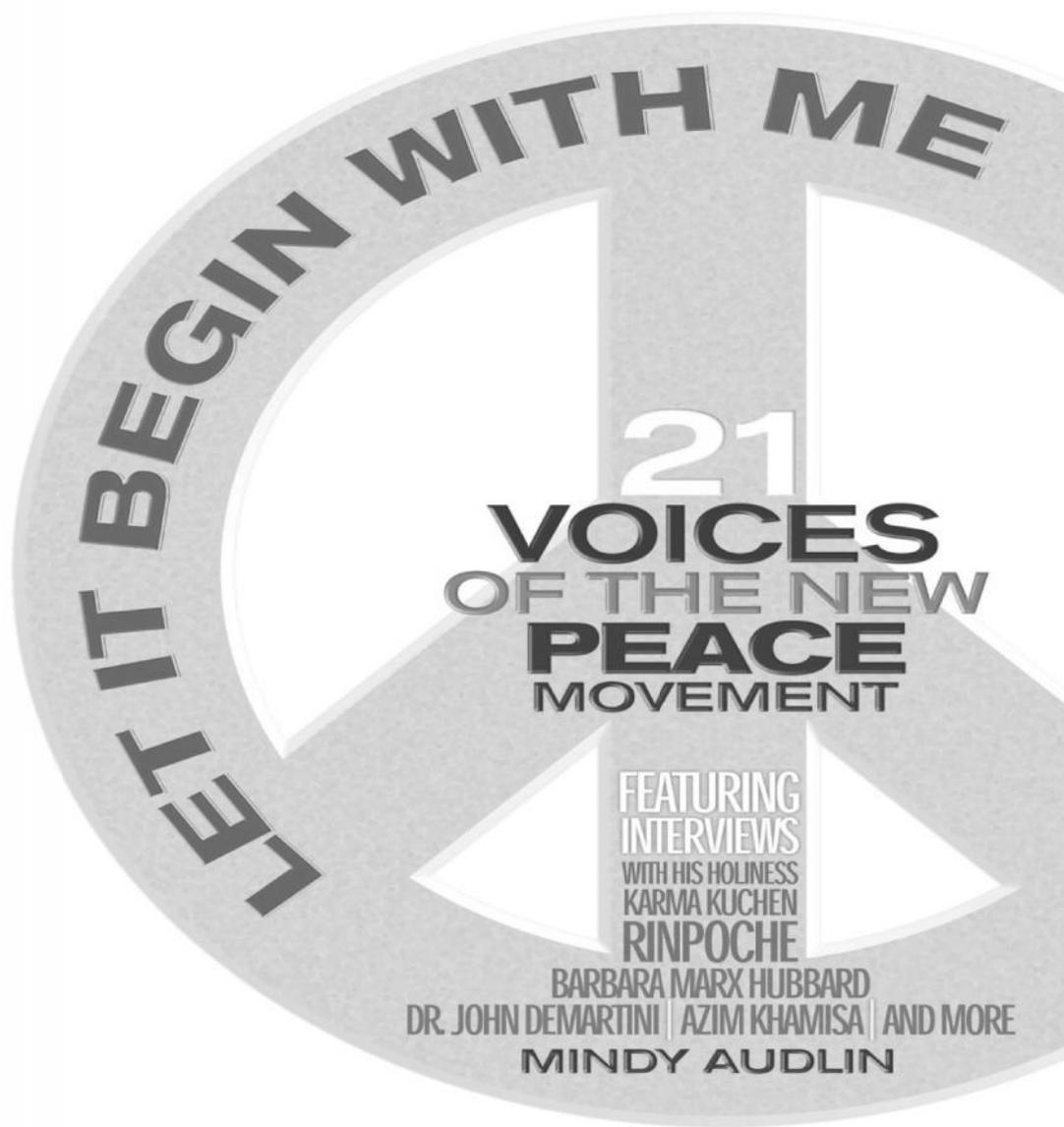


# Let It Begin with Me: Study Guide Curriculum

Celebrate a Season of Peace & Nonviolence

by Mindy Audlin



It's been said that "Peace worldwide starts inside." Peacebuilding is both an inner journey and a journey of action. It's about going within to hear your calling, and stepping out to make a difference for your family, your community, and the world.

