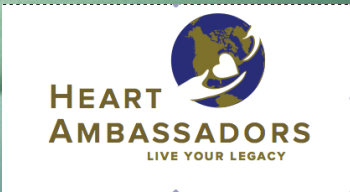
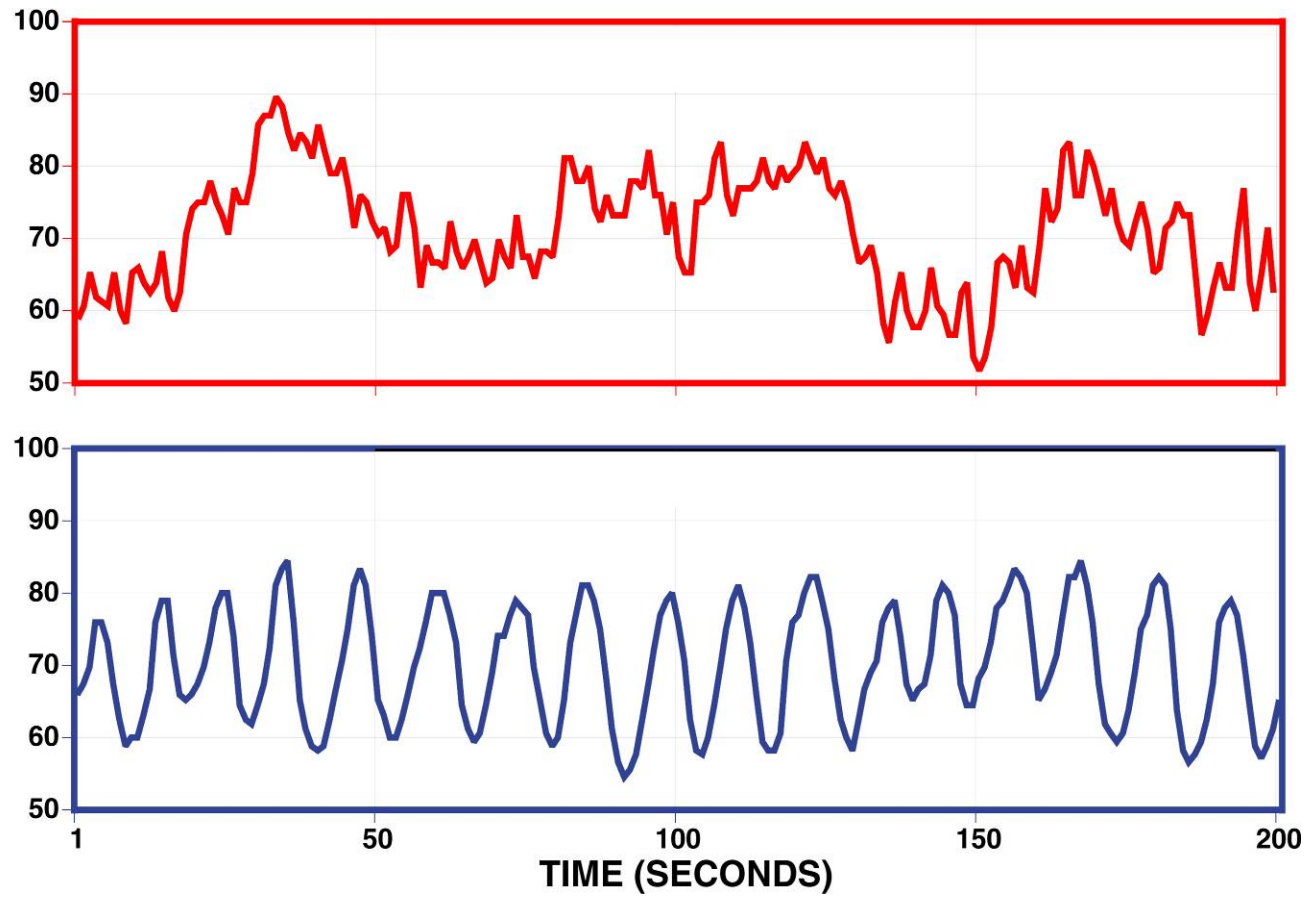


