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TOOLS FOR PEACE

As a global community we face serious issues that threaten our personal and collective well-being. Creating a sustainable peace—whether on a community, state or global scale—starts with ourselves.

Tools For Peace gives individuals tangible skills to improve their own circumstances, as well as to look for ways to improve the circumstances of others, through the intentional development of positive attitudes & actions. Through a combination of activities—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*

PROGRAMS FOR TEENS AND SCHOOLS

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 Support Team Members or Facilitators. Tools For Peace programs facilitate the step-by-step curriculum of the Personal Mandala Workbook, and 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 & REUNION

The Annual Summer Teen Camp and Reunion 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.

“We spend a lot of time pressuring our children to win sports or get good grades, but not much effort is put into teaching how to be good, kind people. Something is lost when we don’t help them cultivate those qualities.”

Venerable Lama Chödak Gyatso Nubpa, Tools For Peace Founder

“This experience in general is like one of the most amazing things I’ve done in my life. Like, yeah, I’ve volunteered, but this really showed me what I want to do, what I want to be, and how I can get there. You never imagined you come to camp and you learn more than you ever thought you would.”

Azatui, 2006 Teen Camper from Glendale

TOOLS FOR SCHOOLS

Tools For Peace supports educators and schools in preparing students to be global citizens capable of navigating and contributing to our 21st century 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.

Michelle Lewis is an 8th grade teacher at Northern Light School in Oakland, CA.

“It usually takes me all year to get my kids to where they are today – more open, confident and trusting. Thanks to [Tools For Peace], I will be able to accomplish so much more with them this year.”

Judith Quinones is the lead teacher of James Monroe High School’s 9th Grade Academy (Los Angeles, CA). She has worked with the Tools For Peace curriculum in her advisory class and is currently implementing it in her 9R English class.

“...I think Tools For Peace is just having an impact in general. My advisory just isn't like other advisories anymore. They don't say the types of things to each other that they used to say... It's a very subtle shift in the way they relate to each other and the way they relate to me. I feel like we're all somehow closer because of the Tools For Peace process...kids at Monroe High School are thinking about Peace, talking about Peace, and imagining their contribution to a better world.”