This curriculum is designed in 10 hour-long modules to provide an ongoing weekly study group during the Season of Peace and Non-Violence (January 30 thru April 4 of each year). However, you could also choose to double-up on lessons to deliver as a 5-part series, based on the interests of your group.

Each lesson follows the same basic structure, including a time of prayer and/or meditation, a scriptural reference, suggested readings and group discussion questions.

Your group may also choose to create and execute a "Peacebuilder Project" as part of their participation in the course.

To get started, decide where and when you would like to meet and how long you would like each session to last. (You may want to build in some extra time if you want to give your group time to brainstorm their "Peacebuilder Project." Snacks and beverages are always a plus, too!

*"Blessed are the peacemakers, for they shall be called children of God."*

*-Matthew 5:9*

Participant books can be ordered online at <http://letitbeginwithmebook.com>

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## Facilitator Notes:

Each lesson in this series is designed to be approximately 1 hour in length. As the facilitator, you manage all aspects of each gathering to ensure that you conclude your meeting at the pre-determined time. If you plan to engage in a "Peacebuilder Project" with your group each week, be sure to allot at least 10-15 minutes per gathering for the group to connect, plan and celebrate each step of their process.

If you prefer to offer this as five 2-hour sessions, please allow time for a 10-minute break between modules to allow time for people to process information and take care of personal needs.

While these 10 modules were developed to provide weekly discussion through the Season of Peace and Non-Violence (January 30 thru April 4), it can be offered as a peacebuilding program/small group ministry at any time throughout the year.

## Suggested Weekly Program Flow:

- **10 Minutes: Welcome group members.** This is a time to have participants introduce themselves if there are new people in the group. Once the group knows each other, this is a time to "check-in" about ah-ha moments they have had since your last gathering.
- **5-10 Minutes: Opening Prayer/Meditation/Quote.** Each week, you will be provided with a quote from a famous Peacebuilder that relates to your weekly content. You decide how you would like to use this time for prayer, meditation, and/or group reflection on the week's quote.
- **20-30 Minutes: Group Discussion.** You will be provided with suggested questions related to the reading for each week's gathering. Use these as the basis for going deeper with your group in your understanding of each week's core concepts.
- **5 Minutes: Next Steps.** Use this time to ensure that everyone knows which chapters will be discussed at the next meeting. You can use this time to make any logistical announcements to the group as well. You may choose to officially conclude the gathering with a time of prayer and/or thanksgiving. Consider allowing participants to conclude the evening by sharing their biggest insight from the session.
- **10-15 Minutes: Peacebuilder Project.** If your group chooses to take on a Peacebuilder Project, use this time to work together to ensure your project stays on track!

## Facilitator Notes:

As part of this curriculum, you will also see resources that can be printed and distributed to your participants to supplement your teachings. You have permission to duplicate these pages to best serve your group.

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## Course Agenda

- DATE:** \_\_\_\_\_ **Session 1: Let It Begin with Me!**  
**Chapter 18:** The Answer is the Question/Rev. Wendy Craig Purcell  
**Chapter 19:** Creating Peace Environments/Jim Bunch
- DATE:** \_\_\_\_\_ **Session 2: The Journey Begins**  
**Chapter 1:** Start with the Heart /Howard Martin  
**Chapter 2:** Evolution to Peace /Barbara Marx Hubbard, Carolyn Anderson & John Zwerver
- DATE:** \_\_\_\_\_ **Session 3: Barriers to Peace**  
**Chapter 7:** The Virus of Competition/BJ Dohrman  
**Chapter 13:** Bulletproof Forgiveness/Azim Khamisa
- DATE:** \_\_\_\_\_ **Session 4: What Is Peace?**  
Chapter 9: Quantum Peace/Garland Landrith  
Chapter 12: The Power of Love/Kute Blackson
- DATE:** \_\_\_\_\_ **Session 5: Peace In Me**  
Chapter 5: Service & Mindfulness/Karma Kuchen Rinpoche  
Chapter 10: Reaching In/Rev. Lynne Brown
- DATE:** \_\_\_\_\_ **Session 6: Peace with You**  
Chapter 6: It's How We View Each Other/Dr. John Demartini  
Chapter 17: The Call for Compassion/Mallika Chopra
- DATE:** \_\_\_\_\_ **Session 7: The Bigger Picture**  
Chapter 3: A View of our Planet/Edgar Mitchell  
Chapter 16: A Policy for Peace/Thomas P.M. Barnett
- DATE:** \_\_\_\_\_ **Session 8: Peace in Action**  
Chapter 4: The New Peace Movement/Stephen Dinan & Lawrence Ellis  
Chapter 11: Reaching Out/Rev. James Trapp  
Chapter 14: Sacred Activism/Andrew Harvey
- DATE:** \_\_\_\_\_ **Session 9: Peace Practices**  
Chapter 15: The Peace Diet/John Raatz  
Chapter 20: Peacelicious!/Donna Collins
- DATE:** \_\_\_\_\_ **Session 10: Inspired Action**  
Chapter 8: Attracting Peace & Abundance/Joe Vitale  
Chapter 21: Be the Change/Lisa Nichols  
Epilogue: Mindy Audlin