<https://www.youtube.com/watch?v=kg9cVS-19Ws>

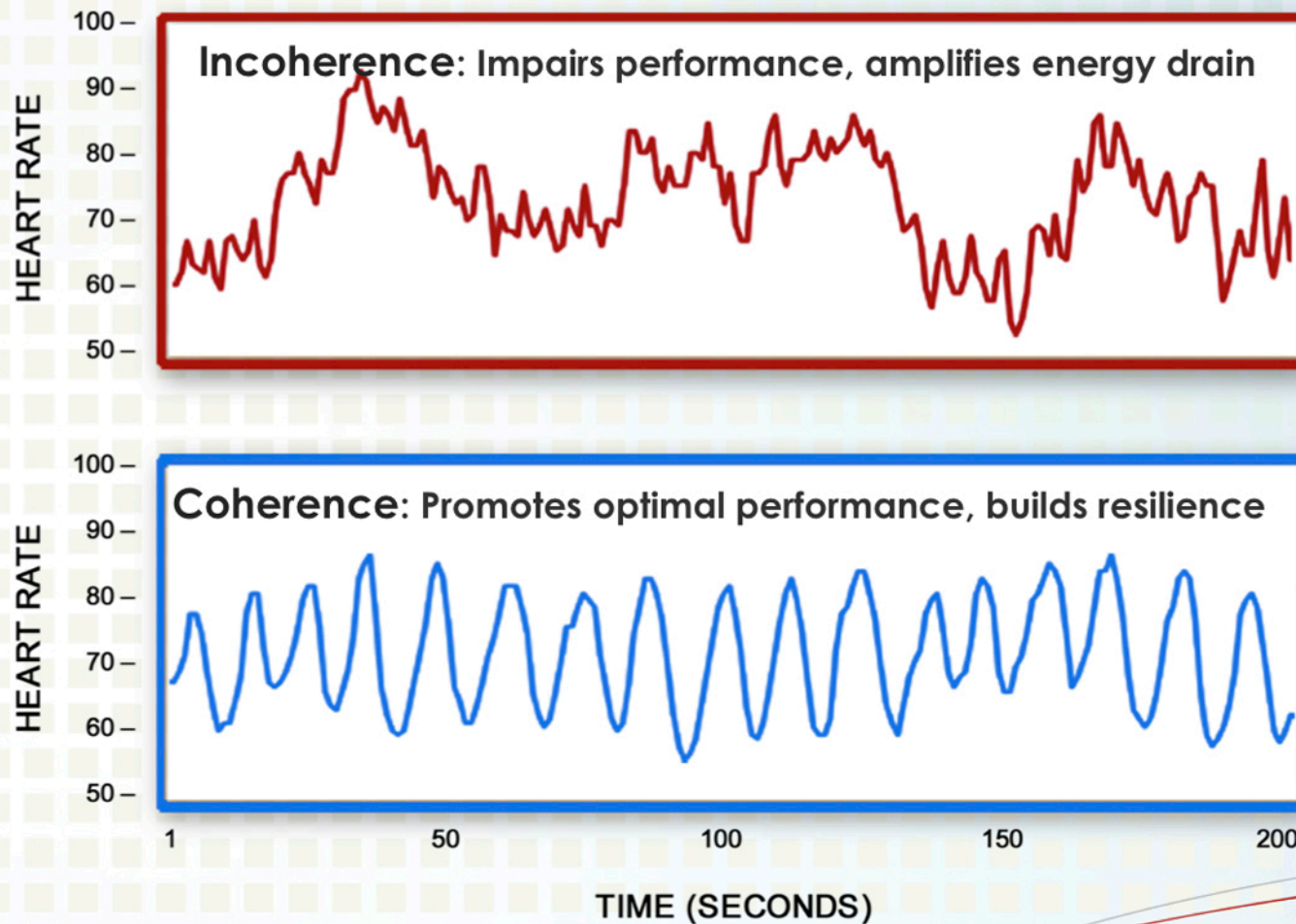
You Are the UN

Being a Pathway To Peace
Thursday Lunch N' Learns





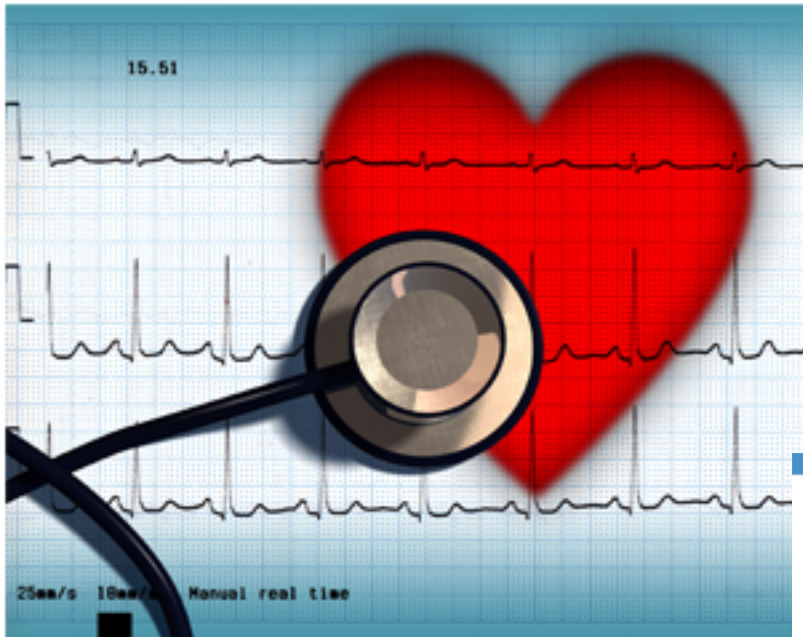
Emotions and Heart Rhythms



**Inhibits
Brain Function
(Incoherence)**

**Facilitates
Brain Function
(Coherence)**

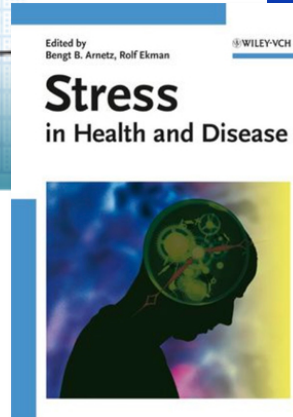
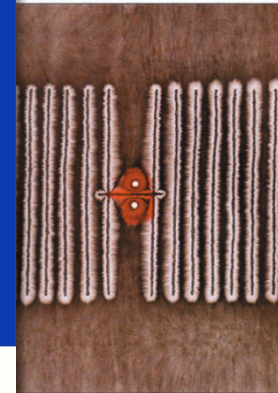
Published Research



AMERICAN COLLEGE OF CARDIOLOGY

ALTERNATIVE THERAPIES
IN HEALTH AND MEDICINE
A PEER-REVIEWED JOURNAL - JUL/AUG 2010 - VOL. 16, NO. 4
FOUNDATIONS OF HEALTH AND WELLNESS: A SPECIAL ISSUE ON COHERENCE
COHERENCE BRIDGING PERSONAL, SOCIAL AND GLOBAL HEALTH—A REVIEW
COST EFFECTIVENESS/COHERENCE • PTSD/COHERENCE • ADHD/COHERENCE
APPLICATION OF COHERENCE • CONVERSATIONS/MAE-WAN HO, PHD

