



## THE MANDALA PROJECT AT GRACE CATHEDRAL

Tools For Peace gives individuals skills to improve themselves and their circumstances, as well ways to improve the lives of others. Through reflective writing, artistic expression, group discussion, movement and community-building—Tools For Peace gives participants practical methods to:

- Harness and achieve their own potential through training in motivation
- Focus, concentrate, and carefully consider consequences through training in mindfulness
- Relieve stress and productively cope with adversity through training in meditation
- Generate positive attitudes—kindness, equanimity, compassion and appreciation—through reflection and analytical meditation
- Use positive attitudes to inform their actions, and express themselves in a more constructive way through Generosity, Discipline, Patience, Diligence, Concentration and Knowledge

At our Ari Bhöd retreat facility in the Tehachapi Mountains, Tools For Peace offers programs for teens, schools, professionals, and adults who wish to become trained Facilitators. Tools For Peace programs provide participants with the support needed to actively incorporate compassion, peace and well-being into their daily lives, communities, and our world.

### *Tools For Peace Summer Teen Camp*

The Summer Teen Camp at Ari Bhöd supports teenagers in actively adopting a more positive role in their families, schools, communities, and world. Modeled after the Tibetan culture of peace, the immersive experience of the camp provides teens space for reflection, growth and personal transformation.

### *Tools For Schools – The Tools For Peace Program for Schools*

Tools For Peace supports educators and schools in preparing students to navigate and contribute to our world in a positive way. Through a series of facilitated exercises, students develop life skills that increase their positive sense of self, connection to others, and ability to act compassionately. Incorporating Tools For Peace into the classroom gives students a consistent, ongoing opportunity to effectively build these skills and become productive students.

*The upcoming fundraising event at Grace Cathedral will raise needed funds to support these programs and grow the reach of Tools For Peace.*