## SESSION 1: Let It Begin with Me

**Welcome group members.** This is a time to have participants introduce themselves. You may choose to ask them to share their name and why they decided to be a part of this program. Choose your process based on the size of your group, with the intention of lasting no more than 10 minutes. Go first as a role model for a brief and authentic response.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"Think not forever of yourselves, O Chiefs, nor of your own generation. Think of continuing generations of our families, think of our grandchildren and of those yet unborn, whose faces are coming from beneath the ground." - T. S. Eliot*

### GROUP DISCUSSION:

#### Chapter 18

#### The Answer is the Question

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What are some ways you can use the power of asking questions to create more peaceful dynamics in your life?

What are some questions you could ask your family, your co-workers, or your friends to open up a dialogue about peacebuilding in your community?

#### Chapter 19

#### Creating Peace Environments

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What is your "inner architecture" as it relates to peace? How do your current beliefs support you (or not) to create more peaceful results in the different areas of your life?

If you could choose one area or "environment" to focus on this week, which one would it be? Why? What kind of changes would you like to see?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Decide if your group would like to take on a Peacebuilder Project as part of your coursework. A list of project ideas is included in the Appendix of this curriculum. You may want to make copies of the project list and solicit additional project ideas from the group. The goal this week is to introduce the idea of completing a Peacebuilder Project and have your group start thinking about what they would like to do as a group project to make a difference in your community.

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Encourage your group to research other peacebuilding ideas, including the resource list at the back of their *Let It Begin with Me* book. During their next session, they can share all their ideas and choose a project.

We also discuss the Institute of Heartmath next week. If you have an [emWave Coherence Monitoring System](#), you may want to let the group know they can experiment with it at your next gathering.

## SESSION 2: The Journey Begins

**Welcome group members.** Allow participants to introduce themselves again, particularly if you have new people who have joined your group. Based on the size of your group, you may want to invite participants to share a "let-it-begin-with-me moment" from their week (a time when they made a conscious choice to be a peacemaker, peacekeeper, or peacebuilder). Aim for no longer than 10 minutes for introductions.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"There is no way to peace. Peace is the way." - A. J. Muste*

### GROUP DISCUSSION:

#### Chapter 1 - Start with the Heart

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

If you have an [emWave Coherence Monitor](#) from the Institute of Heartmath, you can demonstrate it with your group and share insights.

Think of a time when you stopped to get centered before entering into a challenging situation, or a time when being more heart-centered might have created a different outcome for you in your life.

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Review ideas from previous session as well as additional ideas generated throughout the week from participants. Encourage your group to choose what they would like to accomplish by the end of the program. As the facilitator, step back from the decision-making process, but be ready to step in if you see a "teachable moment" for resolving conflict, working in harmony, or moving into action. By the end of this week, the group should have decided on a project. Next week, they will take their idea and create goals and deadlines for putting their ideas into action.

#### Chapter 2 - Evolution to Peace

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What are key milestones in your life that you believe were part of your evolution as a peacemaker, peacekeeper, and/or peacebuilder?

