charter-for-a-world-without-violence-2/charter-for-a-world-without-violence/" \t "_blank)

[[/caption]..Violence is a preventable disease.. ..No state or individual can be secure in an insecure world. The values of nonviolence in intention, thought, and practice have grown](http://www.nobelforpeace-summits.org/charter-for-a-world-without-violence-2/charter-for-a-world-without-violence/" \t "_blank)

**Day 122: OLYMP-I-A for PEACE (Year 2)- Action and Idea: Working on collaborations and proposals with several groups on the "OLYMP-I-A Challenge" and ways to engage children. I believe we can make progress toward a better world when we connect, partner, and assume mutual responsibility to help children and all people make a daily habit of positive ideas and actions for peace (and health and green-living).**

**Day 123: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a wonderful message from "Comfort the Children International" for Mother's Day. Powerful stories of transformation! I feel so privileged to have had the opportunity to meet some of these "Mums" and their children.** [**http://us2.campaign-archive2.com/?u=d70a70fe9f124a00e826aac15&id=b48d5c74cd**](http://us2.campaign-archive2.com/?u=d70a70fe9f124a00e826aac15&id=b48d5c74cd)

[](http://www.ctcinternational.org/)



**[From our Mums to yours](http://us2.campaign-archive2.com/?u=d70a70fe9f124a00e826aac15&id=b48d5c74cd" \t "_blank)**

[us2.campaign-archive2.com](http://us2.campaign-archive2.com/?u=d70a70fe9f124a00e826aac15&id=b48d5c74cd" \t "_blank)

**Day 124: OLYMP-I-A for PEACE (Year 2)- Action: Went on a beautiful walk at sunset. The sky was crimson, there was a gentle breeze, and the fireflies were out. So simple and yet so magnificent. A glorious and peaceful way to end the day.**

**Day 125: OLYMP-I-A for PEACE (Year 2)- Action: I read about a "Freedom Fellow" program at Chicago Freedom School. "The Freedom Fellowship is an opportunity for young people to learn about social justice and work with other youth from across the City to take action. Freedom Fellows will participate in wellness seminars, leadership training, anti-oppression training, community building workshops..." Sounds like a great program model that embraces diversity and engages youth, ages 14-17, in activities that give back to the community.** [**http://chicagofreedomschool.org/initiatives/youth-leadership-development**](http://chicagofreedomschool.org/initiatives/youth-leadership-development)

[](http://www.chicagofreedomschool.org/)

**[Chicago Freedom School » Youth Leadership](http://chicagofreedomschool.org/initiatives/youth-leadership-development" \t "_blank)**

[chicagofreedomschool.org](http://chicagofreedomschool.org/initiatives/youth-leadership-development" \t "_blank)

[The flagship youth development initiative at CFS is the Freedom Fellowship program. Freedom Fellows have an opportunity to ask questions about their lives, to see the connection between the means and the ends of creating change, and to](http://chicagofreedomschool.org/initiatives/youth-leadership-development" \t "_blank)

**Day 126: OLYMP-I-A for PEACE (Year 2)- Idea: Peace will more likely become a reality in the world when we human beings judge our skills and achievements through the essential assessment of whether what we do in our daily lives and what we accomplish promotes peace, health, and green-living.**

**Day 127: OLYMP-I-A for PEACE (Year 2)- Action: I read and explored the "SocialEarth" Facebook page:** [**https://www.facebook.com/socialearth**](https://www.facebook.com/socialearth)**.   
"SocialEarth" has "a primary belief that the future of our world depends on socially minded individuals who can create solutions to the most pressing problems facing the human race, while simultaneously attaining profitability." A good focus and message!**

[](https://www.facebook.com/socialearth?ref=nf)

[**SocialEarth**](https://www.facebook.com/socialearth)

SocialEarth is a media network which generates awareness of the impact of socially conscious businesses, entrepreneurs and ideas. At SocialEarth, we have a primary belief that the future of our world depends on socially minded individuals who can create solutions to the most pressing problems facing...

**Day 128: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the "Banking on Youth" project, launched by the Ashoka's Youth Venture in partnership with the Consumer Bankers Association and banks all across the United States. It is an exciting opportunity for youth, ages 13-20, to showcase their ideas for ventures that directly benefit society. The project helps youth generate positive change in the world.** [**http://bankingonyouth.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fbankingonyouth.org%2F&h=JAQGivtvAAQE1lUBWV-GLW_lEBrwYxwHQS4hWPkgT60jKyA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bankingonyouth.org/&h=PAQHAqCBR&s=1) **[](http://bankingonyouth.org/)**

**[Banking On Youth | Finding and Funding Young Changemakers](http://bankingonyouth.org/" \t "_blank)**

[bankingonyouth.org](http://bankingonyouth.org/" \t "_blank)

[Are you a leader? An entrepreneur? A creator? A changemaker? If you answered yes to any of these, you are](http://bankingonyouth.org/" \t "_blank)

**Day 129: OLYMP-I-A for PEACE (Year 2)- Action: I found out about the "Do One Thing for Cultural Diversity and Inclusion" world campaign:** [**https://www.facebook.com/DoOneThingforDiversityandInclusion**](https://www.facebook.com/DoOneThingforDiversityandInclusion)**. May 21 is the World Day for Cultural Diversity for Dialogue and Development. Bridging the gap between cultures is urgent and necessary for peace, stability and development.  
The 2012 campaign aims:  
· To raise awareness worldwide about the importance of intercultural dialogue, diversity and inclusion.  
· To build a world community of individuals committed to support diversity with real and every day-life gestures.  
· To combat polarization and stereotypes to improve understanding and cooperation among people from different cultures.   
I found more info online at:** [**http://www.un.org/en/events/culturaldiversityday/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.un.org%2Fen%2Fevents%2Fculturaldiversityday%2F&h=HAQFt5N8-AQEMUaGSJT6zmcLKI4O-F08Vr3LTS3p3og02Lg&s=1)**.**

[](https://www.facebook.com/DoOneThingforDiversityandInclusion?ref=nf)

[**Do One Thing For Diversity and Inclusion**](https://www.facebook.com/DoOneThingforDiversityandInclusion)

The United Nations Alliance of Civilizations (UNAOC) in partnership with UNESCO and various other partners from corporations to civil society is launching the world campaign “Do One Thing for Diversity and Inclusion”, aimed at engaging people around the world to Do One Thing to support Cultural Dive...

**Day 130: OLYMP-I-A for PEACE (Year 2)- Action: I talked with some children about how they were going to honor their mothers/grandmothers on Mother's Day. Then, showing genuine interest in my happiness, they asked me if I was going to get a surprise on Mother's Day. I realize that as we grow older, we have a lot to give to children as well as a lot to learn from them. Inter-generational togetherness is important.**

**Day 131: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I talked with friends about retirement and life's transitions. Transitions challenge the status quo and generate a certain amount of stress. However, many of life's transitions can be positive and uplifting experiences if a person has a foundation of inner peace and a supportive network.**

**Day 132: OLYMP-I-A for PEACE (Year 2)- Action: I visited a friend's Mom (96 years old) to give her hugs and wish her an early Happy Mother's Day. We talked for a while and she shared stories of her experiences as a nurse in World War II and her work with UNRRA, the United Nations Relief and Rehabilitation Administration, in Germany after the war ended. She worked in a 300-bed hospital which served "displaced persons" from 17 different nations, helping them return home and providing them needed health care. An amazing story of working to build peace out of chaos!** [**http://en.wikipedia.org/wiki/United\_Nations\_Relief\_and\_Rehabilitation\_Administration**](http://en.wikipedia.org/wiki/United_Nations_Relief_and_Rehabilitation_Administration)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://en.wikipedia.org/wiki/United_Nations_Relief_and_Rehabilitation_Administration&h=gAQEH11sY&s=1) [](http://en.wikipedia.org/wiki/File:Fotothek_df_pk_0000195_003.jpg)

**[United Nations Relief and Rehabilitation Administration - Wikipedia, the free encyclopedia](http://en.wikipedia.org/wiki/United_Nations_Relief_and_Rehabilitation_Administration" \t "_blank)**

[en.wikipedia.org](http://en.wikipedia.org/wiki/United_Nations_Relief_and_Rehabilitation_Administration" \t "_blank)

[The United Nations Relief and Rehabilitation Administration (UNRRA) was an international relief agency, largely dominated](http://en.wikipedia.org/wiki/United_Nations_Relief_and_Rehabilitation_Administration" \t "_blank)

**Day 133: OLYMP-I-A for PEACE (Year 2)- Action: Watched the music video of one of my favorite songs, "100 Years." I like the message of honoring each stage of life... "Every day's a new day." Thinking of people I know and have known through the years, their lives, their journeys, the mixture of fears, hopes, and dreams, the incredibly rich tapestry of life.... bringing peace to my soul.** [**http://www.youtube.com/watch?feature=player\_embedded&v=tR-qQcNT\_fY**](http://www.youtube.com/watch?feature=player_embedded&v=tR-qQcNT_fY)



**[Five For Fighting - 100 Years](http://www.youtube.com/watch?feature=player_embedded&v=tR-qQcNT_fY" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?feature=player_embedded&v=tR-qQcNT_fY" \t "_blank)

[Music video by Five For Fighting performing 100 Years. (c) 2003 Aware Records LLC](http://www.youtube.com/watch?feature=player_embedded&v=tR-qQcNT_fY" \t "_blank)

**Day 134: OLYMP-I-A for PEACE (Year 2)- Action: Watched a wonderful video about the peace we can find within: “How To Be Alone”.** [**http://www.youtube.com/watch?feature=player\_embedded&v=k7X7sZzSXYs**](http://www.youtube.com/watch?feature=player_embedded&v=k7X7sZzSXYs)



**[How To Be Alone](http://www.youtube.com/watch?feature=player_embedded&v=k7X7sZzSXYs" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?feature=player_embedded&v=k7X7sZzSXYs" \t "_blank)

[A video by fiilmaker, Andrea Dorfman, and poet/singer/songwriter, Tanya Davis. Davis wrote the beautiful poem and performed in](http://www.youtube.com/watch?feature=player_embedded&v=k7X7sZzSXYs" \t "_blank)

**Day 135: OLYMP-I-A for PEACE (Year 2)- Action: I worked with children on the OLMYP-I-A challenge. Many wrote about what they do to be kind and help others, the building blocks of peace.**

**Day 136: OLYMP-I-A for PEACE (Year 2)- Action: I watched a beautiful video. Dance and movement can bring us together... reaching out and connecting souls.**[**http://www.youtube.com/watch?feature=player\_embedded&v=WoAjE1aioHE**](http://www.youtube.com/watch?feature=player_embedded&v=WoAjE1aioHE)



**[DS2DIO - TO PEOPLE WHO LOVE DANCE...](http://www.youtube.com/watch?v=WoAjE1aioHE&sns=fb" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=WoAjE1aioHE&sns=fb" \t "_blank)

[From Jon M. Chu, director of G.I. Joe Retaliation, Justin Bieber: Never Say Never,](http://www.youtube.com/watch?v=WoAjE1aioHE&sns=fb" \t "_blank)

**Day 137: OLYMP-I-A for PEACE (Year 2)- Action: I read some wonderful, positive actions that children had written down, describing how they had been kind and helpful to others. So good to see!!**

**Day 138: OLYMP-I-A for PEACE (Year 2)- Action: I found out about the TOMS Shoes and Eyewear "One for One Movement" from a friend and found out more about it online. What a wonderful company vision and mission! Giving makes a difference!** [**http://www.toms.com/our-movement/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.toms.com%2Four-movement%2F&h=ZAQH8Qk4hAQFPv20a45tAmcLIMBZCdaANIMKjYRPKgGJScQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.toms.com/our-movement/&h=AAQF8Nq-i&s=1) [](http://www.toms.com/our-movement)

**[www.toms.com](http://www.toms.com/our-movement/" \t "_blank)**

[www.toms.com](http://www.toms.com/our-movement/" \t "_blank)

**Day 139: OLYMP-I-A for PEACE (Year 2)- Action: I found out more about "ONE" on Facebook:** [**https://www.facebook.com/ONE/info**](https://www.facebook.com/ONE/info)**. The ONE website has key info about the fight against global poverty and disease:** [**http://www.one.org/us/issues/**](http://www.one.org/us/issues/)**. You can participate in the "ONE act a week" challenge at:** [**http://one.org/blog/category/one-act-a-week/**](http://one.org/blog/category/one-act-a-week/)**. It is so good to see so many people mobilized in this effort!**

[](https://www.facebook.com/ONE?sk=info&ref=nf)

[**ONE**](https://www.facebook.com/ONE?sk=info)

ONE is a grassroots campaign and advocacy organization backed by more than 2 million people who are committed to the fight against extreme poverty and preventable disease, particularly in Africa. Cofounded by Bono and other campaigners, ONE is nonpartisan and works closely with African policy makers...

**Day 140: OLYMP-I-A for PEACE (Year 2)- Action: I had breakfast with friends I had not seen in a while and we caught up sharing the news of our lives. There is a special feeling of closeness and a sense of inner peace when we are reunited with friends and realize that the spark of true friendship is easily rekindled and lasts a lifetime.**

**Day 141: OLYMP-I-A for PEACE (Year 2)- Action: I looked at some wonderful artwork created over the past 3 years by students in the US, Uganda, India and Nepal as part of the The Peace Exchange project. Posted on FB by "Create Peace Project."** [**https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE**](https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE)

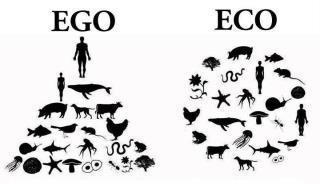
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE&h=UAQHc4Y8R&s=1) ****

**[Our Favorite Peace Cards](https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE" \t "_blank)**

[picasaweb.google.com](https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE" \t "_blank)

[Photos by Ross Holzman, Aug 29, 2011 - These are some of our favorite peace cards from the past two years of The Peace Exchange project. Peace Cards in this gallery are from](https://picasaweb.google.com/103232769074537012489/OurFavoritePeaceCards?authkey=Gv1sRgCNP5mOK3-dOp2AE" \t "_blank)

**Day 142: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a picture. Sometimes a picture is definitely worth a thousand words. The picture is entitled, "One Letter." It is amazing how one small change can make such a big difference in how we create harmony and peace.** [**https://www.facebook.com/lesa.r.walker#!/photo.php?fbid=10150133043639987&set=a.295185134986.44949.14914809986&type=1&theater**](https://www.facebook.com/lesa.r.walker#!/photo.php?fbid=10150133043639987&set=a.295185134986.44949.14914809986&type=1&theater)

[](https://www.facebook.com/photo.php?fbid=10150133043639987&set=a.295185134986.44949.14914809986&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.295185134986.44949.14914809986&type=3)

One letter

By: [GRATIS](https://www.facebook.com/officialgratis?ref=stream)

**Day 143: OLYMP-I-A for PEACE (Year 2)- Action: I found out about "Outnumber Hunger" and their campaign. "1 in 6 Americans struggles with hunger. General Mills, along with Feeding America® and Big Machine Label Group are teaming up to Outnumber Hunger in our communities." Their website offers ways people can help. Ending hunger feeds the body and soul.** [**http://outnumberhunger.com/how-to-help**](http://www.facebook.com/l.php?u=http%3A%2F%2Foutnumberhunger.com%2Fhow-to-help&h=_AQH2xS3BAQEWtxCgXHTRw6u18HY755PFJc54DYc7t8JtRA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://outnumberhunger.com/how-to-help&h=TAQHqBrSJ&s=1) [](http://outnumberhunger.com/)

**[Outnumber Hunger - How to Help](http://outnumberhunger.com/how-to-help" \t "_blank)**

[outnumberhunger.com](http://outnumberhunger.com/how-to-help" \t "_blank)

[Join me to help Outnumber Hunger! Learn how you can help.](http://outnumberhunger.com/how-to-help" \t "_blank)

**Day 144: OLYMP-I-A for PEACE (Year 2)- Action: I found out about iEARN, a wonderful global network, connecting schools and teachers in multiple countries around the world for global learning and collaboration! Awesome!** [**http://www.iearn.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.iearn.org%2F&h=HAQFt5N8-AQHxacpgQyXelS0fxJonzxoYwRkmo-mKseWdzg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.iearn.org/&h=FAQEJEeFZ&s=1) [iEARN Home](http://www.iearn.org/)

**[iEARN | Learning with the world, not just about it...](http://www.iearn.org/" \t "_blank)**

[www.iearn.org](http://www.iearn.org/" \t "_blank)

[iEARN (International Education and Resource Network) is the world's largest non-profit global network that enables teachers and youth to use the Internet and other technologies to collaborate on projects that enhance learning and make a](http://www.iearn.org/" \t "_blank)

**Day 145: OLYMP-I-A for PEACE (Year 2)- Action: I read a blog post about Lucy, a young woman in Maai Mahiu Kenya, who is starting sewing work as part of the Malaika Mums, a program supported by Comfort the Children International. She will soon be earning money for her family. A success story!! Growth, security, and peace built from community support, involvement, and acceptance!** [**http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability**](http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability)

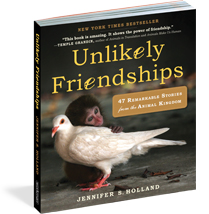
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability&h=qAQGqQGU3&s=1) [](http://www.ctcinternational.org/sites/default/files/IMG_0818.JPG)

**[Disability, not Inability | CTC International](http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability" \t "_blank)**

[www.ctcinternational.org](http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability" \t "_blank)

[Lucy Njeri, a 20 year old Malaika Kid, has complications of poor memory and audio capacity. Lucy requires continuous recapping to catch up, however, through her enrollment in](http://www.ctcinternational.org/blog/2012/05/21/disability-not-inability" \t "_blank)

**Day 146: OLYMP-I-A for PEACE (Year 2)- Action: I looked through the book, "Unlikely Friendships." Such a powerful portrayal of true friendship among different species in the animal world! When love knows no bounds, peace and joy happen! You can see it in the faces of the animals featured in the book. I went to the "Unlikely Friendships" website where they are collecting amazing pictures and videos of animal friendships from all over the web:** [**http://unlikelyfriendshipsbook.tumblr.com/**](http://unlikelyfriendshipsbook.tumblr.com/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://unlikelyfriendshipsbook.tumblr.com/&h=9AQGpywGD&s=1) [](http://www.workman.com/products/9780761159131/)

**[Unlikely Friendships](http://unlikelyfriendshipsbook.tumblr.com/" \t "_blank)**

[unlikelyfriendshipsbook.tumblr.com](http://unlikelyfriendshipsbook.tumblr.com/" \t "_blank)

[To celebrate the book Unlikely Friendships, we are collecting adorable and funny pictures of the...](http://unlikelyfriendshipsbook.tumblr.com/" \t "_blank)

**Day 147: OLYMP-I-A for PEACE (Year 2)- Action: I found out more about the 2ND Street Soundcheck Music Festival in Austin... promoting social responsibility, philanthropy, and community, and fundraising for Comfort the Children International and the Whole Planet Foundation.** [**https://www.facebook.com/pages/2nd-Street-Soundcheck/282441755177689**](https://www.facebook.com/pages/2nd-Street-Soundcheck/282441755177689)

[](https://www.facebook.com/pages/2nd-Street-Soundcheck/282441755177689?ref=nf)

[**2nd Street Soundcheck**](https://www.facebook.com/pages/2nd-Street-Soundcheck/282441755177689)

The 2ND Street District, Whole Planet Foundation, and Comfort The Children International (CTC), invite you to the 2ND annual 2ND Street Soundcheck, a one-of-a-kind music event promoting social responsibility, philanthropy, and community, presented by Stonyfield Organic. Saturday, June 2nd, 1-7PM, 6...

