**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](http://www.baynvc.org)
- **March 7:** *You Are Not What You Think: The Egoless Path to Generous Love*, with author and psychologist, David Richo, PhD: [www.amazon.com/David-Richo/e/B000APU8IO/ref](http://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](http://integraleuropeanconference.com)
- **March 21:** *Society for Humanistic Psychology Conference: Re-Visioning Human Potential, Education & Healthcare*, Host: HH Studies: [www.societyforhumanisticpsychologyconference.com](http://www.societyforhumanisticpsychologyconference.com)
- **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 Peacemaker*, author and activist, Linda Sator: [http://lindasartor.info](http://lindasartor.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](http://www.everforwardclub.org/team)
- **March 9:** *Trustworthy News & Information*, Mickey Huff, Dir. *Project Censored* [www.projectcensored.org](http://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](http://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](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](http://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](http://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](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)


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.