What changes do you see in your home, your work environment, your church or your community that indicate an evolution to a more peaceful world?

### SESSION 3: Barriers to Peace

**Welcome group members.** Allow participants to introduce themselves again, particularly if you have new people who have joined your group. Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for introductions.

#### OPENING PRAYER/QUOTE OF THE WEEK:

*"If you want to make peace, you don't talk to your friends. You talk to your enemies."-*  
*Moshe Dayan*

#### GROUP DISCUSSION:

##### Chapter 7: The Virus of Competition

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What do you notice about the impact in your relationships when you shift from a competitive mindset to a collaborative one?

Share an example of a collaborate relationship you have developed that could have been construed as "competitive." What opportunities have opened up for you because of your willingness to collaborate?

#### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

#### PEACEBUILDER PROJECT:

Now that your group has selected a project, think through your goals, deadlines and intentions for putting the plan into action. Map out what needs to be done and by when. Next week, you will assign roles and responsibilities to put the plan into motion.

##### Chapter 13: Bulletproof Forgiveness

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Think of a time when you have received forgiveness for a wrong that you have committed. How did it impact you?

Share an example of how forgiving someone or something in your life allowed you to experience a deeper sense of peace.

## SESSION 4: What is Peace?

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"The softest things in the world overcome the hardest things in the world." -Lao Tzu*

### GROUP DISCUSSION:

#### Chapter 9 - Quantum Peace

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What are some ways you tap into the feeling of love and gratitude?

(You may want to lead a meditation here to help participants focus the energy of love on topics like "financial abundance," "health and vitality," and "relationships." Invite people to share their experience after you complete a brief meditation.)

What "miracles" have you witnessed that seem to be the result of letting go of fear and focusing on the energy of Love?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

What roles and responsibilities need to be filled in order for you to complete your group project? What outside resources could you/should you bring in to help you achieve your vision? Map out the roles that need to be filled, assign responsibilities to people in your group, and determine if you will be approaching community partners to complete your project.

#### Chapter 12 - The Power of Love

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What would you do differently if you fully accepted Kute's challenge to "live boldly"?

Share your thoughts about Kute's statement, "The world right now is a reflection of the collective consciousness of each and every one of us put together." Do you agree or disagree? What evidence do you see to support your belief?

## SESSION 5: Peace in Me

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"We must build dikes of courage to hold back the flood of fear... That old law about 'an eye for an eye' leaves everybody blind... The time is always right to do the right thing... Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal." - Dr. Martin Luther King, Jr.*

### GROUP DISCUSSION:

#### Chapter 5 - Service & Mindfulness

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

How do you demonstrate your trust and confidence in your spiritual path?

Share an experience where you were able to calm your mind in the midst of an emotional situation. How did you do it? What was the outcome?

#### Chapter 10 - Reaching In

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

(Lead your group in a prayer of peace. Connect hands and allow each participant to contribute to the prayer, or simply "pass" by squeezing the hand of the person next to them.)

Share ways that prayer has impacted your life or the lives of people you know.

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Use the time to work on implementing your Peacebuilder project. Watch for ways you can use the lessons from each week to work together, serve the community, and maintain PEACE inside and out.

## SESSION 6: Peace with You

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"Every kind of peaceful cooperation among men is primarily based on mutual trust and only secondarily on institutions such as courts of justice and police."  
- Albert Einstein*

### GROUP DISCUSSION:

#### Chapter 6 - How We View Each Other

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What would you say are three of your highest values? How are they different from people you care about?

Share a time when you experienced a conflict due to a conflicting values system. How was the conflict resolved? How do you honor the values of others without sacrificing your own ideals?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Use the time to work on implementing your Peacebuilder project. Watch for ways you can use the lessons from each week to work together, serve the community, and maintain PEACE inside and out.

#### Chapter 17 - The Call for Compassion

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

If you were to make ONE promise to the next generation, what would it be?

What does "spiritually motivated social action" look like to you? Share an example of something you do or have done that demonstrates the power of "spiritually motivated social action."