The American Journal of Cardiology



NOVEMBER 15, 1995

| | | | |
|---------------------------------------|------|---------------|------|
| Coronary Artery Disease | 993 | Methods | 1059 |
| Hydratics and Conduction Disturbances | 1040 | Brief Reports | 1064 |
| Ischemic Heart Failure | 1045 | Case Reports | 1099 |
| Ischemic Heart Disease | 1049 | | |

Elsevier Medical, Inc., a Reed Elsevier Medical Publishing Company

Summary of Outcomes

Published clinical and client case studies

Physical -

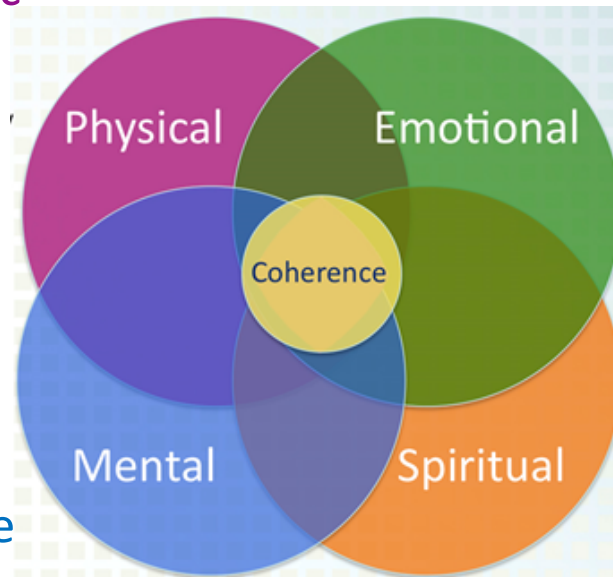
Blood Pressure,
Diabetes, Congestive
Heart Failure, Metabolic
Syndrome, PTSD,
Immune System,
Headaches & Muscle
Tension

Mental -

Increased Mental
Clarity, Accuracy,
Creativity and Cognitive
Speed Function.

ROI

Retention
Health costs
Productivity
Engagement



Emotional -

Reduced Anxiety, Anger,
Worry, Fatigue and
Depression. Increased
Engagement, Calm and
Dynamism