**Day 148: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Taking some time on Memorial Day to think about the cost of war, the lives and the potential lost, and the importance of working for peace. In my dream of world peace, I envision a world challenge in which markers honoring those who build and sustain peace are placed one-on-one, side by side with the grave markers of those killed in wars until all such graves are honored by a peacemaker. The more we each try to become peacemakers, and the more we grow in number through the generations, the more we honor those who have died in war.**

**Day 149: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I felt peace and contentment in seeing the happy faces of the children who participated in and completed the OLYMP-I-A 7-day and 14-day challenges for green-living and peace. When I reviewed all the positive ideas and actions that they wrote or drew pictures about, I felt like I had opened a special window through which all their goodness came shining through. What a privilege to see that!**

**Day 150: OLYMP-I-A for PEACE (Year 2)- Action: I read and watched a video about "Thank a UN Peacekeeper." "Every day, tens of thousands of men and women wake up in war-torn nations and assume the responsibility of navigating a country from conflict to peace. They are United Nations Peacekeepers, and they are working to create a better world." I clicked on** [**http://www.betterworldcampaign.org/un-peacekeeping/get-involved/thank-un-peacekeeper.html**](http://www.betterworldcampaign.org/un-peacekeeping/get-involved/thank-un-peacekeeper.html) **and sent a thank you letter. The goal is 25,000 letters.**





**[Thank a UN Peacekeeper](http://www.betterworldcampaign.org/un-peacekeeping/get-involved/thank-un-peacekeeper.html" \t "_blank)**

[www.betterworldcampaign.org](http://www.betterworldcampaign.org/un-peacekeeping/get-involved/thank-un-peacekeeper.html" \t "_blank)

[Take a minute to watch the video honoring peacekeepers below. Then sign this letter and join us in thanking the 120,000 brave men and women from 118 countries serving as](http://www.betterworldcampaign.org/un-peacekeeping/get-involved/thank-un-peacekeeper.html" \t "_blank)

**Day 151: OLYMP-I-A for PEACE (Year 2)- Action: I saw a dress in a clothing store. It was made by "Lalesso." Lalesso uses the creative talents of Kenyan artisans in aspects of their clothing designs. The Lalesso co-designers also created "SOKO," now an independent, charity based, eco and ethical clothing production unit that supports local talent and provides employment to Kenyans. Lalesso, as well as many other international designers, now uses SOKO for all their garment production.** [**http://www.soko-kenya.com/**](http://www.soko-kenya.com/)**. SOKO helps build sustainable economy through eco-friendly fair trade practices.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.soko-kenya.com/&h=FAQEJEeFZ&s=1) [](http://www.soko-kenya.com/)

**[SOKO Kenya](http://www.soko-kenya.com/" \t "_blank)**

[www.soko-kenya.com](http://www.soko-kenya.com/" \t "_blank)

[SOKO aims to create a sustainable and creative long term solution to Kenya’s economic crisis by promoting community driven, ethical and environmentally aware trade in fashion.](http://www.soko-kenya.com/" \t "_blank)

**Day 152: OLYMP-I-A for PEACE (Year 2)- Action: I went to see the movie "The Best Exotic Marigold Hotel," a wonderful film about the pathway to finding peace and joy in life.** [**https://www.facebook.com/thebestexoticmarigoldhotel**](https://www.facebook.com/thebestexoticmarigoldhotel)

[](https://www.facebook.com/thebestexoticmarigoldhotel?ref=nf)

[**The Best Exotic Marigold Hotel**](https://www.facebook.com/thebestexoticmarigoldhotel)

For a disparate group of English pensioners (Judi Dench, Bill Nighy, Maggie Smith, Tom Wilkinson, Penelope Wilton, Celia Imrie and Ronald Pickup), retirement takes an unconventional turn when they abandon their homeland, enticed by advertisements for THE BEST EXOTIC MARIGOLD HOTEL, a seemingly luxur...

**Day 153: OLYMP-I-A for PEACE (Year 2)- Action: I read a wonderful article about the impact of creative writing on the lives of children. "The poems [of the children that] you’re about to read might serve as a reminder that where the good is, is where we’re willing to look for it: in our imaginations, in the things we promise never to forget, in tacos, in our secret hopes, in things inside and outside of ourselves, in the moments that not-yet-grown-men pay attention to, and that every grown-up might take a moment to reflect on."** [**http://goodmenproject.com/the-good-life/poetry-by-kids/**](http://goodmenproject.com/the-good-life/poetry-by-kids/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bit.ly/KxH6d6&h=GAQF7wAmX&s=1) [](http://goodmenproject.wpengine.netdna-cdn.com/wp-content/uploads/2012/06/4845155330_f92d5732ab_b.jpg)

**[Make Me Real: Poetry by Kids](http://bit.ly/KxH6d6" \t "_blank)**

[goodmenproject.com](http://bit.ly/KxH6d6" \t "_blank)

["I'm Jess Stoner, and I have the best job in the world." Stoner works with student writers in Austin, TX, including the authors of some poetry here on The Good Life.](http://bit.ly/KxH6d6" \t "_blank)

**Day 154: OLYMP-I-A for PEACE (Year 2)- Action: Yesterday, I met and talked with people who were fundraising for the "Explore Austin" program. Today I saw this Explore Austin FB post about the program's graduates: "Oh the Places They'll Go..... Our oldest Explorers graduated today! 16,000 hours of mentoring, 500 hours of community service, and over 1,000 miles (along the trail) after it all began. What an adventure it's been!" A great program and great achievement by the graduates!!**

[](https://www.facebook.com/photo.php?fbid=10150856826219607&set=a.10150856826104607.407892.85117834606&type=1&ref=nf)

[**Graduation!**](https://www.facebook.com/media/set/?set=a.10150856826104607.407892.85117834606&type=1)

Oh the Places They'll Go..... Our oldest Explorers graduated today! 16,000 hours of mentoring, 500 hours of community service, and over 1,000 miles (along the trail) after it all began.

By: [Explore Austin](https://www.facebook.com/exploreaustin) (<https://www.facebook.com/exploreaustin> )

**Day 155: OLYMP-I-A for PEACE (Year 2)- Action: I read about a wonderful story of friendship that emerged from the "Eliminate the R Word" campaign. The story was shared by "Special Olympics Texas" and "Meet in the Middle." [NOTE: the link to the story is no longer accessible via the Web.]**

**Related link:** [**http://sotx.convio.net/site/PageServer?pagename=MiM\_Check\_RWord**](http://sotx.convio.net/site/PageServer?pagename=MiM_Check_RWord) **(provides info about the “Meet in the Middle” and “Special Olympics Texas” “Erase the R-Word Campaign”)**

**Day 156: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Watched an inspiring video. Peace is always within our grasp. We just have to extend our hand. Thanks to "Upworthy" for posting!**[**http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1**](http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1)

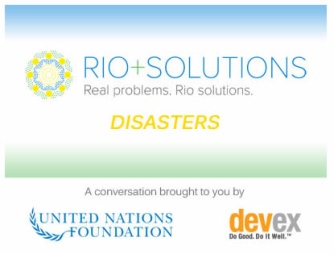
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1&h=VAQHmw4dG&s=1) [Upworthy Logo](http://upworthy.com/)

**[Who Wants To Cry And Have Their Faith In Humanity Restored?](http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1" \t "_blank)**

[www.upworthy.com](http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1" \t "_blank)

[Yes, this will make you cry. You are welcome.](http://www.upworthy.com/who-wants-to-cry-and-have-their-faith-in-humanity-restored?c=gp1" \t "_blank)

**Day 157: OLYMP-I-A for PEACE (Year 2)- Action: I read an interesting article... Relief is good, but we help others most by building resilience. "Ultimately, when we talk about resilience, we are talking about dignity. We are talking about helping people stay in their communities instead of being forced to leave in search of help... We are talking about local efforts that allow neglected communities the chance to endure during crisis, instead of depending on handouts from foreign donors."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.unfoundation.org/blog/from-relief-to-resilience.html&h=zAQE7P6kv&s=1) 

**[From relief to resilience](http://www.unfoundation.org/blog/from-relief-to-resilience.html" \t "_blank)**

[www.unfoundation.org](http://www.unfoundation.org/blog/from-relief-to-resilience.html" \t "_blank)

**Day 158: OLYMP-I-A for PEACE (Year 2)- Action: I learned more about the inspiring "Elders + Youngers" debates and dialogues on sustainability at** [**http://www.theelders.org/elders-plus-youngers/what-eldersyoungers**](http://www.theelders.org/elders-plus-youngers/what-eldersyoungers)**. "Now four Elders – Desmond Tutu, Gro Brundtland, Fernando Henrique Cardoso and Mary Robinson – are joining four young leaders [Esther (Nigeria), Marvin (China), Pedro (Brazil) and Sara (Sweden)] to discuss what it means to live together sustainably." They plan to meet face-to-face at the Rio+20 conference in Brazil in June! Awesome!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.theelders.org/elders-plus-youngers/what-eldersyoungers&h=6AQHRbCWP&s=1) [](http://www.theelders.org/article/bringing-intergenerational-dialogue-rio20)

**[Elders+Youngers - The Elders+Youngers project | The Elders](http://www.theelders.org/elders-plus-youngers/what-eldersyoungers" \t "_blank)**

[theelders.org](http://www.theelders.org/elders-plus-youngers/what-eldersyoungers" \t "_blank)

[What kind of world do we want for our great-great-grandchildren? Good jobs? Clean air? Leaders who listen to them? Watch the new Elders+Youngers video and join the](http://www.theelders.org/elders-plus-youngers/what-eldersyoungers" \t "_blank)

**Day 159: OLYMP-I-A for PEACE (Year 2)- Action: I travelled to see my relatives, including my new great nephew. Babies bring a special kind of peace and joy! A new beginning... innocence... Such amazing miracles!**

**Day 160: OLYMP-I-A for PEACE (Year 2)- Action: I read some great tips for happiness.** [**http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/**](http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/&h=FAQEJEeFZ&s=1) [](http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/15-things-you-should-give-up-today/)

**[15 Things You Should Give Up To Be Happy](http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/" \t "_blank)**

[www.purposefairy.com](http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/" \t "_blank)

[Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier. We hold on to so many things that cause us a great deal of pain, stress](http://www.purposefairy.com/3308/15-things-you-should-give-up-in-order-to-be-happy/" \t "_blank)

**Day 161: OLYMP-I-A for PEACE (Year 2)- Action: I had a wonderful time reminiscing, laughing, and talking with my sister.... Peace for the soul is found in such times :))**

**Day 162: OLYMP-I-A for PEACE (Year 2)- Action: I learned that now in every Whole Earth Provision Co., Kammok is committed to alleviating global poverty by partnering with Comfort The Children (CTC) International for 1% for the Planet. Awesome collaboration!**

[](https://www.facebook.com/photo.php?fbid=396127623756109&set=a.309870225715183.66163.147379735297567&type=1&ref=nf)

[**Instagram Photos**](https://www.facebook.com/media/set/?set=a.309870225715183.66163.147379735297567&type=3)

**Instagram Photos**

**So proud to be partnered with the @wholeearthprov crew! Sharing the story of #LifeChangingAdventure #movingothersbeyond** [**http://instagr.am/p/LvX8oypb-F/**](http://instagr.am/p/LvX8oypb-F/)

**By: Kammok**

**Day 163: OLYMP-I-A for PEACE (Year 2)- Action/Idea: As I was walking this morning I smelled an aroma that immediately took me back to my childhood. Lots of pleasant memories flooded into me. As I thought about this phenomenon, I realized the critical importance of positive childhood experiences. As adults, our senses can bring back childhood memories quite suddenly. We have no control over this. It just happens with a smell, a sound. If the majority of our childhood experiences are positive, then these sudden infusions of childhood memories as an adult are helpful and support us with a deep, abiding sense of comfort and security. So, we must recognize the importance of our interactions with children. Every time we help give a child a positive life experience we are creating a positive memory and building peace in future generations.**

**Day 164: OLYMP-I-A for PEACE (Year 2)- Action: I shared ideas and actions about peace and helping others with children participating in a summer camp program. We talked about the importance of practice and that when we practice something, we become stronger at it. They will be practicing positive ideas and actions for helping others in the OLYMP-I-A challenge this summer.**

**Day 165: OLYMP-I-A for PEACE (Year 2)- Action: I read about a new Facebook Group for those interested in participating in a Book Club for "Twelve Steps to a Compassionate Life" by Karen Armstrong. "This [Facebook Group] is the place to meet if you want to organize or find a group near you – or to have online chats with others!" The Group posts the reading group guide and some tips from those who’ve already participated in a Twelve Steps group. It's a place to share your own experiences and ideas as well.** [**https://www.facebook.com/groups/213082242145131/**](https://www.facebook.com/groups/213082242145131/)

[https://s-static.ak.facebook.com/rsrc.php/v2/yH/r/5dgYTCakg41.png](https://www.facebook.com/groups/213082242145131/?ref=nf)

[**Charter For Compassion Book Club**](https://www.facebook.com/groups/213082242145131/)

Karen Armstrong’s book Twelve Steps to a Compassionate Life seems to lend itself well to book clubs -- and within those book clubs – to inspiring change – to compassion. There were 63 book clubs alon...

**Day 166: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video about the documentary "Building Hope." "Through drought, flood, and fundraising challenges, Building Hope chronicles the construction of Mahiga Hope High, and the connection between a thousand people in the U.S. and an African community working to create a better future for their children."** [**http://www.youtube.com/watch?v=1wNVeyzkUJA**](http://www.youtube.com/watch?v=1wNVeyzkUJA)**. So awesome! "Building Hope" is also on FB at** [**https://www.facebook.com/pages/Building-Hope/186521904703030**](https://www.facebook.com/pages/Building-Hope/186521904703030)**.**



**[Building Hope - theatrical trailer](http://www.youtube.com/watch?v=1wNVeyzkUJA" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=1wNVeyzkUJA" \t "_blank)

[The trailer to The Nobelity Project's new feature doc,](http://www.youtube.com/watch?v=1wNVeyzkUJA" \t "_blank)

**Day 167: OLYMP-I-A for PEACE (Year 2)- Action: I was sitting outside at a cafe and they were playing the song, "Michelangelo" by Emmylou Harris. As the music drifted among us, a calm, gentle reverie seemed to hold us all suspended in time. It was a beautiful moment. The power of music to move the soul. May the music of our lives create peace.** [**http://www.youtube.com/watch?v=GOdZLJ0eESI**](http://www.youtube.com/watch?v=GOdZLJ0eESI)



**[Emmylou Harris : Michaelangelo](http://www.youtube.com/watch?v=GOdZLJ0eESI" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=GOdZLJ0eESI" \t "_blank)

[From 2000 German TV](http://www.youtube.com/watch?v=GOdZLJ0eESI" \t "_blank)

**Day 168: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about how to teach yoga breathing to children. A wonderful way for children and adults to reduce stress!** [**http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/**](http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/&h=hAQEMsORT&s=1) ****

**[How to Teach Yoga Breath Awareness Meditation to Children](http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/" \t "_blank)**

[www.aurawellnesscenter.com](http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/" \t "_blank)

[Teaching yoga breath awareness exercise to kids is very similar to how we teach it to adult students. Depending on the](http://www.aurawellnesscenter.com/2012/06/06/teach-yogic-breath-awareness-meditation-children/" \t "_blank)

**Day 169: OLYMP-I-A for PEACE (Year 2)- Action: I talked with children about how we help others. They shared all sorts of examples of how to be kind and helpful. We talked about the fact that we have a lot of power in our lives. Each day each of us has the power to choose whether or not we want to get stronger in helping others. We become stronger in whatever we practice. It is a choice, a choice to practice or not to practice.**

**Day 170: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a key article along with info about an upcoming conference: The Center for Compassion and Altruism Research and Education at Stanford University (CCARE) has organized the first large-scale international scientific conference on the science of compassion. "The Science of Compassion" Conference will be in Telluride, Colorado (July 19-22). CCARE Director James Doty’s recent article, “The Science of Compassion,” gives a preview of the event and connects science and compassion. Great article worth reading!!** [**http://www.huffingtonpost.com/james-r-doty-md/science-of-compassion\_b\_1578284.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.huffingtonpost.com%2Fjames-r-doty-md%2Fscience-of-compassion_b_1578284.html&h=UAQHc4Y8RAQFi8VrIHDqpJc3JCoVLl-NMBVnBzRcZd3cF7w&s=1)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.huffingtonpost.com/james-r-doty-md/science-of-compassion_b_1578284.html&h=sAQFr_3_M&s=1)

**[The Science of Compassion](http://www.huffingtonpost.com/james-r-doty-md/science-of-compassion_b_1578284.html" \t "_blank)**

[www.huffingtonpost.com](http://www.huffingtonpost.com/james-r-doty-md/science-of-compassion_b_1578284.html" \t "_blank)

[As human beings, we will inevitably encounter suffering at some point in our lives. However, we also have evolved very specific social mechanisms to relieve that pain: altruism and](http://www.huffingtonpost.com/james-r-doty-md/science-of-compassion_b_1578284.html" \t "_blank)

**Day 171: OLYMP-I-A for PEACE (Year 2)- Action: I talked with children in a summer camp about helping others. We talked through examples of how to handle tough situations. When someone is mean to you, instead of taking the easy path and being mean back, the stronger way to handle it is to hold your own temper, try to talk with the person and, if that doesn't work, get help from someone. It takes strength sometimes to be kind and help others. We talked about the importance of practice and how practice helps us get stronger.**

**Day 172: OLYMP-I-A for PEACE (Year 2)- Action: I watched an inspiring video of Salman Khan giving the 2012 commencement address at Rice University:** [**http://youtu.be/oipQBY7F4YY**](http://youtu.be/oipQBY7F4YY)**. The Khan Academy takes education to another level and reaches out to people all over the world! More info on the Khan Academy can be found on the Facebook page:** [**https://www.facebook.com/khanacademy**](https://www.facebook.com/khanacademy)**.**



**[Salman Khan at Rice University's 2012 commencement](http://youtu.be/oipQBY7F4YY" \t "_blank)**

[www.youtube.com](http://youtu.be/oipQBY7F4YY" \t "_blank)

[Rice commencement speaker](http://youtu.be/oipQBY7F4YY" \t "_blank)

**Day 173: OLYMP-I-A for PEACE (Year 2)- Action: I was outside in my yard and saw and talked with several of my neighbors. I always feel so good when I do this. Even though life can get hectic and rushed sometimes, when we just take a little time to share a simple neighborly hello and reach out to get to know our neighbors, we help create and strengthen our sense of togetherness and connectivity.**

**Day 174: OLYMP-I-A for PEACE (Year 2)- Action: I reconnected with life-long friends at my high school reunion. In just a second there was recognition, smiles, hugs, and we started back up as if we had not missed a beat. Though we've travelled many paths, there is a sense of comfort in sharing a common history and a sense of coming home.**

**Day 175: OLYMP-I-A for PEACE (Year 2)- Action: A friend and I climbed to the summit of "Enchanted Rock." At the top, we could see for miles. We stopped and felt the pure quiet of this special place. No traffic, no voices.... peace....** [**https://www.facebook.com/EnchantedRockFanPage**](https://www.facebook.com/EnchantedRockFanPage)

[](https://www.facebook.com/EnchantedRockFanPage?ref=nf)

[**Enchanted Rock State Natural Area**](https://www.facebook.com/EnchantedRockFanPage)

**Day 176: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the "Summer of Peace 2012:"** [**http://summit.summerofpeace.net/feature/PeaceRipples**](http://summit.summerofpeace.net/feature/PeaceRipples)**. "The Summer of Peace 2012 is the first-ever 3-month celebration and call to action for inner and outer peace, complete with online and live events..." It is free to participate.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://summit.summerofpeace.net/feature/PeaceRipples&h=7AQGpe4jU&s=1)

**[Summer of Peace 2012 | Transform stress and conflict in your life](http://summit.summerofpeace.net/feature/PeaceRipples" \t "_blank)**

[summit.summerofpeace.net](http://summit.summerofpeace.net/feature/PeaceRipples" \t "_blank)

[Get ready for the Summer of Peace, a series of free online and live events with the biggest names in peacemaking -- Arun](http://summit.summerofpeace.net/feature/PeaceRipples" \t "_blank)

**Day 177: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a quote sent to me by a friend: "...to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."   
- Howard Zinn (**[**https://www.facebook.com/howardzinn**](https://www.facebook.com/howardzinn)**)  
What matters are the questions, the search for peace, the journey and those we meet along the way... What joy and treasures in life we can find!**

[](https://www.facebook.com/howardzinn?ref=nf)

[**Howard Zinn**](https://www.facebook.com/howardzinn)

Official commemorative page for Howard Zinn (1922-2010), historian, filmmaker, playwright, and activist. Zinn was co-director and executive producer of the documentary feature film THE PEOPLE SPEAK, based on his acclaimed book A People's History of the United States and the companion volume, Voices...