## SESSION 7: The Bigger Picture

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"When I despair, I remember that all through history the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible but in the end, they always fall -- think of it, ALWAYS." - Mahatma Gandhi*

### GROUP DISCUSSION:

#### Chapter 3 - A View of Our Planet

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Talk about a time when you did something to care for the earth. What was the impact to you in mind, body & spirit? How did your actions impact others? How did it impact your environment?

#### Chapter 16 - A Policy for Peace

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Discuss your experiences with travel overseas. What cultural differences seemed extreme to you? How has your experience with people from other countries impacted your view of the world?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Use the time to work on implementing your Peacebuilder Project. Watch for ways you can use the lessons from each week to work together, serve the community, and maintain PEACE inside and out.

## SESSION 8: Peace in Action

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages."- Thomas A. Edison*

### GROUP DISCUSSION:

#### Chapter 4 - The New Peace Movement

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What events or organizations are you aware of and/or involved in that cultivate peace in your city? Share experiences from working with your favorite community organizations and the personal impact to you of supporting these groups.

#### Chapter 11 - Reaching Out

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Discuss spiritual practices that inspire you to "reach out" and become an instrument of peace for your community and the world.

#### Chapter 14 - Sacred Activism

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Share a time when you felt inspired to offer an act of compassion. How did it impact you? How did it impact the people involved?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Use the time to work on implementing your Peacebuilder Project. Watch for ways you can use the lessons from each week to work together, serve the community, and maintain PEACE inside and out.

## SESSION 9: Peace Practices

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"Nothing can bring you peace but yourself; nothing, but the triumph of principles." - Ralph Waldo Emerson*

### GROUP DISCUSSION:

#### Chapter 15 - The Peace Diet

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What are some ways you monitor your media diet? How do you/could you be more purposeful about the media you consume? How do you/could you use media and entertainment to enrich your life and inspire you to be your best?

#### Chapter 20 - Peacelicious!

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What strategies do you use to stay conscious in your food choices throughout the day?

What rituals do you use to accompany your meal time? Do you gather with others to eat? Do you take time to give thanks? What is the impact to you when you implement these kinds of rituals?

### NEXT STEPS:

Review reading selections for your next gathering. Invite participants to share their biggest insight from the session. If you have provided food or snacks for your event, you may want to offer a prayer or blessing for the food. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

This is the last week for your Peacebuilder Project! Use the time to work on implementing your project. Watch for ways you can use the lessons from each week to work together, serve the community, and maintain PEACE inside and out. In the next celebration, you will celebrate your results. Be prepared to bring pictures, share stories, and give thanks!

## SESSION 10: Inspired Action

**Welcome group members.** Based on the size of your group, you may want to invite participants to share a "peacebuilder moment" from their week (if they choose to). Aim for no longer than 10 minutes for check-ins.

### OPENING PRAYER/QUOTE OF THE WEEK:

*"To believe in something, and not to live it, is dishonest." - Mahatma Gandhi*

### GROUP DISCUSSION:

#### Chapter 8 - Attracting Peace & Abundance

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Brainstorm with your group ways to move through fear and find peace with regards to finances. How do you shift your energy when you notice financial anxiety and stress?

#### Chapter 21 - Be the Change

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

What does it mean to you to "love - no matter what"? Share a time when you experienced giving or receiving this kind of unconditional love.

### Epilogue

Discuss insights from the Reflection Points.

Share experiences and insights related to The Peacebuilder Challenge.

Take a moment to acknowledge each other for the unique gifts each person brought to the group. How have these relationships blessed you throughout this course?

### NEXT STEPS:

Celebrate the completion of all ten modules! Share next steps for your group... Is there another course starting soon? Do you have a ["What If Up Club"](#) or ["Engaged Cities"](#) program near you? Invite participants to share the most significant thing they learned and what is next for them. Conclude formal discussion with a prayer or blessing.

### PEACEBUILDER PROJECT:

Use the time to debrief your results from your Peacebuilder Project. What did you learn? What impact did it have in your life? What impact did it have for the people you served? This is a great opportunity to acknowledge each other for the difference you make as Peacebuilders in the world!

## APPENDIX A: Peacebuilder Projects

### IDEAS AROUND!



As part of the *Let It Begin with Me* curriculum, your group is encouraged to create a special "Peacebuilder Project" as a way of integrating what you are learning while making a positive difference in your community.