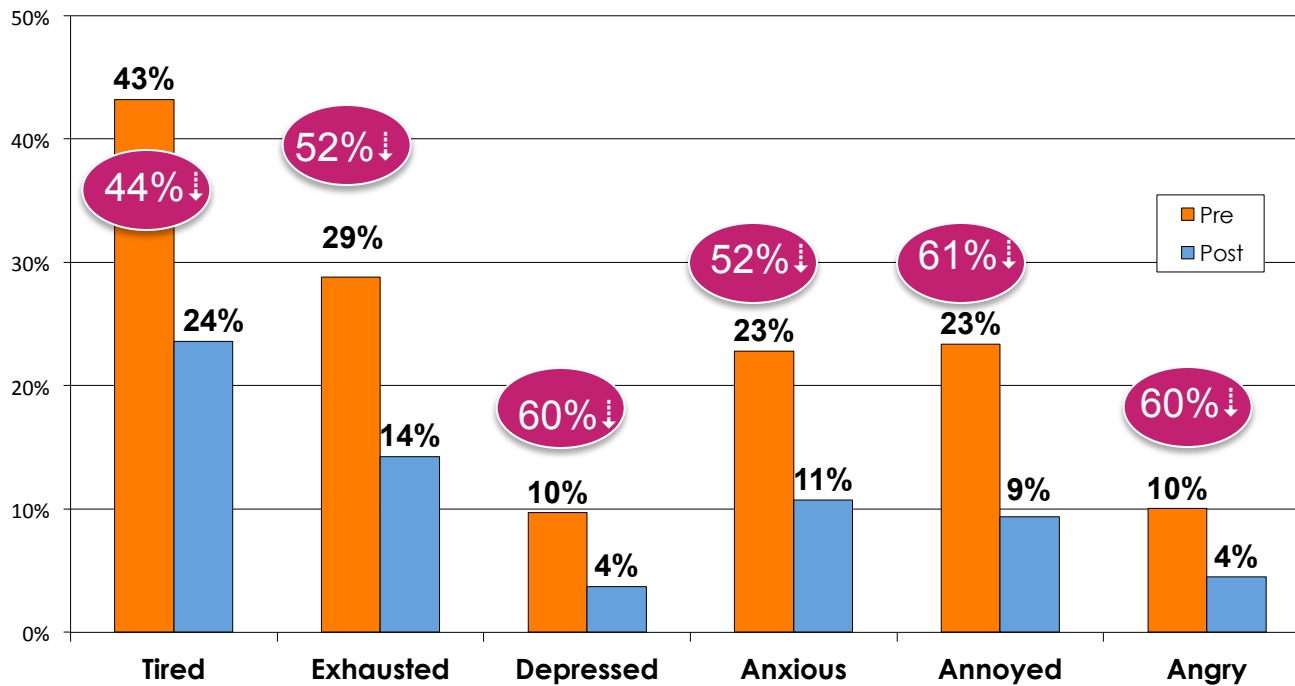
Core Values -

Increased Tolerance,
Intuition, Alignment
with Core Values.