**Day 178: OLYMP-I-A for PEACE (Year 2)- Action: I read key research results from the "World Happiness Report" (**[**http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf**](http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf)**). "...While higher income may raise happiness to some extent, the quest for higher income may actually reduce one’s happiness. In other words, it may be nice to have more money but not so nice to crave it. Psychologists have found repeatedly that individuals who put a high  
premium on higher incomes generally are less happy and more vulnerable to other psychological ills than individuals who do not crave higher incomes. Aristotle and the Buddha advised humanity to follow a middle path between asceticism on the one side and craving material goods on the other." The report is an excellent resource and is full of key, relevant info about the search for and sources of "happiness."**

**[http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf](http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf" \t "_blank)**

[www.earth.columbia.edu](http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf" \t "_blank)

**Day 179: Ultra OLYJMP-I-A for PEACE 2012- Action: I learned about Teddy-bear Felix. What a sweet champion for peace and sustainability! I wish "Felix" the best on all his travels, bringing the message of Rio+20 and "the future we want" to the world.** [**https://www.facebook.com/TeddyBearFelix**](https://www.facebook.com/TeddyBearFelix)**.**

[](https://www.facebook.com/TeddyBearFelix?ref=nf)

[**Teddy-bear Felix**](https://www.facebook.com/TeddyBearFelix)

Felix means "Fortunate/Happy" from Latin. I gave its name because I met wonderful 3y.o. boy on the plane NYC-Moscow. He was a true representative of #FutureGenerations. ..And I decided that Felix is wonderful name for symbol of Peace and Sustainability for #FutureWeWant

**Day 180: OLYMP-I-A for PEACE (Year 2)- Action: Sharing the peace I felt after seeing the following Facebook post:  
--------------------------------------------------------------------------------  
'I AM' For Kids shared Living My Life Like It's Golden's photo and sent the following message:**

**"Plant flowers with your children.  
This morning I awoke feeling a bit funny, emotionally stretched and stress was already high in my chest. I resolved to acknowledge and change these feelings. Interestingly my noisy night time babies were now asleep so I had a little quiet time up my purple dressing gown sleeve....  
In dawn light, I stood in front of the rose bush and inhaled the perfume, I felt the essence flow through me and expand in a sort of red-gold feeling... I noticed I sighed very deeply...exhaling my worries...  
It is surprising to me still, after years of this type of practise, how healing the scent of roses is.  
Have a beautiful day everyone, there is so much love for you here."**

**In dawn light, I stood in front of the rose bush and inhaled the perfume, I felt the essence flow through me and expand in a sort of red-gold feeling... I noticed I sighed very deeply...exhaling my worries...**

**It is surprising to me still, after years of this type of practise, how healing the scent of roses is.**

**Have a beautiful day everyone, there is so much love for you here."**

[](https://www.facebook.com/photo.php?fbid=435688196462457&set=p.435688196462457&type=1&ref=nf)

[**Wings Lead**](https://www.facebook.com/Wings3L)

“You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way.”  
  
~Walter Hagen

Originally posted on Wings Lead's wall

By: [Living My Life Like It's Golden](https://www.facebook.com/thegoldenlife?ref=stream)

**Day 181: OLYMP-I-A for PEACE (Year 2)- Action: I watched a short film produced by youth attending the "Teen Summit" at the Texas Parent to Parent conference (**[**http://www.txp2p.org/training/conference.html**](http://www.txp2p.org/training/conference.html)**). In the film, the teens are discussing the word "normal" and its implications. Diversity and different abilities are "normal." Normal is inclusive! A wonderful testimony to the value in each of us.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.txp2p.org/training/conference.html&h=FAQEJEeFZ&s=1) ****

**[Texas Parent to Parent - TxP2P Parent Conference](http://www.txp2p.org/training/conference.html" \t "_blank)**

[www.txp2p.org](http://www.txp2p.org/training/conference.html" \t "_blank)

[“Every year [we come to the conference] we learn more, and it gets better. I never thought that we would be at the place where we are today. Even though we have a lot of bad days,](http://www.txp2p.org/training/conference.html" \t "_blank)

**Day 182: OLYMP-I-A for PEACE (Year 2)- Action: I saw an announcement posted up on a cafe sign board about the Global Youth Peace Summit this summer. I looked up more info about the Summit and the work of the Amala Foundation at** [**http://www.amalafoundation.org/projects/global-youth-peace-summit/**](http://www.amalafoundation.org/projects/global-youth-peace-summit/)**. Sounds like a truly amazing conference!**

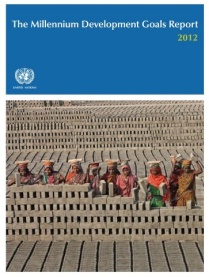
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.amalafoundation.org/projects/global-youth-peace-summit/&h=1AQGkdmWU&s=1) [](http://www.amalafoundation.org/wp-content/uploads/2011/05/Closing-Rys-Cabin-2-1.jpg)

**[Global Youth Peace Summit](http://www.amalafoundation.org/projects/global-youth-peace-summit/" \t "_blank)**

[www.amalafoundation.org](http://www.amalafoundation.org/projects/global-youth-peace-summit/" \t "_blank)

[The 6th Annual Global Youth Peace Summit (August 12th – 19th, 2012) will unite American, refugee, immigrant and international youth (ages 13-18) for an eight-day youth summit](http://www.amalafoundation.org/projects/global-youth-peace-summit/" \t "_blank)

**Day 183: OLYMP-I-A for PEACE (Year 2)- Action: Sharing the links to the latest progress report on the Millennium Development Goals and the anti-poverty targets** [**http://www.un.org/apps/news/story.asp?NewsID=42372&Cr=mdg&Cr1**](http://www.un.org/apps/news/story.asp?NewsID=42372&Cr=mdg&Cr1)**= and the 2012 Progress Chart** [**http://www.un.org/millenniumgoals/pdf/2012\_Progress\_E.pdf**](http://www.un.org/millenniumgoals/pdf/2012_Progress_E.pdf)

[](https://www.facebook.com/photo.php?fbid=10151078489140820&set=a.89524425819.102361.54779960819&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.89524425819.102361.54779960819&type=3)

Wall Photos

The latest report on the Millennium Development Goals makes it clear that meeting the remaining anti-poverty targets, while challenging, is possible - but only if governments do not waiver from their commitments made over a decade ago. Find the report and the 2012 progress chart here: <http://j.mp/bwNlKx>

By: [United Nations Information Centre](https://www.facebook.com/unicnetwork?ref=stream)

**Day 184: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I learned more about "Camp Indigo" where "local, immigrant, and refugee children from diverse countries, cultures, faiths and economic backgrounds come together to share in a living experience of peace, compassion, creative expression and unconditional love." The camp focuses on children ages 4-12. Hoping to do some volunteer work there.**[**http://www.amalafoundation.org/projects/camp-indigo/**](http://www.amalafoundation.org/projects/camp-indigo/)

[](http://www.amalafoundation.org/wp-content/gallery/camp-indigo/campindigo-002.jpg)

**[Camp Indigo](http://www.amalafoundation.org/projects/camp-indigo/" \t "_blank)**

[www.amalafoundation.org](http://www.amalafoundation.org/projects/camp-indigo/" \t "_blank)

[The Amala Foundation is proud to announce that the 12th Annual Camp Indigo will take place at the Austin Discovery School, located at 8509 FM 969 # 200, in partnership with KIPP Austin Public Schools. Car pooling will be coordinated](http://www.amalafoundation.org/projects/camp-indigo/" \t "_blank)

**Day 185: OLYMP-I-A for PEACE (Year 2)- Action: On my walk today, I took a "road less travelled." I had not visited this place in a long time. The path, tucked away in a busy neighborhood, and often overlooked, passed through a shaded, wooded area and along rocky streams. The path took me away from the bustle of daily activity and immersed me in a quiet, oasis of nature... a peaceful pause when life slows down and there is only the moment.**

**Day 186: OLYMP-I-A for PEACE (Year 2)- Action: At work, I saw a sign about "Watoto" posted outside a co-worker's office. I looked up the organization online and learned more about it:** [**http://www.watoto.com/projects**](http://www.watoto.com/projects)**. "Watoto is an holistic care programme that was initiated as a response to the overwhelming number of orphaned children and vulnerable women in Uganda, whose lives have been ravaged by war and disease.... The Watoto model is based on the core vision to rescue, raise and rebuild... The Watoto mission is not simply about saving as many orphaned children and vulnerable women as possible. It is about raising them up to become future leaders who will bring about sustainable change in their nation."**



**[http://www.watoto.com/projects"Watoto](http://www.watoto.com/projects%22Watoto" \t "_blank)**

[www.watoto.com](http://www.watoto.com/projects%22Watoto" \t "_blank)

**Day 187: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed a wonderful, relaxing day with my family... sharing the gift of time, stories, laughter... happy, peaceful moments that last a lifetime.**

**Day 188: OLYMP-I-A for PEACE (Year 2)- Action: Took an evening stroll with my family along a street filled with cafes and shops, listened and danced to the music of street musicians, watched an artist create his work ... I found myself at peace, happy and totally captivated by the richness and fullness of life. A beautiful night!**

**Day 189: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about the importance of walkable/accessible community-life (streets, parks, common areas). The ability to navigate in a community without a car is important. There is an expanded sense of home and heightened sense of connection to one's neighborhood. Dan Burden, co-founder of the Walkable and Livable Communities Institute (**[**http://www.walklive.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.walklive.org%2F&h=nAQEDkMPOAQEa8xgN-meGztWjPp8Q2k9ZGU5Fh5UEvWlMBA&s=1)**) wants to shift the design focus of cities from cars to people. Walkable communities draw people in and give them a satisfying sense of place.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.walklive.org/&h=XAQG15GNo&s=1) [](http://www.walklive.org/)

**[Walkable and Livable Communities Institute](http://www.walklive.org/" \t "_blank)**

[www.walklive.org](http://www.walklive.org/" \t "_blank)

[The WALC Institute’s mission is to inspire, teach, connect and support communities in their efforts to improve health and well-being through better built environments.](http://www.walklive.org/" \t "_blank)

**Day 190: OLYMP-I-A for PEACE (Year 2)- Action: Watched my dog sleeping... her face was the epitome of peace :)) Dogs give us the freedom to slow down and relax. Maybe that's one reason they bring us so much happiness.**

**Day 191: OLYMP-I-A for PEACE (Year 2)- Action: I learned more about "TEACH through Love." "TEACH through Love, Transforming the Emotional Abuse of CHildren   
is a children's advocacy organization and educational resource for   
families, schools and communities which promotes conscious parenting,   
compassionate communication and non-punitive discipline."** [**https://www.facebook.com/TEACHthroughLOVE**](https://www.facebook.com/TEACHthroughLOVE)

[](https://www.facebook.com/TEACHthroughLOVE?ref=nf)

[**TEACH through Love**](https://www.facebook.com/TEACHthroughLOVE)

To make available to parents, teachers, childcare workers and anyone who works with children, the tools and information necessary for developing healthy, unconditional relationships with children using respectful, compassionate communication. TEACH through Love will empower parents, teachers and...

**Day 192: OLYMP-I-A for PEACE (Year 2)- Action: I learned about Teaching Children Meditation and the book, "Calm Kids – Help Children Relax with Mindful Activities," by Lorraine Murray. I found info on Facebook at** [**https://www.facebook.com/teachchildrenmeditation**](https://www.facebook.com/teachchildrenmeditation) **and on the website** [**http://www.teachchildrenmeditation.com/**](http://www.teachchildrenmeditation.com/)

[](https://www.facebook.com/teachchildrenmeditation?ref=nf)

[**Teach Children Meditation Campaign**](https://www.facebook.com/teachchildrenmeditation)

We believe that children in this world need some support. There is so much stress in the world and these little souls are trying to cope. This campaign is to encourage adults around the world to teach children meditation and mindfulness. Sharing best practice, ideas, tips and information to help...

**Day 193: OLYMP-I-A for PEACE (Year 2)- Action: I watched an informative video from "Not for Sale." Social media can create awareness but the real power is when it is built on top of real activity. "Not for Sale" is working to engage companies in business strategies that ensure fair trade and oppose forced labor (modern-day slavery). Consumers have power to change company practices by choosing to do business with those companies that have responsible, ethical business practices. The video offers important insights for consumers, businesses, organizations, and anyone interested in positive world change. I like the ending quote from the video. "It's about how you change your behavior, today, and every day... it's contagious."** [**http://mashable.com/2012/07/10/not-for-sale-modern-slavery/**](http://mashable.com/2012/07/10/not-for-sale-modern-slavery/)**.**



**['Not For Sale' Wants to End Modern Slavery](http://mashable.com/2012/07/10/not-for-sale-modern-slavery/" \t "_blank)**

[mashable.com](http://mashable.com/2012/07/10/not-for-sale-modern-slavery/" \t "_blank)

[On this episode of Revolution, David Batstone, co-founder and president of Not for Sale and professor at](http://mashable.com/2012/07/10/not-for-sale-modern-slavery/" \t "_blank)

**Day 194: OLYMP-I-A for PEACE (Year 2)- Action: A friend talked about attending the American Ethical Union (AEU) Assembly in June, 2012. I looked up and learned more about AEU and the AEU statement of purpose online:** [**http://www.aeu.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.aeu.org%2F&h=QAQFeMU-hAQGCAOSZV1fAM-pCTiRr6bgXaboDTFdddlscLg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.aeu.org/&h=XAQG15GNo&s=1)

**[American Ethical Union](http://www.aeu.org/" \t "_blank)**

[www.aeu.org](http://www.aeu.org/" \t "_blank)

[Ethical Culture is a humanistic religious and educational movement inspired by the ideal that the supreme aim of human life is working to create a more humane society.](http://www.aeu.org/" \t "_blank)

**Day 195: OLYMP-I-A for PEACE (Year 2)- Action: I watched a great video about "Playing for Change Day 2012":** [**http://www.youtube.com/watch?v=L9UwpTxi\_2A&feature=player\_embedded**](http://www.youtube.com/watch?v=L9UwpTxi_2A&feature=player_embedded)**. "Musicians and music lovers are gathering on stages, street corners, and schools for a global day of action [September 22, 2012] to bring music into the lives of children and to promote positive social change everywhere." Everybody can participate and help to create peace through the universal language of music! Wonderful!! I found more key info online at** [**http://pfcday.org/**](http://pfcday.org/)**.**



**[Playing For Change Day 2012](http://www.youtube.com/watch?v=L9UwpTxi_2A&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=L9UwpTxi_2A&feature=player_embedded" \t "_blank)

[What if you had one day to change the world with music?](http://www.youtube.com/watch?v=L9UwpTxi_2A&feature=player_embedded" \t "_blank)

**Day 196: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a video of Viktor Frankl explaining the importance of seeing and supporting the highest potential in people:** [**http://www.youtube.com/watch?v=fD1512\_XJEw**](http://www.youtube.com/watch?v=fD1512_XJEw)**. "If we take man as he is, we make him worse. But if we take man as he should be we make him capable of becoming what he can be.” – Goethe**



**[Search for meaning](http://Search for meaning www.youtube.com Conference in Toronto with students for search for meaning.  )**

[www.youtube.com](http://Search for meaning www.youtube.com Conference in Toronto with students for search for meaning.  )

[Conference in Toronto with students for search for meaning.](http://Search for meaning www.youtube.com Conference in Toronto with students for search for meaning.  )

**Day 197: OLYMP-I-A for PEACE (Year 2)- Action: 1st day of volunteering at a unique summer camp for children. The camp's purpose is to promote a high level of respect for the self and others, clear communication, increased confidence and acts as a space for healing and personal growth.**

**Day 198: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed my second day with children at a summer camp. So great to see the children helping and caring about each other.**

**Day 199: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed seeing children learn some American Sign Language at a summer camp. We learned a song and practiced signing it and experienced another way of perceiving and communicating.**

**Day 200: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed helping children create art, drawing their own self-portraits and creating murals, all the while learning about life, friendship, and how to treat each other with love and respect.**

**Day 201: OLYMP-I-A for PEACE (Year 2)- Action: I participated in meditation with children. Beautiful!!**

**Day 202: OLYMP-I-A for PEACE (Year 2)- Action: Sharing a quote from Nelson Mandela, in special honor of his recent 94th birhday. On his birthday, "Education officials estimated nearly 12 million children kicked off celebrations at 8 a.m. (0600 GMT) with resounding "Happy Birthday" choruses in schools from well-funded private institutions to barely furnished rooms in villages. Millions more South Africans joined in from offices, buses, train stations and Mandela Square... Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy – one minute to mark each of Mandela's 67 years in public service."** [**http://www.huffingtonpost.com/2012/07/18/nelson-mandela-birthday\_n\_1682171.html**](http://www.huffingtonpost.com/2012/07/18/nelson-mandela-birthday_n_1682171.html)

[](https://www.facebook.com/photo.php?fbid=10151053689820419&set=a.184970720418.126392.184956950418&type=1&ref=nf)

[**Wall Photos**](https://www.facebook.com/media/set/?set=a.184970720418.126392.184956950418&type=3)

There can be no keener revelation of a society's soul than the way in which it treats its children...  
~ Nelson Mandela  
(Please Share ♥)

By: [theglobalwe.com](https://www.facebook.com/theglobalwe?ref=stream)

**Day 203: OLYMP-I-A for PEACE (Year 2)- Action: I had a beautiful, peaceful early morning bike ride. It was so calm and pleasant biking through the neighborhoods, seeing people beginning the day.... a fresh start... life renewed.**

**Day 204: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Sometimes, I just enjoy taking time to notice and appreciate the simple, yet beautiful, things people do. While driving down the road early this morning, I saw a simple, green-leaved bush in a person's front yard. Someone had tucked huge, festive, brightly-colored pink, yellow, and blue paper flowers in the bush. It was a simple discovery, yet it was a beautiful surprise and brightened my day. Later in the day while at work, I noticed a group of women sitting in a break room at lunchtime. They were knitting together, smiling, laughing, sharing life. I thought of how special their friendship must be. When we choose to approach life with a sense of wonder, we can notice more, appreciate more, and we can find joy and peace even in the simple things. Each day can be a treasure hunt :))**

**Day 205: OLYMP-I-A for PEACE (Year 2)- Action: Enjoyed a good time with family, celebrating life and the precious time we have together. As the years and the birthdays go by, I have a growing sense of the richness of life. I also become increasingly aware of my duty to pass on a legacy of compassion and peace to our sons, daughters and future generations.**

**Day 206: OLYMP-I-A for PEACE (Year 2)- Action: I watched an inspiring video posted by UPWORTHY:** [**http://www.upworthy.com/can-you-spare-1-minute-to-inspire-yourself?c=ufb1**](http://www.upworthy.com/can-you-spare-1-minute-to-inspire-yourself?c=ufb1)**. The seconds of our lives have incredible value! Each of us can make a difference in the world.**

**[Can You Spare 1 Minute To Inspire Yourself?](http://www.upworthy.com/can-you-spare-1-minute-to-inspire-yourself?c=ufb1" \t "_blank)**

[www.upworthy.com](http://www.upworthy.com/can-you-spare-1-minute-to-inspire-yourself?c=ufb1" \t "_blank)

[You'd make the most of your money. Why not this?](http://www.upworthy.com/can-you-spare-1-minute-to-inspire-yourself?c=ufb1" \t "_blank)

**Day 207: OLYMP-I-A for PEACE (Year 2)- Action: In honor of the 2012 Anniversary of the Americans with Disabilities Act (ADA), I am sharing a link with info about the ADA, the 2012 Anniversary celebration, and videos, resources, online training tools, and ways to celebrate throughout the year:** [**http://adaanniversary.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fadaanniversary.org%2F&h=oAQGAKbffAQFFOhs61ywtltB_wSU1cdzkdACuAD76zA3yJg&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://adaanniversary.org/&h=CAQFb5ydf&s=1) 

**[ADA Anniversary Resources and Toolkit ~ Questions? 1-800-949-4232 [v/tty]](http://adaanniversary.org/" \t "_blank)**

[adaanniversary.org](http://adaanniversary.org/" \t "_blank)

[Celebrate the ADA Anniversary - July 26 and the progress made through implementation of the Americans with](http://adaanniversary.org/" \t "_blank)

**Day 208: OLYMP-I-A for PEACE (Year 2)- Action: I heard a radio announcement about "Recognize Good" and looked up the organization on Facebook:** [**https://www.facebook.com/RecognizeGood/info**](https://www.facebook.com/RecognizeGood/info)**. "RecognizeGood aims to publicize ... acts [of kindness] to lift the human spirit and light a fire of benevolence in our world." The mission of RecognizeGood is "To raise awareness of the good in our communities while aspiring to encourage individuals to commit additional acts of kindness. To promote the importance of ethics in business and communities.  
To spread the concept that encouraging good promotes greater positive people power, which in turn leads to business success."**

[](https://www.facebook.com/RecognizeGood?sk=info&ref=nf)

[**Recognize Good**](https://www.facebook.com/RecognizeGood?sk=info)

We believe one act of kindness encourages other acts of kindness. RecognizeGood aims to publicize these acts to lift the human spirit and light a fire of benevolence in our world. Through rewarding these acts, RecognizeGood can supply a sustainable source of monetary support for the exceptional “goo...