Your project should be something that includes everyone in your group (or break into small groups to take on multiple projects, depending on the size of your group), and should be complete

before the last session of the curriculum.

Your facilitator will walk you through the initial steps to get started. This is a list of possible ideas. You can find others through the *Resources* area of your *Let It Begin with Me* book. You may choose to do additional research online to gather ideas, or just tap into your boundless imagination to create something new! Start by collecting ideas... Next week, the group will select a project or projects to implement together.

### PROJECT IDEAS:

**Peace Rocks** - Paint messages of PEACE on rocks and leave them in public places for people to discover. Learn more about this idea at <http://www.peacerocks.org>

**Pinwheels for Peace** - Imagine whirled peace! Plant pinwheels decorated with peace messages and let them spin in the wind - all over your community! More ideas at <http://www.pinwheelsforpeace.com>

**Peace Flags** - Bring people together to create Peace Flags reflecting positive wishes for the world. The flags can be based on the Tibetan Prayer Flag tradition. For centuries, these flags have sent out prayers for peace, harmony and compassion. Learn more at <http://www.thepeaceflagproject.org>

**Teach a Class** - Organize a workshop or class for your community based on the interests and skills of your group. Work together to spread the word and implement your plan. You may want to make it a fundraiser for a local organization.

**Clean a Park** - Earth care is a part of building a more peaceful world. Choose a project where you can roll up your sleeves and make your world more beautiful!

**Sponsor a Contest for Kids** - Whether it's an art contest, a peace diorama, or other fun activity, contests are a great way to reach out into the community and get families involved in building a more peaceful world. More ideas at <http://wppspeacepals.org>.

**Other ideas:**

## APPENDIX B: Promotional Tools

Promotional materials to help you advertise your "Let It Begin with Me" peacebuilder series is available online at <http://www.LetItBeginWithMeBook.com>.

You will find:

- ✓ Course descriptions
- ✓ Flyers
- ✓ Graphics
- ✓ Social media swipe files
- ✓ And more...

If you have additional needs or ideas to share, please contact us through our website. We are excited to support you in reaching out powerfully to your community to celebrate a season of peace!

## APPENDIX C: Facilitator Resources

**Facilitator Training** - Sharpen your facilitation skills to create transformational, interactive, and highly engaging programs for people in your community. In addition to expert facilitation training, you'll receive tips for building attendance and creating long-term relationships with your participants.

Learn more at <http://www.mindyaudlin.com/facilitators>

**Speaker Training** - One of the best ways to spread the word about your upcoming workshop series is through public speaking. Our speaker training is designed to help you develop a powerful talk that you can deliver in your community as a way to generate interest in your programs and your work.

Learn more at <http://www.mindyaudlin.com/speakers>

**Outreach Strategy** - Are you wanting to build a business around personal development and peacebuilding programs? Or maybe looking for ways to leverage your workshop series to support the growth of your church or spiritual community? Let us help you create a strategy that allows you to purposefully market and promote your events while you strengthen your business or organization.

Learn more at <http://www.mindyaudlin.com/strategy>

### APPENDIX D: Next Steps

Keep your group connected with our ongoing programs. Whether you work with a church, a civic group, or independently as a personal growth expert, these programs offer a sustainable platform for bringing people together to create positive change.

**The What If Up Club** - Based on Mindy Audlin's book, "What If It All Goes RIGHT? Creating a New World of Peace, Prosperity & Possibility," The What If Up Club provides an ongoing mastermind platform for personal and spiritual growth. Participants come together on a regular basis to apply Mindy's "What If UP" process to personal challenges, giving and receiving support from other participants.

Learn more at <http://www.whatifup.com>

**Engaged Cities Program** - This program offers an ongoing supplement to the Let It Begin with Me 10-part series. This program engages citizen leaders to come together on a regular basis to brainstorm and implement projects serving the local community. Using Mindy Audlin's "What If UP" process from her book "What If It All Goes RIGHT?" community leaders and inspired citizens collaborate to make the greatest possible impact in their city.

Learn more at <http://www.engagedcities.com>