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training

(N=5692)
33 Organizations

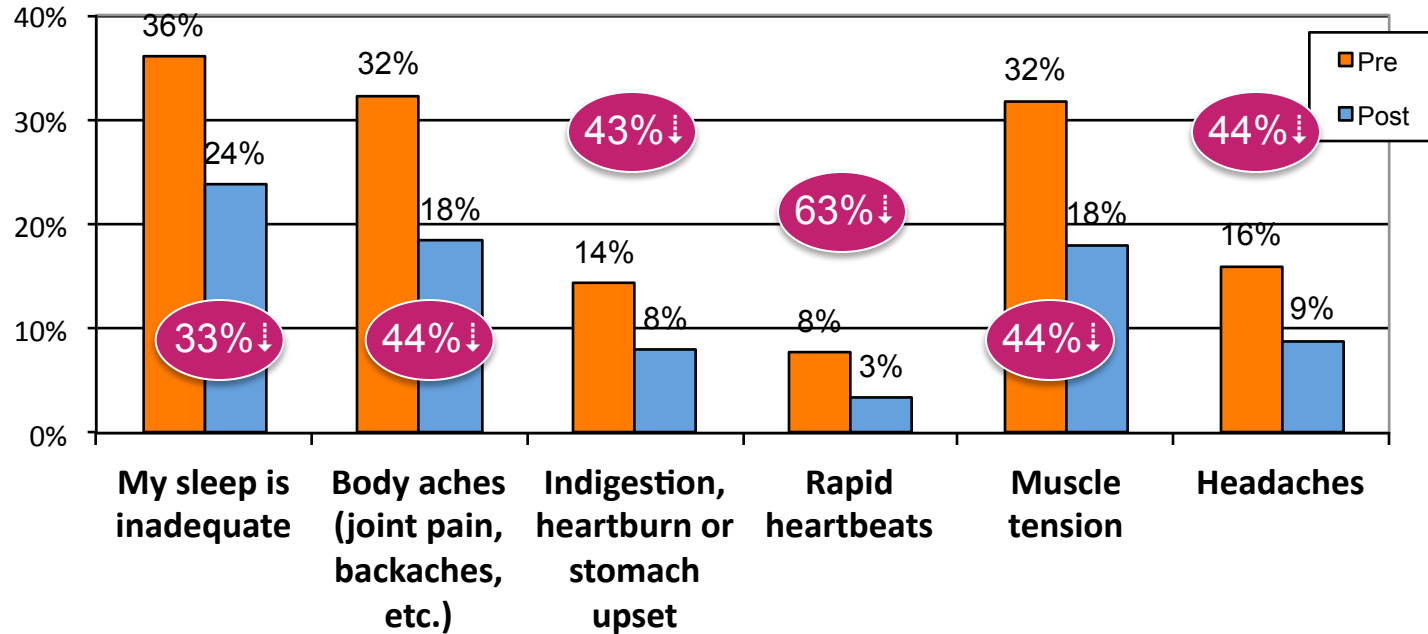


Percentage of individuals responding often or always

Improvements in Physical Symptoms of Stress

Before and six weeks after taking the HeartMath Program

(N=5692)
33 organizations



Percentage of individuals responding often or always

Organizational Outcomes

- **Reduced Turnover (Delnor, Duke, Tenet, HCA)**
1st year Savings of **\$800K, \$1M, \$2.1M, and \$3.9M** with double-digit improvements in the first year of implementing program
- **Satisfaction Improvements (Delnor)**
Patient Satisfaction rose **73rd to 93rd percentile** in 1st year and sustained above 90% for 6 years. Ranked **# 1** in **Employee Satisfaction** for 5 years. Won 1st place, ACHE Congress, Best Management Innovation.
- **Safety / Quality (large national pharmacy)**
For 220 pharmacists, 40-71% reduction in incidents across multiple locations. Significant improvements in fatigue, anxiety, depression, anger, stress, morale issues, and time pressure.
- **Other:** reductions in stress related absenteeism; health care utilization, medical claims and increased productivity

Clinical Study Results

- **Blood Pressure in Hypertensive Employees (Hewlett-Packard)**
10.6 mm Hg drop in systolic bp and 6.3 mm Hg drop in diastolic bp
- **Reduced Health Care Costs (RCA)**
Annual cost savings = \$585 per participant.
- **Diabetes (LifeScan)**
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- **Congestive Heart Failure (Stanford Hospital)**
Increased functional capacity, reduced stress and depression.
- **Heart Arrhythmias (Kaiser Permanente)**
75% of the patients had significantly fewer episodes of atrial fibrillation and **20%** were able to stop medication altogether.
- **Asthma (Robert Wood Johnson Medical School)**
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.

Quick Coherence® Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling

Heart Lock-In Technique

Step 3:

Radiate that renewing feeling to yourself and others.



IMAGINE A WORLD

Where governments respect the human rights of all their citizens and settle disputes by the rule of law for the common good.

Where all people have food, shelter and access to medical care, and children are born into and raised by healthy families and communities.

Where literacy and education for all are accomplished facts.

Where economic practices create well-being for all stakeholders, including communities and the environment.

Where beauty, the arts, and media inspire the best in people.

Where the benefits of science and technology enhance all circles of life.

Where tolerance and appreciation of diverse religious beliefs is the rule, spiritual practice is encouraged, and reverence for life fostered.

Where the earth in all her natural beauty is treasured and its resources utilized sustainably, for this and future generations.

This is a world at *PEACE*...

***May Peace Prevail on Earth
You Are a Pathway to Peace.***

Pathways To Peace

37 years of developing Peacebuilding
and the Culture of Peace





Home

Culture of Peace Initiative

*...Uniting our strengths along pathways to peace
to build a culture of peace...*





—ASHLAND—
**CULTURE
OF PEACE
COMMISSION**



the
culture
of peace
initiative
—ASHLAND—



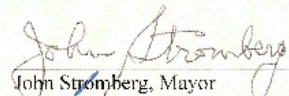
PROCLAMATION


Culture of Peace

- Ashland aspires to be a city marked by mutually respectful and caring relationships among all its residents and between its residents and the natural environment on which we depend. In sum, we wish to manifest a Culture of Peace.
- The past efforts of its residents have established a strong sense of community and an attentiveness to our natural environment. To maintain and enhance those relationships as we face our present challenges and prepare to handle future challenges will require conscious, continuous, and concerted efforts on the part of the entire city.
- Such efforts begin in the daily practice of Ashland's businesses, professions, educational institutions, and religious, civic, and arts organizations, as well as the work of the City of Ashland government.
- Mobilizing our community to develop a culture of peace may be furthered by a representative body that holds the vision, is alert to the challenges to its actualization, and is knowledgeable about the resources Ashland possesses.