**Day 209: OLYMP-I-A for PEACE (Year 2)- Action: I found out more about how you can volunteer with the National Peace Corps Association:** [**http://discovercorps.experiencegla.com/**](http://discovercorps.experiencegla.com/)**. "Discover Corps was created to give adults a way to rekindle their values of international service in spite of the demands in their busy lives. Discover Corps offers travelers a variety of service expeditions that allow them to work side-by-side with local people, learn firsthand about global issues, and return home a directly-engaged and informed global citizen."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://discovercorps.experiencegla.com/&h=kAQEgfMOq&s=1) 

**[Discover Corps - Your adventure and mission have just begun](http://discovercorps.experiencegla.com/" \t "_blank)**

[discovercorps.experiencegla.com](http://discovercorps.experiencegla.com/" \t "_blank)

**Day 210: OLYMP-I-A for PEACE (Year 2)- Action: Planning a day of fun with relatives. Feeling peace and joy in anticipating a day full of laughter, hugs, sharing, and wonderful opportunities for creating treasured memories. Often what we find in the day depends on how we approach life and what we look for.**

**Day 211: OLYMP-I-A for PEACE (Year 2)- Idea: Peace comes in learning to accept and embrace both certainty and mystery... the questions being just as important as the answers.**

**Day 212: OLYMP-I-A for PEACE (Year 2)- Action: I learned more about "Start Empathy." "Start Empathy is a collaboration of social entrepreneurs, educators, parents, and key players in the media, business, and academic sectors, working to make empathy as essential as reading and math in early education." More info is online at** [**http://www.startempathy.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.startempathy.org%2F&h=1AQGkdmWUAQEfXwX3-8xQ3iLy8zhb4iONhpteYvSPBtif9w&s=1) **and on Facebook at** [**https://www.facebook.com/StartEmpathy**](https://www.facebook.com/StartEmpathy)**. Empathy starts with paying attention to people, in an effort to try to understand their viewpoint and feelings. UC Berkeley's Greater Good Science Center has designed a quiz to help you test your emotional intelligence (**[**http://startempathy.org/blog/2012/07/take-quiz-how-well-do-you-read-faces**](http://startempathy.org/blog/2012/07/take-quiz-how-well-do-you-read-faces) **).**

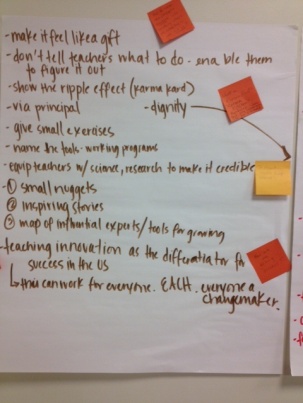
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bit.ly/MXIwyT&h=dAQHJqacH&s=1) 

**[Take The Quiz: How Well Do You Read Faces?](http://bit.ly/MXIwyT" \t "_blank)**

[startempathy.org](http://bit.ly/MXIwyT" \t "_blank)

[This quiz from UC Berkeley's Greater Good Science Center lets you test your emotional intelligence.](http://bit.ly/MXIwyT" \t "_blank)

**Day 213: OLYMP-I-A for PEACE (Year 2)- Action: I read an article providing tips for schools on how to create a culture of empathy. Good info! Fits well with the OLYMP-I-A concept.** [**http://startempathy.org/blog/2012/07/6-insights-creating-school-culture-empathy**](http://startempathy.org/blog/2012/07/6-insights-creating-school-culture-empathy)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bit.ly/Ps5haV&h=eAQEuynVD&s=1) 

**[6 Insights Into Creating a School Culture of Empathy](http://bit.ly/Ps5haV" \t "_blank)**

[startempathy.org](http://bit.ly/Ps5haV" \t "_blank)

[A convening of five schools last week yielded these tips on cultivating empathy in your school.](http://bit.ly/Ps5haV" \t "_blank)

**Day 214: OLYMP-I-A for PEACE (Year 2)- Action: I read an inspiring story about the difference one person can make in the lives of others, building strength and knowledge through books.** [**http://www.takepart.com/article/2012/08/02/inspiring-kenyan-immigrant-sends-books-africa**](http://www.takepart.com/article/2012/08/02/inspiring-kenyan-immigrant-sends-books-africa)

[https://fbexternal-a.akamaihd.net/safe_image.php?d=AQCEDj7XLnWAxsDi&w=90&h=90&url=http%3A%2F%2Fwww.takepart.com%2Fsites%2Fdefault%2Ffiles%2FJoy.jpg](http://www.takepart.com/article/2012/08/02/inspiring-kenyan-immigrant-sends-books-africa)

[**Inspiring 17-Year-Old Kenyan Immigrant Sends 5,000 Books to Kids in Africa**](http://www.takepart.com/article/2012/08/02/inspiring-kenyan-immigrant-sends-books-africa)

[www.takepart.com](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.takepart.com&h=eAQFnvj7n&s=1)

The first time Joy Njuguna went to an American library, she was blown away and wanted kids in her homeland to feel the same way.

**Day 215: OLYMP-I-A for PEACE (Year 2)- Action: I made an extra effort to focus on the positive things I saw and heard happening around me during the day, instead of letting them come and go without a second thought. I intentionally paid attention to what was happening and how it made me feel. I heard people talking and laughing, saying kind things to each other to brighten each other’s day, two men shaking hands and patting each other on the back with big smiles on their faces, and young children at the swimming pool, new to swimming, happy and squealing with excitement. I found that when I paused to notice and give due respect to these simple positive things, I became part of the moment by extension and felt happiness and peace.**

**s' day, two men shaking hands and patting each other on the back with big smiles on their faces, and young children at the swimming pool, new to swimming, happy and squealing with excitement. I found that when I paused to notice and give due respect to these simple positive things, I became part of the moment by extension and felt happiness and peace.**

**Day 216: OLYMP-I-A for PEACE (Year 2)- Action: I got good rest last night and awakened this morning without the use of an alarm clock.... a peaceful way to start the day.**

**Day 217: OLYMP-I-A for PEACE (Year 2)- Action: I enjoy seeing all the gestures of good-sportsmanship and respect among the athletes at the Olympic Games. The beauty of the Olympic Games is the unity of nations, hoping and striving together, and the strength and grace of the athletes both on and off the field.**

**Day 218: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed having lunch with a good friend who I had not seen in a while. Good conversation, good memories. Friendships create the bridges that connect the pieces of our lives through time.**

**Day 219: OLYMP-I-A for PEACE (Year 2)- Action: I read about Lucy Kanu, the Global Fairness AWARD 2012 Grassroots Honoree and her "Idea Builders Initiative" organization (**[**http://www.ideabuilders.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ideabuilders.org%2F&h=cAQGy75cPAQF_0aDMwLJL7pAIFZlvLKoPL5AccgH3BCZ56Q&s=1)**). She is honored for the work she is doing in Nigeria to support local ideas and initiatives of grassroots organizations/NGOs and to empower and support women to become leaders and advocates. The mission of the "Idea Builders Initiative" is "to initiate innovative, market based solutions to social problems that generate both financial resources for sustainability and social value."**

# logo[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ideabuilders.org/&h=wAQHhjVxM&s=1)

**[Idea Builders Initiative - WELCOME](http://www.ideabuilders.org/" \t "_blank)**

[ideabuilders.org](http://www.ideabuilders.org/" \t "_blank)

[Inspiring and Empowering Women and Young People Struggling Daily to Balance Reality with Hope...Helping People to Help Themselves.](http://www.ideabuilders.org/" \t "_blank)

**Day 220: OLYMP-I-A for PEACE (Year 2)- Action: I took a 15 minute "peace" nap in the afternoon. Some people call them "power" naps, but it sure did feel peaceful :))... a simple and quick way to de-stress and rejuvenate.**

**Day 221: OLYMP-I-A for PEACE (Year 2)- Action: I saw a billboard about "Help for Parents. Hope for Kids." Later, I looked up the website (**[**http://helpandhope.org/parenting-tips.html**](http://helpandhope.org/parenting-tips.html)**) and discovered resources for successful parenting and activities for kids.**

**[Help and Hope](http://helpandhope.org/parenting-tips.html" \t "_blank)**

[www.helpandhope.org](http://helpandhope.org/parenting-tips.html" \t "_blank)

[Together we can stop child abuse and neglect before it happens and give our children a brighter future. HelpandHope.org has resources for parents, caregivers,](http://helpandhope.org/parenting-tips.html" \t "_blank)

**Day 222: OLYMP-I-A for PEACE (Year 2)- Action: I found the website "Conversations for a Better World" (**[**http://www.conversationsforabetterworld.com/**](http://www.conversationsforabetterworld.com/)**) and read about their mission. "Conversations for a Better World is a youth community for raising global issues and finding solutions. Conversations is all about ‘the power of we’ as well a forum to identify solutions, progress and forward-looking ideas for a better world. The idea is to get people talking about how we can co-create a better world. If we want to tackle the global challenges of our time, we need a lot of people to start talking."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.conversationsforabetterworld.com/&h=JAQGivtvA&s=1)

**[Conversations for a Better World](http://www.conversationsforabetterworld.com/" \t "_blank)**

[www.conversationsforabetterworld.com](http://www.conversationsforabetterworld.com/" \t "_blank)

**Day 223: OLYMP-I-A for PEACE (Year 2)- Action: I read about the Perseid meteor shower, a magnificent light show in the night sky:** [**http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide**](http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide)**. When I gaze at the stars, I feel our simultaneous smallness and greatness here on Earth. Our differences fade away. We are unified travel companions, moving through the vastness of the universe.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide&h=zAQE7P6kv&s=1)

**[EarthSky's meteor shower guide for 2012 | Astronomy Essentials | EarthSky](http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide" \t "_blank)**

[earthsky.org](http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide" \t "_blank)

[The peak of the 2012 Perseid meteor shower is here. Northern Hemisphere observers are seeing over 60 meteors per hour in](http://earthsky.org/astronomy-essentials/earthskys-meteor-shower-guide" \t "_blank)

**Day 224: OLYMP-I-A for PEACE (Year 2)- Action: Just after midnight, in the first hour of the day, I witnessed the Perseid meteors streaking across the sky. So brilliant! Breath-takingly beautiful! There are wonderful surprises awaiting us in life.**

**Day 225: OLYMP-I-A for PEACE (Year 2)- Action: I spent some wonderful moments listening to the life stories of a woman in her 90's. As I listened, the stories transformed her, first to a young child, then a college student, then a young mother, her life slowly unfolding before me. So beautiful...**

**Day 226: OLYMP-I-A for PEACE (Year 2)- Action: While out in my neighborhood walking my dog in the early morning, I had the opportunity to greet and talk with one of my neighbors whom I rarely see. My dog immediately introduced herself with uninhibited wags and kisses. Dogs are ambassadors of neighborliness. Thankfully, they bring us humans along :))**

**Day 227: OLYMP-I-A for PEACE (Year 2)- Action: I read about World Humanitarian Day, celebrated in August of each year (**[**http://www.who.int/mediacentre/events/annual/world\_humanitarian\_day/en/index.html**](http://www.who.int/mediacentre/events/annual/world_humanitarian_day/en/index.html)**). I am encouraging people to join a social media effort to mobilize people around the world to "do something good somewhere for someone else" in special recognition and honor of World Humanitarian Day:** [**http://whd-iwashere.org/**](http://whd-iwashere.org/)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.who.int/mediacentre/events/annual/world_humanitarian_day/en/index.html&h=PAQHAqCBR&s=1)

**[WHO | World Humanitarian Day](http://www.who.int/mediacentre/events/annual/world_humanitarian_day/en/index.html" \t "_blank)**

[www.who.int](http://www.who.int/mediacentre/events/annual/world_humanitarian_day/en/index.html" \t "_blank)

**Day 228: OLYMP-I-A for PEACE (Year 2)- Action: I had a wonderful afternoon visiting with long-time friends. A happy reunion after a couple of years... and reaffirming the power of lasting friendships to make time stand still and bring a deep sense of peace and joy to the soul :))**

**Day 229: OLYMP-I-A for PEACE (Year 2)- Action/Idea: Sharing an inspiring quote by Nelson Mandela: “Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life. While poverty persists, there is no true freedom…Sometimes it falls upon a generation to be great. You can be that great generation. Let your greatness blossom.” We must believe in and see the inherent core goodness and equality of people to acknowledge, support and strive for inherent, fundamental human rights.**

**Day 230: OLYMP-I-A for PEACE (Year 2)- Action: Celebrating the birthdays of several friends tonight! Party time!! What does this have to do with peace? When you have the freedom to laugh, hug, shout, cry, jump for joy, dance, and be a little wacky, and still be loved in the midst of it all, there is peace of mind in such freedom. True friends give you that freedom and peace! Here we go!**

**Day 231: OLYMP-I-A for PEACE (Year 2)- Action: I watched and shared the moving video "I Was Here" honoring World Humanitarian Day (**[**http://www.youtube.com/watch?v=i41qWJ6QjPI&feature=youtu.be**](http://www.youtube.com/watch?v=i41qWJ6QjPI&feature=youtu.be)**). Powerful inspiration for each of us every day!**



**[I Was Here (United Nations World Humanitarian Day Perform...](http://www.youtube.com/watch?v=i41qWJ6QjPI&feature=youtu.be" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=i41qWJ6QjPI&feature=youtu.be" \t "_blank)

**Day 232: OLYMP-I-A for PEACE (Year 2)- Idea: I thought about jealousy and what causes it. If we could teach children from day one that when one person succeeds, we all succeed, because we are all in this life, this world together. The success and triumph of one person moves us all forward. It is when we see the "me" as the most important, as distinct and set apart from all others , that we become vulnerable to jealousy and the insecurity that comes with it. It is definitely important for each of us to have a sense of our own self-worth, however, it is ironic that an overly inflated sense of self-worth can result in increasing insecurity.**

**Day 233: OLYMP-I-A for PEACE (Year 2)- Action: I visited my friend's Mom who is in her 90's. She shared with me many memories of her childhood days. In just a short time, her stories and my imagination had us walking in her neighborhood, sitting at her family's kitchen table, talking with her father and mother, tasting her mother's cooking, and sledding in the snow. As we sat together, we could feel the gentle embrace of past generations.**

**Day 234: OLYMP-I-A for PEACE (Year 2)- Action: I found out about Gaiam TV's "Inspirations:"** [**http://www.gaiamtv.com/show/inspirations**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.gaiamtv.com%2Fshow%2Finspirations&h=xAQEnmBonAQEZM0mB2LxznOX3VKq40Dtjx9RxInRl6GiNPw&s=1)**. "Gaiam Inspirations is a one-hour interview featuring leading edge visionaries, spiritual teachers and inspiring innovators who bring you the latest in personal development and mind-body wellness." The live interviews are presented every week on Wednesdays via Gaiam TV.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.gaiamtv.com/show/inspirations&h=sAQGAld49&s=1)

**[Gaiam Inspirations | GaiamTV](http://www.gaiamtv.com/show/inspirations" \t "_blank)**

www.gaiamtv.com

Michael Tellinger, author, scientist, explorer, has become a real-life Indiana Jones, making groundbreaking discoveries about ancient vanished civilizations at the southern tip of Africa. His continued efforts and analytical scientific approach have produced stunning new evidence that will force us to rethink our origins and rewrite our history books.

**Day 235: OLYMP-I-A for PEACE (Year 2)- Action: I had a beautiful, refreshing early morning walk and enjoyed meeting and talking with neighbors who were also out enjoying the day. It was an uplifting beginning to my day. I think that walking in the neighborhood has replaced the chats that used to occur commonly over the neighbor's fence in my parents' day. When greeting neighbors out and about on a walk, I feel a deepened sense of connection and community.**

**Day 236: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the "Breakdance Project Uganda" (BPU) and read more online at:** [**http://voiceproject.org/programs/breakdance-project-uganda.php**](http://voiceproject.org/programs/breakdance-project-uganda.php)**. The project utilizes the power of dance to inspire, help build community, and resolve conflict. "BPU is a youth centered project that works directly with young people of different backgrounds in Uganda, with a particular focus on those who are disadvantaged to give them hope and opportunities. The Project is centered on the belief that everyone can learn and everyone can teach and has the capacity to be a positive role model to others."**



**[BREAK DANCING INSPIRES YOUTH IN UGANDA - CNN.com Video](http://www.cnn.com/video/" \l "/video/bestoftv/2012/08/16/exp-nr-crazy-legs.cnn" \t "_blank)**

www.cnn.com

CNN's Suzanne Malveaux talks with Richard "Crazy Legs" Colone about teaching youth around the world the power of dance.

**Day 237: OLYMP-I-A for PEACE (Year 2)- Action: I went with my dear friends to the Willie Nelson concert. Willie's music, "Blue Eyes Crying," "On the Road Again," and "Always on My Mind,"... bringing us all together in a magical, beautiful night under the stars!**

**Day 238: OLYMP-I-A for PEACE (Year 2)- Action: I reconnected with a friend who I hadn't seen in a while. We shared stories and caught up in time. How wonderful and uplifting is true friendship! It is amazing how a simple conversation with a friend can boost your spirits for the day.**

**Day 239: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video trailer and learned about the documentary, "Dalai Lama Renaissance:"** [**http://www.youtube.com/watch?v=qBbuyZIRXjA&feature=player\_embedded**](http://www.youtube.com/watch?v=qBbuyZIRXjA&feature=player_embedded)**. The film documents discussions among 40 of the leading world innovative thinkers and the Dalai Lama about happiness, humanity, world conflict, and peace.**



**["Dalai Lama Renaissance" Documentary (with Harrison Ford) #1](http://www.youtube.com/watch?v=qBbuyZIRXjA&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com)

**Day 240: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I brought some flowers to a friend who is in her 90's and is not able to go out much. The flowers cheered her up and her big smile cheered me up. Love, joy and peace are circular :)).**

**Day 241: OLYMP-I-A for PEACE (Year 2)- Action: I read a compelling article emphasizing the importance of teaching empathy in schools. Good info and supportive of the OLYMP-I-A premise!** [**http://www.livemint.com/2012/08/29104438/Empathy-begins-at-school.html**](http://www.livemint.com/2012/08/29104438/Empathy-begins-at-school.html)

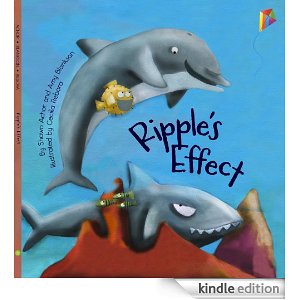
[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.livemint.com/2012/08/29104438/Empathy-begins-at-school.html&h=VAQEWzAIe&s=1)

**[Empathy Begins at School](http://www.livemint.com/2012/08/29104438/Empathy-begins-at-school.html" \t "_blank)**

www.livemint.com

Sundeep Khanna writes that we are not genetically hard-wired to be good citizens. It's an acquired value that needs to be taught.

