



Gandhi-King Season for Nonviolence – 2016 Events

Join us for 78 Days (Jan. 30-April 22) of Practice - Applying Principles of Love & Wisdom to Daily Life

Mission: *To articulate and practice the principles, values and skills underlying Nonviolent Living—in three areas: **Self:** personal growth/development (Personal Self), **Others:** intelligent relationship (Social Self) and **World:** aligning culture with nature (Global Self) -- fostering collective awakening and a world that works for the common good. – Holistic Health Learning Center, SF State, Jan. 2016*

EVENTS: MONDAYS, 5-7pm, HSS 306 (unless noted)

Feb. 15: *How Nonviolent Activism Changes the World*, Kenn Burrows

Feb. 22: *Sound Alchemy—Facilitating Energy Awareness & Self-Healing*, Claire Hedin

Feb. 29: *Introduction to Nonviolent Communication* with *Renee Soule, PhD* who teaches NV Communication in San Quentin prison and with other communities: www.baynvc.org

March 7: *You Are Not What You Think: The Egoless Path to Self-Esteem & Generous Love*, with author and psychologist, David Richo, PhD: www.amazon.com/David-Richo/e/B000APU8IO/ref

March 14: *Beyond Power Hierarchies—An Integral Approach to Authentic Change*, Bence Ganti, psychologist, co-director of *Integral European Conference*: <http://integraleuropeanconference.com>

March 17-20: *Society for Humanistic Psychology Conference: Re-Visioning Human Potential, Education & Healthcare*, Host: *HH Studies*: www.societyforhumanisticpsychologyconference.com

March 21: *Spring Recess (no meeting)*

March 28: *Healthcare in All the Wrong Places*, physician, author and activist, Patch Adams, MD

April 4: *Turning Fear Into Power—One Woman's Journey as Citizen Diplomat and Civilian Peace-Maker*, author and activist, Linda Sator: <http://lindasator.info>

April 11: *Closing Celebration: Exploring Integral Education, Activism & the Global Future*. join us.

April 18: *SF State Faculty Strike (no meeting)*

WEDNESDAYS, 3-4pm, TH 432 (unless noted):

Feb. 24: *Beyond the Mask—Guiding Today's Youth*, Ashanti Branch: www.everforwardclub.org/team

March 9: *Trustworthy News & Information*, Mickey Huff, Dir. *Project Censored* www.projectcensored.org

March 16: *WHO Integrative Healthcare Studies*, Isabelle Wachsmuth, MSc., MPH, Project Manager, Emerging Issues, World Health Organization: www.hifa2015.org/about/administration

March 30: *Wall Street's Think Tank—The Council on Foreign Relations & The Empire of Neoliberal Politics*, with author, Laurence Shoup, PhD: <http://laurenceshoup.com>

April 6: *i-Mind: How Cell Phones, Computers, Gaming, & Social Media Are Changing Our Brains, Our Behavior, & the Evolution of Our Species*, author Mari Swingle, PhD: www.drmariswingle.com

April 27: *Permaculture Principles and Urban Design*, David Cody and Kevin Bayuk, co-founders: *Urban Permaculture Institute of San Francisco*: www.UPISF.com

Sponsors: For further details about the Season for NV, including a compilation of *Daily Practices*, see: <http://www.sfsu.edu/~holistic/seasonofnonviolence.html> or visit: the *Holistic Health Learning Center (HHLC)*, HSS 329, (415) 338-6416—part of *Holistic Health Studies, Dept. of Health Education, SF State*.

**SEASON FOR NONVIOLENCE – 3 DIMENSIONS of SELF-PRACTICE:
Developing Capacities of Mind/Being & Relationship (Personal-Social-Global)**

SELF – Mindfulness & Self-Realization: creativity, integrity, uniqueness, self-worth, discernment, education, simplicity, courage, beauty, gratitude, discipline, ritual, enthusiasm, accountability, resilience, openness, reflection, joyfulness, faith, serenity, commitment, modesty, sacrifice, grace, optimism, inquiry, shadow-work, grieving loss, humility, value clarification, embodiment.

OTHERS – Communication & Relationship: friendliness, honesty, kindness, compassion, patience, love, conflict transformation, listening/dialogue, shadow-work, assertiveness, respect, appreciation, forgiveness, generosity, sincerity, loyalty, equality, transmuting hate, building trust.

WORLD – Collaborative Leadership & Community Building: collective synergy, diversity, environmental health, sustainability, wilderness, renewable energy, eco-design/permaculture, awe / wonder, the arts to awaken imagination, spirituality, service, independent media, fair exchange/economics, justice, peace-building, disarmament, citizenship, principled politics, creative globalization, celebration.