NOW, THEREFORE, the City Council and Mayor of the City of Ashland, strongly encourage residents to work toward development of a *Culture of Peace* community, and pledge to lend appropriate encouragement and support to that effort.

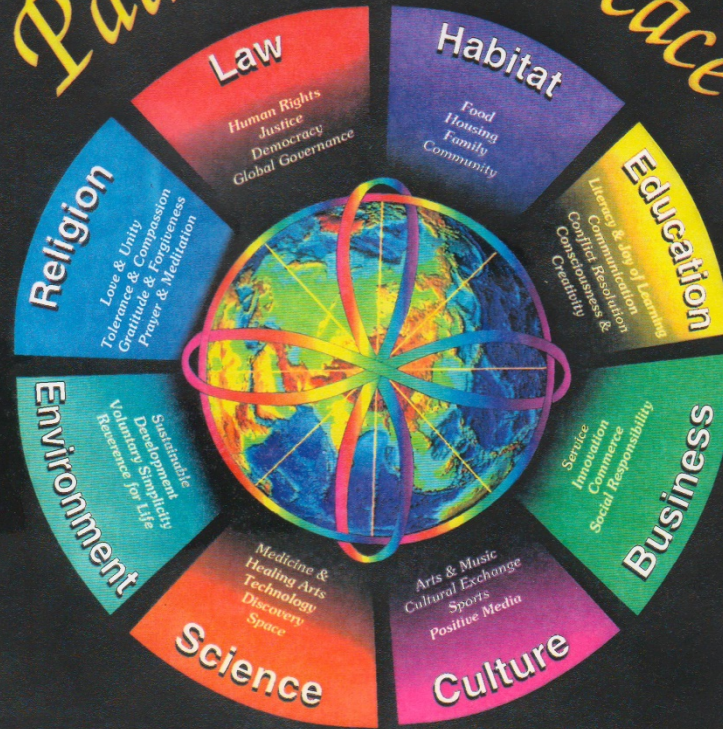
Dated this 17th day of March, 2015


John Stromberg, Mayor


Barbara Christensen, City Recorder



Pathways To Peace



*Peace Begins with Ourselves,
Living in Harmony with One Another
and The Earth*

Pathways To Peace is an international consulting and educational organization which is tax-exempt, non-profit, and non-partisan. It works with the U.N. Centre for Human Settlements, UNICEF, U.N. Centre for Human Rights and other Agencies. Pathway To Peace has Consultative II Status with the United Nations Economic and Social Council, and is also an official Peace Messenger of the United Nations.



General Assembly

Distr.
GENERAL

A/RES/53/243
6 October 1999

Fifty-third session
Agenda item 31

RESOLUTIONS ADOPTED BY THE GENERAL ASSEMBLY

[without reference to a Main Committee (A/53/L.79)]

53/243. Declaration and Programme of Action on a Culture of Peace

A

DECLARATION ON A CULTURE OF PEACE

The General Assembly,

Recalling the Charter of the United Nations, including the purposes and principles embodied therein,

Recalling also the Constitution of the United Nations Educational, Scientific and Cultural Organization, which states that "since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed",



A WORLD THAT WORKS FOR ALL

THE ASHLAND CULTURE OF PEACE

A community-wide movement dedicated to transforming our attitudes, behaviors, and institutions into ones that foster harmonious relationships with each other and the natural world

The ASHLAND CULTURE OF PEACE:

- ❖ Brings heart and compassion to conversations, decision-making, and systems
- ❖ Recognizes the inherent value of each person, the diversity within community
- ❖ Invites everyone's participation, relying on the natural gifts of each community member
- ❖ Encourages mutual respect so that all residents and visitors feel safe, heard, and empowered
- ❖ Establishes trust through holding all persons responsible for their actions
- ❖ Employs compassionate listening to air feelings, viewpoints, and concerns
- ❖ Discovers solutions through collaborative exploration
- ❖ Emphasizes the universal values of kindness and generosity, love and beauty, caring and curiosity
- ❖ Seeks larger truths and broader perspectives to better comprehend local and world affairs
- ❖ Values and nurtures all of life, honoring the environment and promoting humanity's balanced place in the web of existence
- ❖ Builds upon the foundation of existing groups contributing to the wellness of the world
- ❖ Creates an emerging, evolving, living model for thriving together as fellow humans

ASHLAND CULTURE OF PEACE COMMISSION
33 FIRST STREET, SUITE 1, ASHLAND, OREGON 97520
www.ashlandcpc.org









Anxiety and the Culture of Peace

January Talking Circle Series

Tuesdays 11- noon (come to one or come to all)







PROCLAMATION

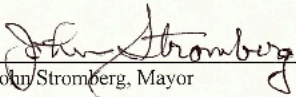
- On March 17, 2015, the Ashland Mayor and City Council proclaimed support for a Culture of Peace community.
- On September 21, 2015, the United Nations International Day of Peace, the Ashland Culture Of Peace Commission was launched as a citizens commission.
- The core and strength of our community is based on relationships of mutual respect, integrity, and recognition of the inherent value of each person in the diversity of our community.
- Official recognition of Ashland as an International City of Peace will provide inspiration for all citizens to create an emerging, evolving, living model for thriving together as fellow humans.

NOW, THEREFORE, the City Council and Mayor, on behalf of the citizens of Ashland, do proclaim that the City of Ashland, Oregon, is a

City of Peace

in perpetuity and encourage city and community leaders to work with concerned citizens to develop policies and procedures that promote a culture of peace in our region.

Dated this 16th day of May, 2017


John Stromberg, Mayor

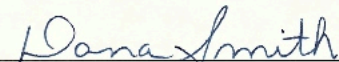

Dana Smith, Assistant City Recorder





Photo by Graham Lewis

Culture of Peace: Agenda for a new global civilization

By Anwarul K. Chowdhury

Posted Nov 6, 2017 at 12:01 AM

I am delighted to contribute the first in a series of writings to focus on the broader national and international perspectives on the Culture of Peace which have been initiated by the Ashland Culture of Peace Commission in collaboration with the Ashland Daily Tidings and the southern Oregon community. It is an honor that I cherish deeply.

Peace is integral to human existence — in everything we do, in everything we say and in every thought we have, there is a place for peace. Absence of peace makes our challenges, our struggles, much more difficult. I believe that is why it is very important that we need to keep our focus on creating the culture of peace in our lives to prepare ourselves, to empower ourselves to face the challenges of our lives, individually and collectively.

When we see what is happening around us, we realize the urgent need for promoting the culture of peace — peace through dialogue — peace through non-violence. The culture of peace should be the foundation of the new global society. In today's insecure and uncertain world, more so, it should be seen as the essence of a new humanity, a new global civilization based on inner oneness and outer diversity.

This I have seen firsthand as my work took me to the farthest corners of the world. What I have seen has given me hope and encouragement that there are forces which are determined to turn our planet into a livable place for all. They are working hard to turn all the negative energies into positive ones so that every individual can realize her or his highest potential and live a secure and fulfilling life. I am always inspired by the human spirit and its resilience and capacity to overcome all adversity.





INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

Brought to you by FICSA

Contact:

FICSAGenSec@unog.ch

For Personal Mentoring, Agency
Training and In House Certifications

Contact:

Support@heartambassadors.com