**Day 242: OLYMP-I-A for PEACE (Year 2)- Action: I read about a new children's book, "Ripple's Effect," by Shawn Achor, helping to "show children that happiness is a choice they get to make for themselves." It just takes one small step at a time.** [**http://www.amazon.com/gp/product/B0091YENPO/ref=as\_li\_qf\_sp\_asin\_il\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20**](http://www.amazon.com/gp/product/B0091YENPO/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.amazon.com/gp/product/B0091YENPO/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20&h=RAQGZ5-A5&s=1)[](http://www.amazon.com/gp/product/images/B0091YENPO/ref=dp_image_z_0?ie=UTF8&n=133140011&s=digital-text)

**[Ripple's Effect](http://www.amazon.com/gp/product/B0091YENPO/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20" \t "_blank)**

www.amazon.com

It takes big actions to make big changes. Or does it? In Ripple’s Effect, residents of an aquarium learn that sometimes a smile is all it takes to make a world of

**Day 243: OLYMP-I-A for PEACE (Year 2)- Action: I watched an inspiring and beautiful video, part of a piece called "Finding Freedom" by Sue Austin:**[**http://www.youtube.com/watch?v=IPh533ht5AU&feature=player\_embedded**](http://www.youtube.com/watch?v=IPh533ht5AU&feature=player_embedded)**. I found out more info at:**[**http://mashable.com/2012/08/29/underwater-wheelchair/**](http://mashable.com/2012/08/29/underwater-wheelchair/)**. Austin is an artist who has created, with the help of expert divers, an underwater wheelchair. Austin describes her art: "“My studio practice has, for sometime, centred around finding ways to understand and represent my embodied experience as a wheelchair user, opening up profound issues about methods of self-representation and the power of self-narration in challenging the nexus of power and control that created the ‘disabled’ as other.” Artistic expression can bring us together in peace.**

**[](https://www.facebook.com/groups/20362172415/)**

**['Creating the Spectacle!' Online - Part 1 - Finding Freedom.](http://www.youtube.com/watch?v=IPh533ht5AU&feature=player_embedded" \t "_blank)**

**[www.youtube.com](http://www.youtube.com/watch?v=IPh533ht5AU&feature=player_embedded" \t "_blank)**

**['Creating the Spectacle!' Online - Part 1 - Finding Freedom. 'Creating the Spectacle!' is a ground breaking series of live art and film events that](http://www.youtube.com/watch?v=IPh533ht5AU&feature=player_embedded" \t "_blank)**

**Day 244: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about the "Cambridge Declaration on Consciousness" generated July 7, 2012:**[**http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/**](http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/)**. "... [A] prominent international group of cognitive neuroscientists, neuropharmacologists, neurophysiologists, neuroanatomists and computational neuroscientists gathered at The University of Cambridge..." In their Declaration, they agreed that non-human animals can experience consciousness and emotions and have intentional behaviors. This formal Declaration may have ramifications in the medical and biological research areas that use animal testing. The full Declaration is at**[**http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf**](http://fcmconference.org/img/CambridgeDeclarationOnConsciousness.pdf)**.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/&h=VAQFnVXdX&s=1)**

**[Scientists Declare Animals Are As Conscious As Humans, Here Are 5 Pictures to Prove It | Intent Bl](http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/" \t "_blank)**

**[intentblog.com](http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/" \t "_blank)**

**[Last week, an international group of scientists signed The Cambridge Declaration on Consciousness, proclaiming their belief — based on decades of research — that animals are indeed conscious and capable of experiencing human emotions.](http://intentblog.com/scientists-declare-animals-are-as-conscious-as-humans-here-are-5-pictures-to-prove-its-true/" \t "_blank)**

**Day 245: OLYMP-I-A for PEACE (Year 2)- Action: I relaxed a while and read more in my book about the great philosophers. The mysteries of life and the world have been explored and discussed over the ages. Some common themes resonate through time: It is important to love and be at peace with yourself; and, love and happiness grow when we share and give them to others.**

**Day 246: OLYMP-I-A for PEACE (Year 2)- Action: I went for a swim and enjoyed the refreshing tranquility and peace of gliding through the water. I let myself sense the weight of the world being lifted.**

**Day 247: OLYMP-I-A for PEACE (Year 2)- Idea: Sometimes in our lives, problems can be overwhelming and the goal of peace feels very distant. But ironically, as we work hard to climb and surmount the seemingly insurmountable, we sometimes discover a new and better path leading to peace. Never give up!**

**Day 248: OLYMP-I-A for PEACE (Year 2)- Action: Relaxing in the evening I listened to the Dave Matthews Band's, "Funny the Way It Is." Great music, great lyrics...**

**"Funny the way it is  
If you think about it  
One kid walks ten miles to school  
Another's droppin' out  
Funny the way it is  
Not right or wrong  
A soldier's last breath  
His baby's being born..."   
The music swept me into the rhythm and mystery of life... justice... injustice... and the search for meaning and peace.** [**http://www.youtube.com/watch?v=FAbMnMWHTvY**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DFAbMnMWHTvY&h=JAQFRplkfAQG2kEFGUyfCxQ8Dx4xlyNmNAIki5saT7c6PHQ&s=1)

**[](https://www.facebook.com/groups/20362172415/)**

**[Dave Matthews Band - Funny The Way It Is (Lyrics)](http://www.youtube.com/watch?v=FAbMnMWHTvY" \t "_blank)**

**[www.youtube.com](http://www.youtube.com/watch?v=FAbMnMWHTvY" \t "_blank)**

**[Artist: Dave Matthews Band Song: Funny The Way It Is Album: Big Whiskey and the GrooGrux King](http://www.youtube.com/watch?v=FAbMnMWHTvY" \t "_blank)**

**Day 249: OLYMP-I-A for PEACE (Year 2)- Action: I read about the "Lights, Camera, Help" Film Festival.**[**http://lightscamerahelp.com/film-festival**](http://www.facebook.com/l.php?u=http%3A%2F%2Flightscamerahelp.com%2Ffilm-festival&h=gAQG3aiE6AQE6hf0u_mFE-5yf09u3RgyIMHPlVvxonHmvSA&s=1)**. The festival is "the world’s first cause-driven film festival where a portion of the proceeds go to the causes represented in the winning films. [Over the course of three years and selecting from over 500 submissions, the festival has] showcased 75 exceptional films from all over the world and given over $7,000 in awards to nonprofit organizations.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://lightscamerahelp.com/film-festival&h=mAQHjV1rM&s=1)**

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**[Lights. Camera. Help. Film Festival](http://lightscamerahelp.com/film-festival" \t "_blank)**

**[www.lightscamerahelp.com](http://lightscamerahelp.com/film-festival" \t "_blank)**

**[Lights. Camera. Help. The Non-profit Film Festival is the world's first film festival dedicated entirely to non-profit and cause-driven films. This 3-day event gives films-for-a-cause the attention they deserve by putting them up on the big screen in a theater setting.](http://lightscamerahelp.com/film-festival" \t "_blank)**

**Day 250: OLYMP-I-A for PEACE (Year 2)- Action: I watched the Choice Point movie. Powerful! Perfect alignment with the OLYMP-I-A Challenge. I read more about the visionaries involved with the Choice Point movement at:**[**http://www.choicepointmovement.com/TheMovie/Visionaries**](http://www.choicepointmovement.com/TheMovie/Visionaries)**.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.choicepointmovement.com/TheMovie/Visionaries&h=QAQHUvi8V&s=1)**

**Choice Point**

**[Choice Point - Watch online for FREE](http://www.choicepointmovement.com/TheMovie/Visionaries" \t "_blank)**

**[www.choicepointmovement.com](http://www.choicepointmovement.com/TheMovie/Visionaries" \t "_blank)**

**[Fresh from the cutting room floor, Choice Point is an absolute “must see” – especially if you’re someone who’s keen to create positive change in both your own life and on a bigger scale in the world. WATCH IT NOW FOR FREE](http://www.choicepointmovement.com/TheMovie/Visionaries" \t "_blank)**

**Day 251: OLYMP-I-A for PEACE (Year 2)- Action: I had a wonderful evening celebrating a friend's achievement... good food, good stories, good laughs, good times with friends. Friends are there in the good times and the bad times. There's peace in knowing that!**

**Day 252: OLYMP-I-A for PEACE (Year 2)- Action: Feeling relaxed and peaceful after a morning of physical exercise. I'm sure that part of the feeling comes from the contrast of the restful state to the active state. However, exercise itself plays a major role in generating the good feelings and helping to manage stress:**[**http://www.mayoclinic.com/health/exercise-and-stress/SR00036**](http://www.mayoclinic.com/health/exercise-and-stress/SR00036)**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.mayoclinic.com/health/exercise-and-stress/SR00036&h=CAQGl4X-j&s=1)**

**[Exercise and stress: Get moving to manage stress - MayoClinic.com](http://www.mayoclinic.com/health/exercise-and-stress/SR00036" \t "_blank)**

**[www.mayoclinic.com](http://www.mayoclinic.com/health/exercise-and-stress/SR00036" \t "_blank)**

**[Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.](http://www.mayoclinic.com/health/exercise-and-stress/SR00036" \t "_blank)**

**Day 253: OLYMP-I-A for PEACE (Year 2)- Action: I read an interesting article about how making things with our hands (such as artwork-- drawing, painting, pottery, sculpture, fiber art, etc.) may help alleviate depression due to the specific brain circuitry involved.**[**http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away**](http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away&h=IAQHUjyQj&s=1)**

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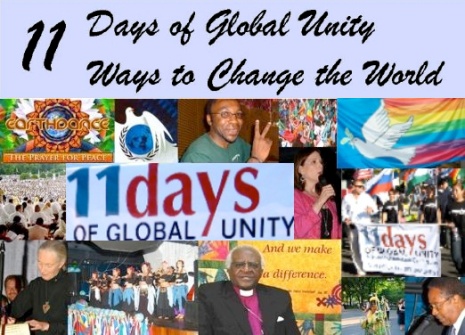
**[Drawing on the Effort-Driven Rewards Circuit to Chase the Blues Away](http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away" \t "_blank)**

**[www.psychologytoday.com](http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away" \t "_blank)**

**[Depression may literally be in your hands.](http://www.psychologytoday.com/collections/201208/your-creative-flow/drawing-the-effort-driven-rewards-circuit-chase-the-blues-away" \t "_blank)**

**Day 254: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the "11 Days of Global Unity" (**[**http://we.net/11days**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwe.net%2F11days&h=NAQHTMTqsAQFvHBk_AMq4keZRhqfGVwHMIZGDZc22-ea8jA&s=1)**), a campaign to mobilize change agents worldwide around "11 themes of Change" (together forming a blueprint of change for a peaceful, sustainable, transformed world). I read more about each of the 11 themes and ways people can join in the movement.**[**http://we.net/11days/239**](http://we.net/11days/239)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://we.net/11days)**

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**[11 Days of Global Unity 2012 Campaign](http://we.net/11days" \t "_blank)**

**[we.net](http://we.net/11days" \t "_blank)**

**[WE.net is the website for The WE Campaign which aims to shift consciousness from I to WE](http://we.net/11days" \t "_blank)**

**Day 255: OLYMP-I-A for PEACE (Year 2)- Action: I found out about the "Peace Exchange." "Create Peace Project" is looking to include more than 3,000 students from schools, community groups, and youth organizations from the U.S. and Canada in an exchange with an equal number of students from Ghana (and possibly Sierra Leone)." Participating students create art or a message about peace on a post card and the cards are sent to students in the other countries. Sharing peace student to student.** [**http://www.createpeaceproject.org/current-projects/the-peace-exchange/**](http://www.createpeaceproject.org/current-projects/the-peace-exchange/)

**[Create Peace Project Peace Exchange](http://www.createpeaceproject.org/current-projects/the-peace-exchange/" \t "_blank)**

**[www.createpeaceproject.org](http://www.createpeaceproject.org/current-projects/the-peace-exchange/" \t "_blank)**

**[an art-for-peace education organization](http://www.createpeaceproject.org/current-projects/the-peace-exchange/" \t "_blank)**

**Day 256: OLYMP-I-A for PEACE (Year 2)- Action: I learned about "#Giving Tuesday." #GivingTuesday™ is a campaign to create a national day of giving at the start of the annual holiday season. It celebrates and encourages charitable activities that support nonprofit organizations."** [**http://givingtuesday.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fgivingtuesday.org%2F&h=bAQHRokDAAQE3UnHixYOiLAryP9O9dwgLDk4g9BPQ6Ubv8w&s=1)

**[givingtuesday.org](http://givingtuesday.org/" \t "_blank)**

**[www.givingtuesday.org](http://givingtuesday.org/" \t "_blank)**

**[#GivingTuesday - Tuesday, November 27, 2012 is a new annual national day of giving, supporting many great cause, bringing together partners and people everywhere, a new movement will celebrate the great tradition of giving](http://givingtuesday.org/" \t "_blank)**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lightscamerahelp.com/&h=7AQFsJsVt&s=1)**

**Day 257: OLYMP-I-A for PEACE (Year 2)- Action: I attended the "Lights. Camera. Help" film festival's key note address by Turk Pipkin and two film screenings, including PSAs, short films, and a feature film. The films support and promote non-profit organizations and helpful causes, focusing on the good. Amazing talent, wonderful causes. I learned about organizations such as The Nobelity Project, Sustainable Food Project's The Happy Kitchen, Austin Bat Cave (helping students with written and artistic expression), Ford Warriors in Pink, and others. It is wonderful to see films created to inspire positive steps toward health, green-living, and peace. "Lights. Camera. Help" provides support for non-profit organizations to help them create films about their work.**[**http://www.lightscamerahelp.org/**](http://www.lightscamerahelp.org/)**;** [**http://www.lightscamerahelp.org/film-festival**](http://www.lightscamerahelp.org/film-festival)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lightscamerahelp.com/&h=7AQFsJsVt&s=1)**

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**Day 258: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed meeting and greeting my neighbors while out on a walk this morning. Everyone was enjoying the cooler weather and was in good spirits... an uplifting way to start the day!**

**Day 259: OLYMP-I-A for PEACE (Year 2)- Idea: There must be critical mass and mass action to support peace in order for peace (instead of war) to prevail. Peace does not come from inaction or ignoring the signs of violence. Peace requires a certain degree of vigilance to anticipate and stand peacefully strong to resist the elements in our human frailty that can easily propel us down the slippery slope to violence. Guns and power can silence one, two, or three, but not masses of people committed to peace. It is getting masses of people to rise up all together, all at once to withstand and suppress violence and support peace that is difficult. Ironically, it sometimes takes a violent, catastrophic event to motivate people into mass, unified action, and by then humans often turn to armies and war to counter the violence. My thinking on this was triggered by recently watching a film on Auschwitz and the way people throughout the world reacted to ever-increasing violence and hatred in the pre-war and war years of World War II. I tried to imagine how the war and such atrocities could have been prevented and what lessons we can learn and apply today.**

**Day 260: OLYMP-I-A for PEACE (Year 2)- Action: In honor of the International Day of Peace, I clicked on the link,**[**http://bit.ly/IWzRqG**](http://www.facebook.com/l.php?u=http%3A%2F%2Fbit.ly%2FIWzRqG&h=CAQGl4X-jAQHrknU-F_nUwCPA_yZSbrvDpkw7ulLB4xDKJg&s=1)**, and sent a thank you note to the United Nations Peacekeepers. It's a quick, simple action to take and you can add your own personal note to the letter.**

**[](https://www.facebook.com/photo.php?fbid=10151261351681115&set=a.413010281114.202476.19045776114&type=1&ref=nf)**

[**Timeline Photos**](https://www.facebook.com/media/set/?set=a.413010281114.202476.19045776114&type=1)

**Happy Monday! This is the last week to Thank UN Peacekeepers. Join us and thousa...See More**

**By:**[**The Better World Campaign**](https://www.facebook.com/betterworldcampaign?ref=stream)

**Day 261: OLYMP-I-A for PEACE (Year 2)- Action: I learned about the upcoming Global Social Good Summit, September 22-24, 2012, and how people from around the world are invited to participate:** [**http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html**](http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html)**. The invitational video is at:**[**http://www.youtube.com/watch?v=\_2pj8TTHNrY&feature=player\_embedded**](http://www.youtube.com/watch?v=_2pj8TTHNrY&feature=player_embedded)**. "Thousands of bloggers, entrepreneurs, journalists, celebrities, world leaders, NGOs, and activists from around the world will come together during this historic worldwide event with one main goal in mind: to unlock the potential of social media and technology to make the world a better place."**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html&h=fAQEdobRv&s=1)**

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**[22 - 24 September: Global Social Good Summit 2012 | UNDP](http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html" \t "_blank)**

**[www.undp.org](http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html" \t "_blank)**

**[Thousands of innovative technologists, influential minds and passionate activists will debate solutions to global challenges at the Social Good Summit — an in-person and online gathering to discuss the power of digital media and technology to change our world.](http://www.undp.org/content/undp/en/home/presscenter/events/2012/September/SGS.html" \t "_blank)**

**Day 262: OLYMP-I-A for PEACE (Year 2)- Action: I attended a great talk on "Motivational Interviewing," focusing on skills of communication involving partnership/collaboration, acceptance/affirmation/empathy, compassion, and evocation of values, goals, strengths, and wisdom. Motivational interviewing is an evidence-based way of communication that helps motivate positive change and positive outcomes.**[**http://motivationalinterview.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fmotivationalinterview.org%2F&h=UAQHoiOGUAQEnt7RB0y3KoHWvMvT__GyFKFv1mmdEAfN2qQ&s=1)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://motivationalinterview.org/&h=yAQHC0WU5&s=1)**

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**[Motivational Interviewing](http://motivationalinterview.org/" \t "_blank)**

**[www.motivationalinterview.org](http://motivationalinterview.org/" \t "_blank)**

**[Welcome to the Motivational Interviewing website. The materials included here are designed to facilitate the dissemination, adoption and implementation of MI among](http://motivationalinterview.org/" \t "_blank)**

**Day 263: OLYMP-I-A for PEACE (Year 2)- Idea: Peace can be found in the smallest of things. When I traveled to New Zealand, I was amazed by the beauty and tranquility of the bird calls in the early morning. I wasn't used to waking up to a natural symphony. When I returned home, I rediscovered the sounds of the birds that were around my home in the morning. They had been there all along, but I had let the bustle of city noise and my own mind drown them out. I have found great pleasure and peace in focusing in the morning and listening to the birds as they greet the new day. It just takes me pausing and listening.... a simple step to peace.**

**Day 264: OLYMP-I-A for PEACE (Year 2)- Action: Celebrated a family member's birthday as well as the International Day of Peace. I watched some of the global broadcast of the International Day of Peace on Peace Day TV:**[**http://www.peaceday.tv/**](http://www.peaceday.tv/)**. "Peace Day Global Broadcast , making Peace Day every day... [an] annual highlight event in honor and celebration of the United Nations International Day of Peace..." This event is also rebroadcast online at Peace Day TV for people to view after Peace Day. The event presents concerts, films, interviews, festivals, and moments of silence.**

**[Welcome](http://www.peaceday.tv/" \t "_blank)**

**[peaceday.tv](http://www.peaceday.tv/" \t "_blank)**

**[Conscious Internet TV channel broadcasting entertaining humanitarian and educational events. Our annual featured broadcast is for the International Day of Peace in September. Visit us at www.peaceday.tv](http://www.peaceday.tv/" \t "_blank)**

**Day 265: OLYMP-I-A for PEACE (Year 2)- Action: I spent much of the afternoon busily working on a project indoors, requiring a lot of concentration. I interspersed some peaceful moments during day by taking short breaks and walking outside, feeling the fresh air and sunshine and freeing my thoughts ... a great way to re-vitalize creative energy.**

**Day 266: OLYMP-I-A for PEACE (Year 2)- Action: I listened to live music outdoors at a cafe. It was a beautiful time of day, sun setting, a cool breeze. I let myself drift away, caught up in the music, letting go of the day's stresses... so peaceful...**

**Day 267: OLYMP-I-A for PEACE (Year 2)- Action: I participated in the Social Good Summit by sharing some info and ideas online during the Global Conversation:**[**http://mashable.com/social-good/**](http://mashable.com/social-good/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://mashable.com/social-good/&h=YAQF1k4do&s=1)**

**[Social Good](http://mashable.com/social-good/" \t "_blank)**

**[mashable.com](http://mashable.com/social-good/" \t "_blank)**

**[Can Mobile Phones Help Fight Pediatric AIDS?Can mobile phones help eliminate pediatric AIDS? “No,” said Josh Nesbit, CEO ofMedic Mobile, not on its own. But it turns out the people…September 22, 2012byNeha](http://mashable.com/social-good/" \t "_blank)**

**Day 268: OLYMP-I-A for PEACE (Year 2)- Idea: Listening honors others and helps promote peace.**

**Day 269: OLYMP-I-A for PEACE (Year 2)- Action: Sharing images and information about the Social Good Summit's Global Conversation and the worldwide "meet-ups." So wonderful to see the involvement of people from all parts of the world:**[**http://mashable.com/2012/09/26/social-good-summit-global-conversation/**](http://mashable.com/2012/09/26/social-good-summit-global-conversation/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://on.mash.to/QkAj9N&h=vAQF0EG8g&s=1)**

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**[How Social Good Summit Sparked the Largest Conversation on Earth](http://on.mash.to/QkAj9N" \t "_blank)**

**[mashable.com](http://on.mash.to/QkAj9N" \t "_blank)**

**[Social Good Summit 2012 included events in Beijing, Nairobi and Mogadishu, and more than 235 Meetups across the world.](http://on.mash.to/QkAj9N" \t "_blank)**

**Day 270: OLYMP-I-A for PEACE (Year 2)- Idea: A smile and a kind word are simple, yet powerful, building blocks of peace. Whenever I pass someone and they make eye contact with me, smile, and say hello, I feel uplifted.**

**Day 271: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I spent the afternoon unwinding from a busy week and enjoyed having no plans. The "no-plan" state of mind can be refreshing and allows you freedom for creativity.**

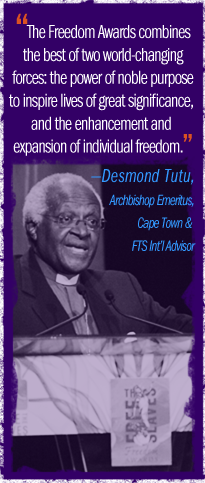
**Day 272: OLYMP-I-A for PEACE (Year 2)- Action: I solved a frustrating computer problem. This gave me great inner peace :)). One thing I learned: stay with a challenge. Peace is attainable but requires persistence.**

**Day 273: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I am feeling relaxed and peaceful after a morning of good exercise. Exercise is my all natural stress-reducer and mood-enhancer.**

**Day 274: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed a peaceful, quiet evening working on a fun project. Just creative flow! Our minds are like rivers. Often we experience the eddies and swirling ripples of the water as it is interrupted and flows around and over objects. And, sometimes, as in tonight, it is wonderful to have the pure, strong, yet calm, unimpeded flow.**

**Day 275: OLYMP-I-A for PEACE (Year 2): I learned about the "Freedom Awards" on the "Free the Slaves" website:** [**https://www.freetheslaves.net/SSLPage.aspx?pid=667**](https://www.freetheslaves.net/SSLPage.aspx?pid=667)**. "Each award salutes an individual who had significant impact on slavery both within the United States and elsewhere, and on the response of Americans and others' to slavery around the world. Their spirit continues on through the individuals and generations they brought to freedom, and today’s abolitionists who are inspired by their legacy."**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=https://www.freetheslaves.net/SSLPage.aspx?pid=667&h=YAQF1k4do&s=1)**

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**[Free the Slaves - Freedom Awards](https://www.freetheslaves.net/SSLPage.aspx?pid=667" \t "_blank)**

**[www.freetheslaves.net](https://www.freetheslaves.net/SSLPage.aspx?pid=667" \t "_blank)**

**[Three amazing women will be honored this year as recipients of theFourth Annual Free the Slaves Freedom Awards. Two are former slaves who have dedicated their](https://www.freetheslaves.net/SSLPage.aspx?pid=667" \t "_blank)**

**Day 276: OLYMP-I-A for PEACE (Year 2): Acton: I attended a lecture on "trauma-informed care." It impressed upon me the huge impact of trauma events on people's lives. Understanding of such events and their impact are important for prevention and treatment purposes. I visited the National Child Traumatic Stress Network website (**[**http://nctsnet.org/**](http://nctsnet.org/)**) to learn more.**

**[National Child Traumatic Stress Network - Child Trauma Home |](http://nctsnet.org/" \t "_blank)**

**[www.nctsnet.org](http://nctsnet.org/" \t "_blank)**

**Day 277: OLYMP-I-A for PEACE (Year 2)- Action: I learned about "One Day to Feed the World" in which people "give one day of their annual wages to help Convoy of Hope feed hungry people, meet immediate needs during times of disaster and give people hope."** [**http://www.convoyofhope.org/go/oneday**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.convoyofhope.org%2Fgo%2Foneday&h=AAQFpDt5-AQHN16i5nBBe4L2FoTN30veZwc6kpcUT4Nyzrg&s=1)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.convoyofhope.org/go/oneday&h=vAQF0EG8g&s=1)**

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**[One Day To Feed The World — Convoy of Hope](http://www.convoyofhope.org/go/oneday" \t "_blank)**

**[www.convoyofhope.org](http://www.convoyofhope.org/go/oneday" \t "_blank)**

**[Convoy of Hope is a faith based organization with a driving passion to feed the world through children’s feeding initiatives, community outreaches, disaster response and](http://www.convoyofhope.org/go/oneday" \t "_blank)**

**Day 278: OLYMP-I-A for PEACE (Year 2)- Action: I read a post in the Ashoka series about "the role of social innovation in higher education." It discusses issues of civic involvement and the importance of recognizing such involvement as a part of the higher education process.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bit.ly/R3NQQb&h=FAQHJsD6z&s=1)**

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**[Should Civic Engagement be a Priority for Higher Education? | Ashoka - Innovators for the Public](http://bit.ly/R3NQQb" \t "_blank)**

**[www.ashoka.org](http://bit.ly/R3NQQb" \t "_blank)**

**[This is the sixth post in a series where we share the conversations between higher education leaders that came together during Everyone a Changemaker Week. They](http://bit.ly/R3NQQb" \t "_blank)**

**Day 279: OLYMP-I-A for PEACE (Year 2)- Action: I attended the "Cinema Touching Disability Film Festival" and watched some amazing and inspirational films, revealing views of life from the perspective of people with disabilities... powerful films bringing people together and supporting inclusion and understanding.**[**http://www.ctdfilmfest.org/festival.html**](http://www.ctdfilmfest.org/festival.html)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctdfilmfest.org/festival.html&h=XAQEEnuHx&s=1)**

**[Cinema Touching Disability Film Festival](http://www.ctdfilmfest.org/festival.html" \t "_blank)**

**[www.ctdfilmfest.org](http://www.ctdfilmfest.org/festival.html" \t "_blank)**

**[The food voucher links take you to a page where you can buy vouchers that can be redeemed for up to $10.00 worth of food or beverages. This page can be confusing because it labels what you are purchasing as tickets. Do not be](http://www.ctdfilmfest.org/festival.html" \t "_blank)**

**Day 280: OLYMP-I-A for PEACE (Year 2)- Action: I looked up more information about the film, "Shooting Beauty," that was shown at the "Cinema Touching Disability Film Festival" this week. This film was shown on a day that I couldn't attend the festival and I had heard it was outstanding. I learned about the film and the outreach initiative that has been sparked by the film:**[**http://shootingbeauty.org/**](http://shootingbeauty.org/)**. A great film and a great initiative to challenge stereotypes.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://shootingbeauty.org/)**

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**[Home | Shooting Beauty](http://shootingbeauty.org/" \t "_blank)**

**[shootingbeauty.org](http://shootingbeauty.org/" \t "_blank)**

**[is an outreach and engagement initiative aimed at challenging stereotypes that prevent inclusive attitudes and inclusive communities. The initiative centers around the documentary film,Shooting Beauty, that tells the story o](http://shootingbeauty.org/" \t "_blank)**

**Day 281: OLYMP-I-A for PEACE (Year 2)- Action: Sharing an interesting article about the impact of compassion meditation on empathy and relationships.**[**http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html**](http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html&h=0AQGACH3Q&s=1)**

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**[eScienceCommons: Compassion meditation may boost neural basis of empathy](http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html" \t "_blank)**

**[esciencecommons.blogspot.com](http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html" \t "_blank)**

**Day 282: OLYMP-I-A for PEACE (Year 2)- Action: I had a wonderful visit with a woman in her 90's who resides in a senior-living community. We had a beautiful postcard showing a nighttime view of Florence, Italy. We propped up the postcard and imagined that we were eating out at a cafe and watching the beautiful night sky over the lights of Florence. She had made many trips to Italy in the past and her eyes lit up as her imagination revisited her time there. We captured the peace and joy of timeless memories.**

**Day 283: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I went to a lecture about Thereseinstadt, the Jewish ghetto/concentration camp in World War II, in which art, music, and theatre survived in an atmosphere of brutality. I read a beautiful poem written by Frantisek Bass (1930-1944) entitled, "The Garden." The poem reveals the innocence of youth amidst the haunting reality of the time. May we learn from history and strengthen the peace within us, never to repeat such sorrow.** [**http://www.thehypertexts.com/Terezín%20Children%20Holocaust%20Poems.htm**](http://www.thehypertexts.com/Terez%C3%ADn%20Children%20Holocaust%20Poems.htm)

**[http://www.thehypertexts.com/Terezín%20Children%20Holocaust%20Poems.htm](http://www.thehypertexts.com/Terez%C3%ADn%20Children%20Holocaust%20Poems.htm" \t "_blank)**

**[www.thehypertexts.com](http://www.thehypertexts.com/Terez%C3%ADn%20Children%20Holocaust%20Poems.htm" \t "_blank)**

**Day 284: OLYMP-I-A for PEACE (Year 2)- I enjoyed the sound of the rain, relieving the stress of the dry summer... restoring and refreshing and bringing a sense of peace.**

**Day 285: OLYMP-I-A for PEACE (Year 2)- Action: I had a wonderful time sharing and discovering new insights to life with good friends. There is peace that comes in listening to the resonance of souls.**

**Day 286: OLYMP-I-A for PEACE (Year 2)- Action: I went to a gathering to honor and celebrate the life of a friend of mine (who I've known since kindergarten) who passed away suddenly last week. There were so many beautiful and positive thoughts and tributes to him shared among the family and friends there. It brought peace to experience his living legacy.**

**Day 287: OLYMP-I-A for PEACE (Year 2)- Action: After some strenuous outdoor exercise, feeling every muscle with every step, I lay down on a picnic table bench to rest, gazing up at the trees and sky above, and watching the sunlight shimmering and dancing among the leaves. I was a contented observer. A beautiful, peaceful moment in time.**

**Day 288: OLYMP-I-A for PEACE (Year 2)- Action: I found a great local venue for community-building and read more about it online:** [**http://frontporchaustin.org/**](http://frontporchaustin.org/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://frontporchaustin.org/&h=BAQESn7xI&s=1)**

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**[Front Porch Austin](http://frontporchaustin.org/" \t "_blank)**

**[frontporchaustin.org](http://frontporchaustin.org/" \t "_blank)**

**[Cultivating community with live music, discussion, events, and gatherings in Austin, Texas.](http://frontporchaustin.org/" \t "_blank)**

**Day 289: OLYMP-I-A for PEACE (Year 2)- Action: I watched the World Food Programme's video about Molly, took a short 3 question quiz, and fed a hungry child. All for free! I am sharing and inviting others to do so too!**

**[](https://www.facebook.com/photo.php?fbid=10151304975495934&set=a.68205320933.96102.22234040933&type=1&ref=nf)**

[**Timeline Photos**](https://www.facebook.com/media/set/?set=a.68205320933.96102.22234040933&type=1)

**Today is World Food Day. Do you have 5 minutes to spare to help feed 50,000 kids...See More**

**By:**[**United Nations Foundation**](https://www.facebook.com/unitednationsfoundation?ref=stream)

**Day 290: OLYMP-I-A for PEACE (Year 2)- Action: I read about 5 pioneering schools that cultivate empathy and mold changemakers:** [**http://bit.ly/RU3Mp7**](http://www.facebook.com/l.php?u=http%3A%2F%2Fbit.ly%2FRU3Mp7&h=LAQGfJLDVAQEC1EdgqWAC9fzfo6yg1dmbpWW__H8CDyUrqA&s=1)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://bit.ly/RU3Mp7&h=MAQFVm-da&s=1)**

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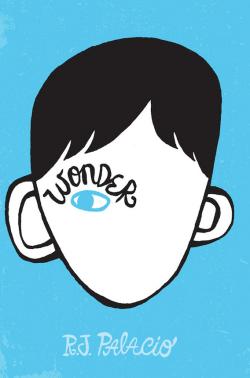
**[Introducing Ashoka's Inaugural Class of Changemaker Schools | Ashoka - Innovators for the Public](http://bit.ly/RU3Mp7" \t "_blank)**

**[www.ashoka.org](http://bit.ly/RU3Mp7" \t "_blank)**

**[Editor's note: Ashoka Empathy Initaitive's Laura White](http://bit.ly/RU3Mp7" \t "_blank)**

**Day 291: OLYMP-I-A for PEACE (Year 2)- Action: I read a review of the children's book "Wonder," including an interview with the author. The book is written from the perspective of a child with a disability and addresses bullying and the importance of empathy.**[**http://www.slate.com/articles/double\_x/doublex/2012/10/it\_s\_national\_bullying\_prevention\_month\_talking\_to\_r\_j\_palacio\_author\_of\_wonder\_the\_best\_children\_s\_book\_about\_empathy\_.html**](http://www.slate.com/articles/double_x/doublex/2012/10/it_s_national_bullying_prevention_month_talking_to_r_j_palacio_author_of_wonder_the_best_children_s_book_about_empathy_.html)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://slate.me/RJMeyG&h=qAQHMXBOe&s=1)**

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**[Talking to the Author of the Best Kids’ Book of the Year](http://slate.me/RJMeyG" \t "_blank)**

**[www.slate.com](http://slate.me/RJMeyG" \t "_blank)**

**[The book that has moved me most in the past year is Wonder by R.J. Palacio. It’s the fictional story of August Pullman, a 10-year-old with a very different-looking face—the result of a chromosomal abnormality and an illness—and his journey from the nest of homeschooling to the wilds of middle...](http://slate.me/RJMeyG" \t "_blank)**

**Day 292: OLYMP-I-A for PEACE (Year 2)- Action: I spent time visiting with a good friend, savoring old memories and creating new ones. Peace is found in true friendship through the years.**

**Day 293: OLYMP-I-A for PEACE (Year 2)- Idea: It is good to put ourselves in new and different environments, trying new things and meeting new people. It opens unknown worlds and cultures and helps us become familiar with and welcome diversity instead of fearing it.**

**Day 294: OLYMP-I-A for PEACE (Year 2)- Action: Sharing information about the Nobelity Project's "1000 Books for Hope" campaign:** [**http://nobelity.org/1000-books-for-hope-join-the-club/**](http://nobelity.org/1000-books-for-hope-join-the-club/)**, helping to fill 5 Kenyan libraries with books.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://nobelity.org/1000-books-for-hope-join-the-club/&h=LAQGfJLDV&s=1)**

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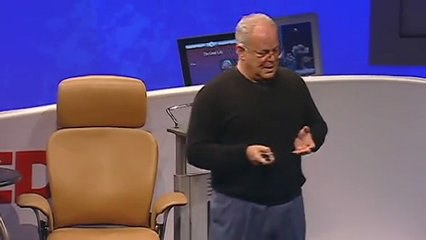
**[The Nobelity Project » 1000 Books for Hope – Join the Club!](http://nobelity.org/1000-books-for-hope-join-the-club/" \t "_blank)**

**[nobelity.org](http://nobelity.org/1000-books-for-hope-join-the-club/" \t "_blank)**

**[Start your own book drive! We’ve put together a kit to make it easier:Sign for the collection boxFlyer to drum up excitementPoster w/ space to customize collection info](http://nobelity.org/1000-books-for-hope-join-the-club/" \t "_blank)**

**Day 295: OLYMP-I-A for PEACE (Year 2)- Idea: When we let our minds be attentive to nature, we immediately broaden our perspective. We observe an incredible display which we can only partially fathom. We leave the confines of our limitations and realize there is more to life than just our own concerns. The magnificence of nature, despite the upheavals, offers us an overarching message of timeless, unwavering serenity.**

**Day 296: OLYMP-I-A for PEACE (Year 2)- Action: Watched a great [TED Talk] presentation by Martin Seligman about the science of positive psychology, happiness, and the meaningful life.** [**http://www.ted.com/talks/martin\_seligman\_on\_the\_state\_of\_psychology.html**](http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html)**.**

**[](https://www.facebook.com/groups/20362172415/)**

**Day 297: OLYMP-I-A for PEACE (Year 2)- Action: I celebrated United Nations Day by reading about Secretary-General Ban Ki-moon's message, the accomplishments of the United Nations, and the importance of the global commitment to building a better world in the years ahead:**[**http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day#.UIhZlm\_Afjs**](http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day#.UIhZlm_Afjs)**. "UN Day commemorates the founding of the UN... it's also a day to recognize the lifesaving work that the UN performs around the world every day. The UN provides food to 90 million people. It promotes maternal health, saving the lives of 30 million women a year. And it fights poverty, helping 370 million rural poor in the past three decades."**[**http://unanyc.org/news/2012/20120818\_un\_every\_day.html**](http://unanyc.org/news/2012/20120818_un_every_day.html)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day#.UIhZlm_Afjs&h=MAQFVm-da&s=1)**

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**[UN News - On UN Day, Ban calls for renewed commitment to building a better world for all](http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day" \l ".UIhZlm_Afjs" \t "_blank)**

**[www.un.org](http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day" \l ".UIhZlm_Afjs" \t "_blank)**

**[On the occasion of United Nations Day, Secretary-General Ban Ki-moon today called on individuals and the international community to reaffirm their commitment to building a better world, while also highlighting the](http://www.un.org/apps/news/story.asp?NewsID=43364&Cr=UN&Cr1=Day" \l ".UIhZlm_Afjs" \t "_blank)**

**Day 298: OLYMP-I-A for PEACE (Year 2)- Action: Sharing powerful words from a powerful and caring man:**[**http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/**](http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/&h=MAQFVm-da&s=1)**

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**[An Open Letter to Ann Coulter](http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/" \t "_blank)**

**[specialolympicsblog.wordpress.com](http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/" \t "_blank)**

**[The following is a guest post in the form of an open letter from Special Olympics athlete and global messenger John Franklin Stephens to Ann Coulter after this tweet during last night’s Presi...](http://specialolympicsblog.wordpress.com/2012/10/23/an-open-letter-to-ann-coulter/" \t "_blank)**

**Day 299: OLYMP-I-A for PEACE (Year 2)- Action: I celebrated freedom and exercised my right to vote.**

**Day 300: OLYMP-I-A for PEACE (Year 2)- Action: I read an informative and inspiring article about well-being:**[**http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma**](http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma&h=HAQGY0Aq9&s=1)**

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**[More than Just Happiness – Five Pillars of Well-Being (PERMA) - The Happiness Coach | The Happines](http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma" \t "_blank)**

**[thehappinesscoach.biz](http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma" \t "_blank)**

**[Happiness. It’s been the subject of much of what I’ve beenwriting over the last 14 months. But are positive emotions alone sufficient to consider a life well-lived?](http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma" \t "_blank)**

**Day 301: OLYMP-I-A for PEACE (Year 2)- Idea/Action: A good sense of humor is essential to peace. I enjoyed a special opportunity to hear Bill Cosby, a master of quality humor, helping us all see the lighter side of life.**[**http://billcosby.com/the-artist/**](http://billcosby.com/the-artist/)

**[The Artist - Bill Cosby](http://billcosby.com/the-artist/" \t "_blank)**

**[billcosby.com](http://billcosby.com/the-artist/" \t "_blank)**

**[The official website for everything Bill Cosby, from his life on the stage and screen to his accomplishments as an author and influential voice of America.](http://billcosby.com/the-artist/" \t "_blank)**

**Day 302: OLYMP-I-A for PEACE (Year 2)- Action: I learned more about the great work of "Girl Up" via the UN Foundation. "Girl Up, a campaign of the United Nations Foundation, gives American girls the opportunity to channel their energy and compassion to raise awareness and funds for programs of the United Nations that help some of the world’s hardest-to-reach adolescent girls."**[**http://www.unfoundation.org/what-we-do/campaigns-and-initiatives/girl-up/**](http://www.unfoundation.org/what-we-do/campaigns-and-initiatives/girl-up/)

**[Girl Up](http://www.unfoundation.org/what-we-do/campaigns-and-initiatives/girl-up/" \t "_blank)**

**[www.unfoundation.org](http://www.unfoundation.org/what-we-do/campaigns-and-initiatives/girl-up/" \t "_blank)**

**[The United Nations Foundation connects the UN’s work with supporters around the world, mobilizing engaged global citizens, businesses, and non-governmental organizations to help the UN tackle issues.](http://www.unfoundation.org/what-we-do/campaigns-and-initiatives/girl-up/" \t "_blank)**

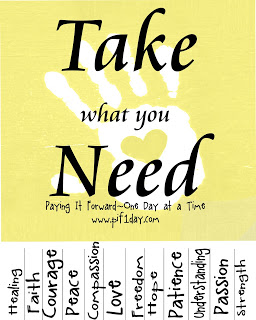
**Day 303: OLYMP-I-A for PEACE (Year 2)- Idea: In the middle of a natural disaster it is amazing and heartwarming to see what people can do to help each other out. Differences among people fade away. Sacrifice and humility are evident. Outside times of crisis, sometimes we forget that we need each other to survive.**[**http://www.globalgiving.org/projects/hurricane-sandy-relief-fund/**](http://www.globalgiving.org/projects/hurricane-sandy-relief-fund/)

**[http://www.globalgiving.org/projects/hurricane-sandy-relief-fund/](http://www.globalgiving.org/projects/hurricane-sandy-relief-fund/" \t "_blank)**

**[www.globalgiving.org](http://www.globalgiving.org/projects/hurricane-sandy-relief-fund/" \t "_blank)**

**Day 304: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed exploring the "Paying It Forward" website (**[**http://www.pif1day.com/**](http://www.pif1day.com/)**) and Facebook page (**[**https://www.facebook.com/PIF1Day**](https://www.facebook.com/PIF1Day)**). Inspirational stories of people helping others with no expectation of return and with hope that the person will pay it forward.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.pif1day.com/&h=1AQFJGu_N&s=1)**

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**[Paying it Forward ~ One Day at a Time](http://www.pif1day.com/" \t "_blank)**

**[www.pif1day.com](http://www.pif1day.com/" \t "_blank)**

**Day 305: OLYMP-I-A for PEACE (Year 2)- Action: I read and learned about the Peace Corps Innovation Challenge and submitted an "Idea."** [**http://innovationchallenge.peacecorps.gov/learn/**](http://innovationchallenge.peacecorps.gov/learn/)

**[Peace Corps Innovation Challenge | Home](http://innovationchallenge.peacecorps.gov/learn/" \t "_blank)**

**[innovationchallenge.peacecorps.gov](http://innovationchallenge.peacecorps.gov/learn/" \t "_blank)**

**[The Peace Corps Innovation Challenge is a worldwide collaboration to develop innovative solutions for the real challenges faced by people throughout the developing world as identified and articulated byPeace CorpsVolunteers.](http://innovationchallenge.peacecorps.gov/learn/" \t "_blank)**

**Day 306: Ultra OLYMP-I-A for PEACE- Action: Sharing info about the "If Everyone Cares" 30-Day Gratitude Challenge. The Challenge encourages us to think of something we are grateful for and show our gratitude each day for 30 days. "Positively great!" :)))**[**https://www.facebook.com/IfEveryoneCares?fref=ts**](https://www.facebook.com/IfEveryoneCares?fref=ts)

**[](https://www.facebook.com/photo.php?fbid=185763294838261&set=a.108079802606611.16727.106829569398301&type=1&ref=nf)**

[**Timeline Photos**](https://www.facebook.com/media/set/?set=a.108079802606611.16727.106829569398301&type=1)

**By:**[**If Everyone Cares**](https://www.facebook.com/IfEveryoneCares?ref=stream)

**Day 307: OLYMP-I-A for PEACE (Year 2)- Action: I read about 15 inspiring acts of kindness. Acts of kindness can truly be powerful!** [**http://mashable.com/2012/11/01/acts-of-kindness-sandy/**](http://mashable.com/2012/11/01/acts-of-kindness-sandy/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://mashable.com/2012/11/01/acts-of-kindness-sandy/&h=wAQF_tkpn&s=1)**

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**[15 Amazing Acts of Kindness During Sandy [PICS]](http://mashable.com/2012/11/01/acts-of-kindness-sandy/" \t "_blank)**

**[mashable.com](http://mashable.com/2012/11/01/acts-of-kindness-sandy/" \t "_blank)**

**[These photos shows an amazing act of kindess in the face of Sandy -- strangers helping strangers, friends helping friends, strangers becoming friends.](http://mashable.com/2012/11/01/acts-of-kindness-sandy/" \t "_blank)**

**Day 308: OLYMP-I-A for PEACE (Year 2)- Action: I saw a beautiful pink and gold sunrise shimmering through clouds on the horizon. Glorious! So calming and peaceful...**

**Day 309: OLYMP-I-A for PEACE (Year 2)- Action: I took a nice, peaceful stroll with my dog at dusk. A beautiful evening unfolding...**

**Day 310: OLYMP-I-A for PEACE (Year 2)- Action: I read about "Girl Up" teen advisors:**[**http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html**](http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html)**. These advisors are "adolescent girls living in the United States who:  
Have the idealism and energy to look beyond barriers and see new ways of addressing global challenges  
Give, get involved, and speak up: they mobilize their friends, schools, and communities in the United States to take action  
Make their voices heard on best ways to improve the lives of girls in developing countries by raising awareness and funds  
Develop skills and knowledge with a diverse group of peers and Girl Up staff while becoming invested global citizens of our world  
Roll up their sleeves each month for critical thinking, good fun, new friends, and high profile leadership." Sounds like a dynamic group helping to make the world a better place!**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html&h=GAQGVijjq&s=1)**

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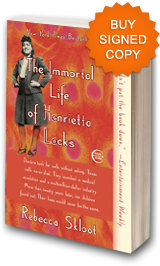
**[What are Teen Advisors? | GirlUp | United Nations Foundation | Uniting Girls to Change the World](http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html" \t "_blank)**

**[www.girlup.org](http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html" \t "_blank)**

**[Objective:To help make Girl Up an engaging, effective, and powerful campaign. Our Teen Advisors share their ideas](http://www.girlup.org/about/teen-advisors/what-are-teen-advisors.html" \t "_blank)**

**Day 311: OLYMP-I-A for PEACE (Year 2)- Action: I attended a lecture about racial and ethical issues in medicine and medical research. The presentation and discussion centered on the book, "The Immortal Life of Henrietta Lacks." I explored the website about the book and the author:**[**http://rebeccaskloot.com/the-immortal-life/**](http://rebeccaskloot.com/the-immortal-life/)**. The book is about "Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells [known as HeLa cells]—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. Henrietta’s cells have been bought and sold by the billions, yet she remains virtually unknown..." The book explores ethical dilemmas and challenges for modern-day patients and medical practice.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://rebeccaskloot.com/the-immortal-life/&h=8AQHjku9_&s=1)**

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**[The Immortal Life « Rebecca Skloot](http://rebeccaskloot.com/the-immortal-life/" \t "_blank)**

**[rebeccaskloot.com](http://rebeccaskloot.com/the-immortal-life/" \t "_blank)**

**[Rebecca Skloot is an award-winning writer, and a contributing editor at Popular Science magazine.](http://rebeccaskloot.com/the-immortal-life/" \t "_blank)**

**Day 312: OLYMP-I-A for PEACE (Year 2)- Action: I read about the importance of nurturing for the development of empathy:**[**http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy**](http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy)**. I found out more info about the book "Why Love Matters" at**[**http://www.whylovematters.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.whylovematters.com%2F&h=kAQEf_BTyAQEubXP4flBfXQL3foLG2Txw7OPxHWcQFKrZlQ&s=1)**.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy&h=rAQFVuQ1p&s=1)**

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**[How Nurturing Babies Cultivates Empathy](http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy" \t "_blank)**

**[startempathy.org](http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy" \t "_blank)**

**[Sue Gerhardt, author of 'Why Love Matters', illustrates the important connection between nurturing infants and the development of empathy.](http://startempathy.org/blog/2012/11/how-nurturing-babies-cultivates-empathy" \t "_blank)**

**Day 313: OLYMP-I-A for PEACE (Year 2)- Action: I read about the Convention (Treaty) on the Rights of Persons with Disabilities (CRPD), the first treaty to address disability rights globally! Many countries have already ratified the treaty and efforts are underway to do so in the U.S. The CRPD calls for:  
"Non-discrimination  
Full and effective participation and inclusion in society  
Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity  
Equality of opportunity  
Accessibility."**[**http://www.usicd.org/index.cfm/crpd**](http://www.usicd.org/index.cfm/crpd)**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.usicd.org/index.cfm/crpd&h=oAQEqI0Im&s=1)**

**[United States International Council on Disabilities - CRPD Education and Advocacy>>](http://www.usicd.org/index.cfm/crpd" \t "_blank)**

**[www.usicd.org](http://www.usicd.org/index.cfm/crpd" \t "_blank)**

**[Information on USICD efforts on education, outreach, and advocacy surrounding the Convention on the Rights of Persons with Disabilities.](http://www.usicd.org/index.cfm/crpd" \t "_blank)**

**Day 314: OLYMP-I-A for PEACE (Year 2)- Action: I sent a letter of hope to Malala Yousafzai, to support her and the 32 MILLION girls around the world who are denied the right to an education:** [**http://www.girlup.org/learn/malalas-story.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.girlup.org%2Flearn%2Fmalalas-story.html&h=pAQHVea9VAQEywPbeQePmannC5M4JkILNH5v4LFFahGzq4g&s=1)

**[](https://www.facebook.com/photo.php?fbid=10151347650285934&set=a.68205320933.96102.22234040933&type=1&ref=nf)**

[**Timeline Photos**](https://www.facebook.com/media/set/?set=a.68205320933.96102.22234040933&type=1)

**Today we're uniting around Malala Yousafzai, a 15-year-old who risked her life j...See More**

**By:**[**United Nations Foundation**](https://www.facebook.com/unitednationsfoundation?ref=stream)

**Day 315: OLYMP-I-A for PEACE (Year 2)- Action: I read more about the UN declaration of November 10th as "Malala Day" and the impact that Malala is making worldwide and in Pakistan. "Islamabad on Friday announced that poor families [in Pakistan] will now receive $2 a month per child in primary school.  
The program will be funded by the World Bank and Britain and distributed through the government's Benazir Income Support Program, designed to give small cash payments to needy families. The families in the program already receive $10 a month for basic expenditure. After [such] a stipend program was put in place in Pakistan's Punjab province, a World Bank study found a nine percent increase in girls' enrollment over two years, said Alaphia Zoyab, the South Asia campaigner for internet activist group Avaaz."**[**http://worldnews.nbcnews.com/\_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite**](http://worldnews.nbcnews.com/_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://worldnews.nbcnews.com/_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite&h=1AQFJGu_N&s=1)**

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**[Pakistan's poor to be paid to send kids to school, officials announce on 'Malala Day'](http://worldnews.nbcnews.com/_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite" \t "_blank)**

**[worldnews.nbcnews.com](http://worldnews.nbcnews.com/_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite" \t "_blank)**

**[ISLAMABAD — The families of more than 3 million poor children in Pakistan will receive cash stipends if their children go to school, the government said as officials prepared to mark "Malala Day" on Saturday in support of a schoolgirl shot by the Taliban.](http://worldnews.nbcnews.com/_news/2012/11/10/15066783-malala-day-marked-in-pakistan-amid-security-fears?lite" \t "_blank)**

**Day 316: OLYMP-I-A for PEACE (Year 2)- I read about the "Institute for Mindful Leadership" and "mindfulness" training. "Mindfulness increases clarity, focus, compassion, and creativity... Mindful Leadership is cultivated through training,  
meditation and practical everyday applications."**[**http://www.instituteformindfulleadership.org/index.html**](http://www.instituteformindfulleadership.org/index.html)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.instituteformindfulleadership.org/index.html&h=AAQFpDt5-&s=1)**

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**[Leadership Development: Institute for Mindful Leadership](http://www.instituteformindfulleadership.org/index.html" \t "_blank)**

**[www.instituteformindfulleadership.org](http://www.instituteformindfulleadership.org/index.html" \t "_blank)**

**[Home Page of Institute for Mindful Leadership](http://www.instituteformindfulleadership.org/index.html" \t "_blank)**

**Day 317: OLYMP-I-A for PEACE (Year 2)- Action: I had a restful evening... no purpose or goal in mind... just feeling the freedom found in relaxation.**

**Day 318: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed a sunny, blissful, blue-sky day, taking in the beauty of nature while jogging at the lake.**

**Day 319: OLYMP-I-A for PEACE (Year 2)- Action: I read an update on the Comfort the Children (CTC) International L.I.F.E Line program which has helped create jobs for women in Kenya and has branched out recently to include women in the Masai community (**[**http://www.ctcinternational.org/lifeline**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.ctcinternational.org%2Flifeline&h=XAQEEnuHxAQELxOzt029gzWIcfPLDKbjw7vIyMJZ35TwqrA&s=1)**). L.I.F.E. Line products are available in all Whole Foods stores and are also available online at**[**http://www.lifelinestore.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.lifelinestore.org%2F&h=LAQGfJLDVAQEg6txCJgwNQDheu6Bt7nxdnTn6e2VBSWniMQ&s=1)**. I am so fortunate to have had the opportunity to meet the women who sew these products.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/lifeline&h=BAQESn7xI&s=1)**

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**[L.I.F.E. Line | CTC International](http://www.ctcinternational.org/lifeline" \t "_blank)**

**[www.ctcinternational.org](http://www.ctcinternational.org/lifeline" \t "_blank)**

**[The L.I.F.E. Line (Livelihood, Invest, Future, Empower) is a sewing project that improves the lives of a special group of women and children in Kenya. The group is called Malaika](http://www.ctcinternational.org/lifeline" \t "_blank)**

**Day 320: OLYMP-I-A for PEACE (Year 2)- Action: I had a nice stroll at dusk. I've always loved that time of day, so peaceful... the daylight fading into night, the whisper of people settling into their homes for the evening, the world turning slowly, taking us gently into slumber and dreams.**

**Day 321: OLYMP-I-A for PEACE (Year 2)- Action: I attended an orientation for the Austin Time Exchange:**[**http://www.austintimeexchange.org/**](http://www.austintimeexchange.org/)**. Exchange of time and service is a great way to build community.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.austintimeexchange.org/)**

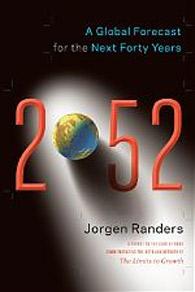
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**[austin time exchange network](http://www.austintimeexchange.org/" \t "_blank)**

**[www.austintimeexchange.org](http://www.austintimeexchange.org/" \t "_blank)**

**Day 322: OLYMP-I-A for PEACE (Year 2)- Action: I explored an interesting and very informative website about the global issues facing us and how we can work to make positive change for a better world:**[**http://www.change-the-course.org/?content=what-should-the-course-be**](http://www.change-the-course.org/?content=what-should-the-course-be)**. A good way to find out research-based information about global issues in the economy, technology, ecology, politics, society, demography.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.change-the-course.org/?content=what-should-the-course-be&h=fAQEdobRv&s=1)**

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**[Change the course of History!](http://www.change-the-course.org/?content=what-should-the-course-be" \t "_blank)**

**[change-the-course.org](http://www.change-the-course.org/?content=what-should-the-course-be" \t "_blank)**

**[The Club of Rome's new "Change the Course" campaign encourages young and committed people to participate in a web-based project to design the world they want.](http://www.change-the-course.org/?content=what-should-the-course-be" \t "_blank)**

**Day 323: OLYMP-I-A for PEACE (Year 2)- Idea/Action: Peace is baking pumpkin bread from scratch, smelling the rich aroma of the bread in the oven, watching the bread rise and turn a golden brown, and then savoring the first bite :)) Bliss for the senses!**

**Day 324: OLYMP-I-A for PEACE (Year 2)- Action: I read an article about 10 "on-the-spot" relaxation techniques that can help keep us in balance and reduce stress:**[**http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot**](http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot)**.**

**[How to Reduce Stress: 10 Relaxation Techniques To Reduce Stress On-the-Spot](http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot" \t "_blank)**

**[www.webmd.com](http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot" \t "_blank)**

**[If your hectic lifestyle has got you down, experts say relaxation techniques can bring you back into balance -- some in five minutes or less. Here's what to try.](http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot" \t "_blank)**

**Day 325: OLYMP-I-A for PEACE (Year 2)- Action: I watched an interesting video about the research of Richard Davidson, Ph.D., with veterans and children and the documentary "Free the Mind" (**[**http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research**](http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research)**). "The brain is the organ that's built to change in response to experience," Dr. Davidson says. "We can shape our brains in ways which are more beneficial, increase happiness and well-being, and also promote pro-social behavior." Amazing work. Can't wait to see the documentary!**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research&h=VAQFnVXdX&s=1)**

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**[Free the Mind documentary chronicles groundbreaking brain research | Mindful](http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research" \t "_blank)**

**[www.mindful.org](http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research" \t "_blank)**

**[Free the Mind documentary chronicles the groundbreaking brain research conducted by Richard Davidson, Ph.D.](http://www.mindful.org/the-science/free-the-mind-documentary-chronicles-groundbreaking-brain-research" \t "_blank)**

**Day 326: OLYMP-I-A for PEACE (Year 2)- Action: I watched a beautiful and inspiring video about gratitude:**

[**https://www.youtube.com/watch\_popup?feature=player\_embedded&v=nj2ofrX7jAk**](https://www.youtube.com/watch_popup?feature=player_embedded&v=nj2ofrX7jAk)**.**

**So much to be thankful for!**

**[](https://www.facebook.com/groups/20362172415/)**

**[Gratitude HD - Moving Art™](https://www.youtube.com/watch_popup?feature=player_embedded&v=nj2ofrX7jAk" \t "_blank)**

**[www.youtube.com](https://www.youtube.com/watch_popup?feature=player_embedded&v=nj2ofrX7jAk" \t "_blank)**

**[A Moving Art original short. This inspirational video was well responded at TED conferences and filmmaker Louie Schwartzberg motivates those around him as ha...](https://www.youtube.com/watch_popup?feature=player_embedded&v=nj2ofrX7jAk" \t "_blank)**

**Day 327: OLYMP-I-A for PEACE (Year 2)- Action: Traveled out of town to visit with relatives. Listened to fascinating stories from an older generation... a wonderful way to learn about and appreciate life.**

**Day 328: OLYMP-I-A for PEACE (Year 2)- Action: Spent a wonderful afternoon with good friends- laughs, good conversation, re-living and newly creating wonderful memories.**

**Day 329: OLYMP-I-A for PEACE (Year 2)- Action: I watched a news video about Craig Kielburger and "Free the Children" and the power of children to make positive change for peace in the world:** [**http://www.cbsnews.com/video/watch/?id=50135748n**](http://www.cbsnews.com/video/watch/?id=50135748n)**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.cbsnews.com/video/watch/?id=50135748n&h=uAQGe4xSL&s=1)**

**[A child's dream to make the world a better place](http://www.cbsnews.com/video/watch/?id=50135748n" \t "_blank)**

**[www.cbsnews.com](http://www.cbsnews.com/video/watch/?id=50135748n" \t "_blank)**

**[As a seventh grader, Craig Kielburger vowed to make the world a better place. Seventeen years later, he's doing it with a charity named, Free the Children. They tackle](http://www.cbsnews.com/video/watch/?id=50135748n" \t "_blank)**

**Day 330: OLYMP-I-A for PEACE (Year 2)- Action: I read a great article about what people can do to "bridge the book gap." :**[**http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access**](http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access&h=9AQESlGoR&s=1)**

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**[Bridging the Book Gap: Because Income Shouldn't Determine Access](http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access" \t "_blank)**

**[www.good.is](http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access" \t "_blank)**

**[Bridging the Book Gap: Because Income Shouldn't Determine Access](http://www.good.is/posts/bridging-the-book-gap-because-income-shouldn-t-determine-access" \t "_blank)**

**Day 331: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video of a graduation speech given by Neil Gaiman with insightful messages about life and peace of mind. "Sometimes life is hard. Things go wrong. In life, and in love, and in business, and in friendship, and in health and in all the other ways that life can go wrong; when things get tough, this is what you should do: make good art."**[**http://vimeo.com/42372767**](http://www.facebook.com/l.php?u=http%3A%2F%2Fvimeo.com%2F42372767&h=LAQGfJLDVAQGnpUb4WPMe7MEakdwYxaybTAMnK4iol_hWjQ&s=1)

**[](https://www.facebook.com/groups/20362172415/)**

**[Neil Gaiman Addresses the University of the Arts Class of 2012](http://vimeo.com/42372767" \t "_blank)**

**[vimeo.com](http://vimeo.com/42372767" \t "_blank)**

**[Vimeo is the home for high-quality videos and the people who love them.](http://vimeo.com/42372767" \t "_blank)**

**Day 332: OLYMP-I-A for PEACE (Year 2)- Action: I read a World Food Program newsletter I received via email and learned about current food distribution activities in Haiti and Syria. This motivated me to explore the World Food Program's website. Wonderful organization and informative website!**[**http://www.wfp.org/**](http://www.wfp.org/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wfp.org/&h=KAQGN89iR&s=1)**

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**[UN World Food Program](http://www.wfp.org/" \t "_blank)**

**[www.wfp.org](http://www.wfp.org/" \t "_blank)**

**[Congolese Mother Forced To Flee Her Home Answers Questions About Her Life](http://www.wfp.org/" \t "_blank)**

**Day 333: OLYMP-I-A for PEACE (Year 2)- Action: Watched a fun video from Sesame Street on how to calm the "monster" within :)) Good advice for children and adults.**

**[](https://www.facebook.com/groups/20362172415/)**

**[Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo](http://www.youtube.com/watch?feature=player_embedded&v=_mZbzDOpylA" \t "_blank)**

**[www.youtube.com](http://www.youtube.com/watch?feature=player_embedded&v=_mZbzDOpylA" \t "_blank)**

**[Feeling like a monster? Colbie Caillat and Common recommend a calming breath. For more fun games and videos for your preschooler in a safe, child-](http://www.youtube.com/watch?feature=player_embedded&v=_mZbzDOpylA" \t "_blank)**

**Day 334: OLYMP-I-A for PEACE (Year 2)- Action: I had lunch with some good friends I hadn't seen in a while. We shared memories, laughed, and caught up with each other’s lives. Connecting with friends always brings peace to my soul.**

**Day 335: OLYMP-I-A for PEACE (Year 2)- Action: I visited the grave sites of my parents, grandparents, and great uncle and placed new flowers at their grave markers. As I was placing the flowers, several butterflies appeared. They stayed with me the entire time I was there. Normally, I would have thought they were attracted to the flowers, but only artificial flowers are allowed at the cemetery. They just seemed to enjoy flying nearby. A friend said to me that butterflies are angels. It felt like that today :))**

**Day 336: OLYMP-I-A for PEACE (Year 2)- Action: I attended a presentation by Julie Clawson, author of "Everyday Justice: The Global Impact of our Everyday Choices." Her message lines up with the concepts of the OLYMP-I-A Challenge.**[**http://www.youtube.com/watch?v=hSdIxz6YG2U**](http://www.youtube.com/watch?v=hSdIxz6YG2U)

**[](https://www.facebook.com/groups/20362172415/)**

**[Julie Clawson Practicing Everyday Justice](http://www.youtube.com/watch?v=hSdIxz6YG2U" \t "_blank)**

**[www.youtube.com](http://www.youtube.com/watch?v=hSdIxz6YG2U" \t "_blank)**

**[Her morning cup of coffee was the springboard for Julie Clawsons aha moment about how we can](http://www.youtube.com/watch?v=hSdIxz6YG2U" \t "_blank)**

**Day 337: OLYMP-I-A for PEACE (Year 2)- Action: Today I celebrated the International Day of Persons with Disabilities (IDPD) by visiting my U.S. Senator's office and asking for a vote to support the U.S. ratification of the United Nations Convention on the Rights of Persons with Disabilities (CRPD). "Accessibility and inclusion of persons with disabilities are fundamental rights recognized by the CRPD and are not only objectives, but also pre-requisites for the enjoyment of other rights. The CRPD (Article 9, accessibility) seeks to enable persons with disabilities to live independently and participate fully in all aspects of life and development." I also read about the worldwide events celebrating IDPD. Amazing global activities!**[**http://www.un.org/disabilities/default.asp?id=1597**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.un.org%2Fdisabilities%2Fdefault.asp%3Fid%3D1597&h=YAQF1k4doAQGewFHiD1jnbZ6S96r1wE7Ja1pc7iLXlOp7wQ&s=1)

**Day 338: OLYMP-I-A for PEACE (Year 2)- Action: I visited with a woman in her 90's. It was a delight to talk with her. Her radiant smile and spark for life made my day. The simple act of a genuine smile has the power to generate peace and joy.**

**Day 339: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video about the power of daily gratitude. Very much like the Olymp-i-a challenge!**[**http://www.karmatube.org/videos.php?id=2494**](http://www.karmatube.org/videos.php?id=2494)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.karmatube.org/videos.php?id=2494&h=gAQG3aiE6&s=1)**

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**[KarmaTube: 365 Grateful](http://www.karmatube.org/videos.php?id=2494" \t "_blank)**

**[www.karmatube.org](http://www.karmatube.org/videos.php?id=2494" \t "_blank)**

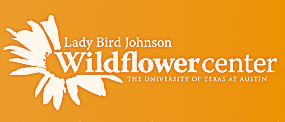
**[Is it possible to harness the power of gratitude through a photo? That’s just what Hailey Bartholomew did with her 365 Grateful Project, not only changing her life, but the lives of countless others by inspiring them to create their](http://www.karmatube.org/videos.php?id=2494" \t "_blank)**

**Day 340: OLYMP-I-A for PEACE (Year 2)- Action: I was at the post office in a long line with only one post office worker handling everyone. Although very busy, the post office worker was always nice, cracking jokes, making people feel good as each person got a turn to mail packages, letters, etc. As the man in front of me finished his business, he made a point of telling the post office worker how wonderful it was that he was always so upbeat. It was such a kind gesture on the part of both men... the postal worker for being in such good spirits despite the stress of the job and the man who gave him a heartfelt compliment. Wonderful and uplifting to see such kindness!**

**Day 341: OLYMP-I-A for PEACE (Year 2)- Action: I visited my neighbors bringing them some holiday goodies and good cheer. The holiday season is a wonderful excuse just to show up and say hello :))**

**Day 342: OLYMP-I-A for PEACE (Year 2)- Action: I went to see a special luminary celebration of the holidays at the Lady Bird Johnson Wildflower Center. I love lights glowing in the evening, especially sparkling in trees. It was a beautiful, magical occasion, lights and singing, bringing joy and peace to the soul.**[**http://www.wildflower.org/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.wildflower.org%2F&h=QAQHUvi8VAQGFS1QcRP3cZn2qsa3MHVMD-N0zG4-lopLSAA&s=1)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wildflower.org/&h=lAQGArifu&s=1)**

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**[Lady Bird Johnson Wildflower Center - The University of Texas at Austin](http://www.wildflower.org/" \t "_blank)**

**[www.wildflower.org](http://www.wildflower.org/" \t "_blank)**

**[Lady Bird Johnson Wildflower Center focused on protecting and preserving North America's native plants through](http://www.wildflower.org/" \t "_blank)**

**Day 343: OLYMP-I-A for PEACE (Year 2)- Action/Idea: After my early morning run today, I fell into my bed and took a nap. Before I drifted off to sleep, I felt such total peace and relaxation. Stress sets peace in relief, the contrast with stress making peace all the more desired and special. We learn not to take peace for granted.**

**Day 344: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video emphasizing the importance of listening in order to engage and support the passion and energy of people to help themselves.**

**[](https://www.facebook.com/groups/20362172415/)**

**[Ernesto Sirolli: Want to help someone? Shut up and listen!](http://youtu.be/chXsLtHqfdM" \t "_blank)**

**[www.youtube.com](http://youtu.be/chXsLtHqfdM" \t "_blank)**

**[When most well-intentioned aid workers hear of a problem they think they can fix, they go to work. This, Ernesto Sirolli suggests, is naïve. In this funny an...](http://youtu.be/chXsLtHqfdM" \t "_blank)**

**Day 345: OLYMP-I-A for PEACE (Year 2)- Action: I read an interesting article about the development of empathy:**[**http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy/**](http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy/)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy&h=WAQH7jyDw&s=1)**

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**[Understanding How Children Develop Empathy](http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy" \t "_blank)**

**[well.blogs.nytimes.com](http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy" \t "_blank)**

**[How do children develop prosocial behavior - "voluntary behavior intended to benefit another" - and is there a way to encourage it?](http://well.blogs.nytimes.com/2012/12/10/understanding-how-children-develop-empathy" \t "_blank)**

##### **Day 346: OLYMP-I-A for PEACE (Year 2)- Action: I watched a video about the transformation of a community of women in Nepal, taking steps to end poverty.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://ow.ly/fYAhE&h=aAQF0musa&s=1)**

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**[KarmaTube: 12 Stones](http://ow.ly/fYAhE" \t "_blank)**

**[ow.ly](http://ow.ly/fYAhE" \t "_blank)**

**[Heifer's simple and sustainable approach in ending hunger and poverty in the world has been giving families a source of food. Realizing this wasn't...](http://ow.ly/fYAhE" \t "_blank)**

**Day 347: OLYMP-I-A for PEACE (Year 2)- Action: I went shopping today and I was helped by a very kind salesperson. It felt wonderful to have someone who did not act rushed and who took time to talk with me, explain the product options, and help me find what I was looking for. Simple acts of helpfulness and kindness are bridges to peace of mind.**

**Day 348: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I enjoyed the company of friends, learning new insights from the life stories of others. When we open our hearts and souls to embrace the lives of others, we discover such fullness and richness in this world.**

**Day 349: OLYMP-I-A for PEACE (Year 2)- Idea: As adults we must work to teach and model every day for our children that true strength is gained when we restrain ourselves from violence (in word and deed) and weakness is revealed when we enact it. It is easy to lash out in anger. No self-control is needed. On the other hand, it shows much more strength to resist a destructive path and find other more productive ways to resolve conflict.**

**Day 350: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I watched a video about the power and importance of empathy. I especially like the creative idea of "empathy museums."**[**https://www.youtube.com/watch?feature=player\_embedded&v=BG46IwVfSu8#t=628s**](https://www.youtube.com/watch?feature=player_embedded&v=BG46IwVfSu8#t=628s)

**[](https://www.facebook.com/groups/20362172415/)**

**[RSA Animate - The Power of Outrospection](https://www.youtube.com/watch?feature=player_embedded&v=BG46IwVfSu8" \l "t=628s" \t "_blank)**

**[www.youtube.com](https://www.youtube.com/watch?feature=player_embedded&v=BG46IwVfSu8" \l "t=628s" \t "_blank)**

**[Introspection is out, and outrospection is in. Philosopher and author Roman Krznaric explains how we can help drive social change by stepping](https://www.youtube.com/watch?feature=player_embedded&v=BG46IwVfSu8" \l "t=628s" \t "_blank)**

**Day 351: OLYMP-I-A for PEACE (Year 2)- Action: I saw a long-time friend who I had not seen in years. It was a special, lovely reunion, bridging time and space and pulling beautiful memories to the present. There is peace in experiencing the constancy of true friendship that lasts through the years.**

**Day 352: OLYMP-I-A for PEACE (Year 2)- Action: I saw a book donation bin for "Better World Books" and looked up more about the organization on Facebook (**[**https://www.facebook.com/betterworldbooks**](https://www.facebook.com/betterworldbooks)**) and on the Internet (**[**http://www.betterworldbooks.com/**](http://www.betterworldbooks.com/)**). "Better World Books" has a goal of global literacy. The organization has an online bookstore and recycles/reuses books. For each book sold, the organization provides books to someone in need.**

**[](https://www.facebook.com/betterworldbooks?ref=nf)**

[**Better World Books**](https://www.facebook.com/betterworldbooks)

**We’ve raised over $13.5 million for global literacy and reused/recycled over 90 million books. Now we’re going book for book: You buy a book, we give one away to someone in need.**

**Day 353: OLYMP-I-A for PEACE (Year 2)- Action: I had a holiday and birthday celebration with a group of good friends. We all worked together many years ago and we've remained close. Many good memories. It is heart-warming to keep in touch through time and see our lives evolve and unfold.**

**Day 354: OLYMP-I-A for PEACE (Year 2)- Action: I am remembering my Dad today. The holidays were always a special time for him. I celebrate his creative, loving, and caring spirit. There is peace in knowing he lives on in my heart.**

**Day 355: OLYMP-I-A for PEACE (Year 2)- Action: I was the recipient of an unexpected gift of kindness (given with no expectation of anything in return). I was driving through town and was stopped at a light. There was bumper to bumper traffic. The man in the car in front of me had already gone through the intersection but was stopped by the traffic ahead. I saw the man get out of his car and I wondered what he was doing. He walked around behind his car and picked up a glass bottle that had rolled out into the street, into the path of cars that would follow behind him (which happened to be me). He quickly and carefully placed the bottle out of the way, off the sidewalk and the street, and then hopped back in his car. It is so good to see such thoughtfulness in people. His simple act gave me a big boost of happiness :))**

**Day 356: OLYMP-I-A for PEACE (Year 2)- Idea: The holiday season is a special time for connection, reaching out to others, giving of ourselves, visiting, celebrating together. The gift of peace is the soul wrapped in the embrace of friends and family.**

**Day 357: OLYMP-I-A for PEACE (Year 2)- Action: Sharing some tips for helping to stay in the present. Good for regaining and sustaining peace of mind on those extra busy, on-the-go days.**

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.mindful.org/mindfulness-practice/meditation-in-action/a-mini-mindful-challenge)**

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**[A Mini-Mindful Challenge | Mindful](http://www.mindful.org/mindfulness-practice/meditation-in-action/a-mini-mindful-challenge" \t "_blank)**

**[www.mindful.org](http://www.mindful.org/mindfulness-practice/meditation-in-action/a-mini-mindful-challenge" \t "_blank)**

**[What if, once an hour, you brought your life back to what is happening right now? Elisha Goldstein offers this practice.](http://www.mindful.org/mindfulness-practice/meditation-in-action/a-mini-mindful-challenge" \t "_blank)**

**Day 358: OLYMP-I-A for PEACE (Year 2)- Action: Traveling to visit with family for the holidays. Feeling the wonderful peace of good memories (those of the past and those to come), laughter, hugs, and the warmth of family.**

**Day 359: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I got to see the joy and wonder of my one year old great nephew, exploring the sights, sounds, and smells of the holidays. Everything becomes so new and special through the eyes of a child. We happily follow them into a world of innocence and peace. May we hold onto these moments!**

**Day 360: OLYMP-I-A for PEACE (Year 2)- Action: We saw a beautiful, brilliant sunset with red and orange clouds slowly changing into a rich, magenta glow as the sun slipped out of sight on the horizon. The moon was nearly full and illuminated the twilight blue of the east. A peaceful finish to a special family holiday. The sunset helped gift-wrap the day, sending it and our blessings to others around the world.**

**Day 361: OLYMP-I-A for PEACE (Year 2)- Action: Spending an evening with my family, still celebrating and feeling the holiday spirit and the peace of togetherness.**

**Day 362: OLYMP-I-A for PEACE (Year 2)- Action: I enjoyed the peace of stillness... a relaxing day, reading a good book and listening to music.**

**Day 363: OLYMP-I-A for PEACE (Year 2)- Action: I watched a "60 Minutes" broadcast on "El Sistema." The incredible power of music (classical music) to be a vehicle for social change... lifting children out of poverty! Awesome!** [**http://www.karmatube.org/videos.php?id=403**](http://www.karmatube.org/videos.php?id=403)

**[https://fbstatic-a.akamaihd.net/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.karmatube.org/videos.php?id=403&h=VAQFnVXdX&s=1)**

**[KarmaTube: El Sistema: Transforming Music in Venezuela](http://www.karmatube.org/videos.php?id=403" \t "_blank)**

**[www.karmatube.org](http://www.karmatube.org/videos.php?id=403" \t "_blank)**

**[The spiritual uplift of classical music is transforming lives in Venezuela. A program called](http://www.karmatube.org/videos.php?id=403" \t "_blank)**

**Day 364: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I enjoy seeing all the different people out on the trail when I go on my long runs. I see the uniqueness and differences of people, yet I always see our common humanity. The trail makes us one. All of us are on the journey of life together, each in our own way climbing the hills and working through the valleys. The differences among people add spice to life, yet the commonalities connect us and bring us peace.**

**Day 365: OLYMP-I-A for PEACE (Year 2)- Action/Idea: I watched a great video about the "fun theory:"**

[**https://www.youtube.com/watch?feature=player\_embedded&v=2lXh2n0aPyw#t=107s**](https://www.youtube.com/watch?feature=player_embedded&v=2lXh2n0aPyw#t=107s)**.**

**Making a choice fun can generate more positive behavior. Also, the video speaks to the power of music to intrigue and inspire us to greater things. When we combine the two together, the motivation of fun and the power of music, we can help create a positive pathway to peace.**

**A good example of this theory in action is "El Sistema:"**

[**http://www.karmatube.org/videos.php?id=403**](http://www.karmatube.org/videos.php?id=403)

[](https://www.facebook.com/groups/20362172415/)

**[Piano stairs - TheFunTheory.com - Rolighetsteorin.se](https://www.youtube.com/watch?feature=player_embedded&v=2lXh2n0aPyw" \l "t=107sMaking" \t "_blank)**

[www.youtube.com](https://www.youtube.com/watch?feature=player_embedded&v=2lXh2n0aPyw" \l "t=107sMaking" \t "_blank)

[Follow us on http://www.facebook.com/thefuntheory We](https://www.youtube.com/watch?feature=player_embedded&v=2lXh2n0aPyw" \l "t=107sMaking" \t "_blank)