

THE BETHEPEACE

CHALLENGE WORKBOOK



The PeaceRipples Institute | Catherine Douglas

Welcome

Welcome, Beautiful,

I am so glad you are here. By signing up for The BeThePeace Challenge, you are saying you believe in the possibility of a more beautiful human presence on our planet and are ready to do your best to help create that world. Thank you deeply, from the bottom of my heart. Sometimes it can be easy to forget that we are all in this together, and that together we truly can create a more peaceful world.

May this program inspire, clarify, and empower you to be the peace you came here to be. This practice is really a life path; may this Challenge be a spark on that life journey that inspires you for a long time to come!

And together, may we create ripples of peace!

With all my love,

Catherine Douglas

Founder, The PeaceRipples Institute



THE PEACERIPPLES INSTITUTE

Seasonal offerings for a vibrantly flourishing life

Challenge Outline

The outline of The BeThePeace Challenge is as follows:

Step 1: Clarify the Peace you Wish to See

Step 2: Clarify How you Can Embody That

Step 3: Clarify How you Can Help Create That World

As a participant in the Challenge, along with this Workbook, you also received an audio BeThePeace Guided Visualization. I invite you to use these together.

First, you are invited to listen to the audio visualization and allow yourself to step into the more beautiful world that your heart knows is possible. If you prefer to not to listen to the audio, you are welcome to sit in quiet contemplation of the peace you wish to see in the world. You could ask yourself: if you could travel to another planet that has achieved world peace, what might it look like?

From there, I invite you to bring out this Workbook or your journal and to describe what you experienced in your visualization. You are also welcome to draw, paint, write poetry, or even do a dance that captures your vision.



A Couple Things to Note

Before we begin, I want to address a few things.

First, I want to say that the world in which we are stepping into in our visualization is not an endpoint. This is not about reaching some final destination and imagining that we then stay there forever. We'll always be evolving, growing, and changing. I'm asking you to step into a snapshot in time, and ask, what could such a world look like? You could even do the visualization every day of Peace Month to practice visualizing the many ways that we could create a world that works for all.

Second, if you are struggling to step into such a large vision and joined this Challenge in hopes of finding a sense of inner peace, you are welcome to adjust the prompts. Instead of envisioning a world of peace, envision yourself at peace, and describe that in full detail. Step into what it feels like to live as a person who embodies a sense of inner peace. Then ask how can you become that and what actions you can take to create that for yourself.

Third, if something during these 3 days sparks your interest, I invite you to explore it and educate yourself. Think deeply on these subjects, see what the most knowledgeable people are envisioning for future possibilities and structures in different domains. Read books, listen to podcasts, and reach out and build connections. It is going to take a massive restructuring of every aspect of society in order to create a global human presence that supports all life. As you learn more, be open to expanding, refining and updating your vision. It can always get better!

And with that, lets begin...

STEP 1

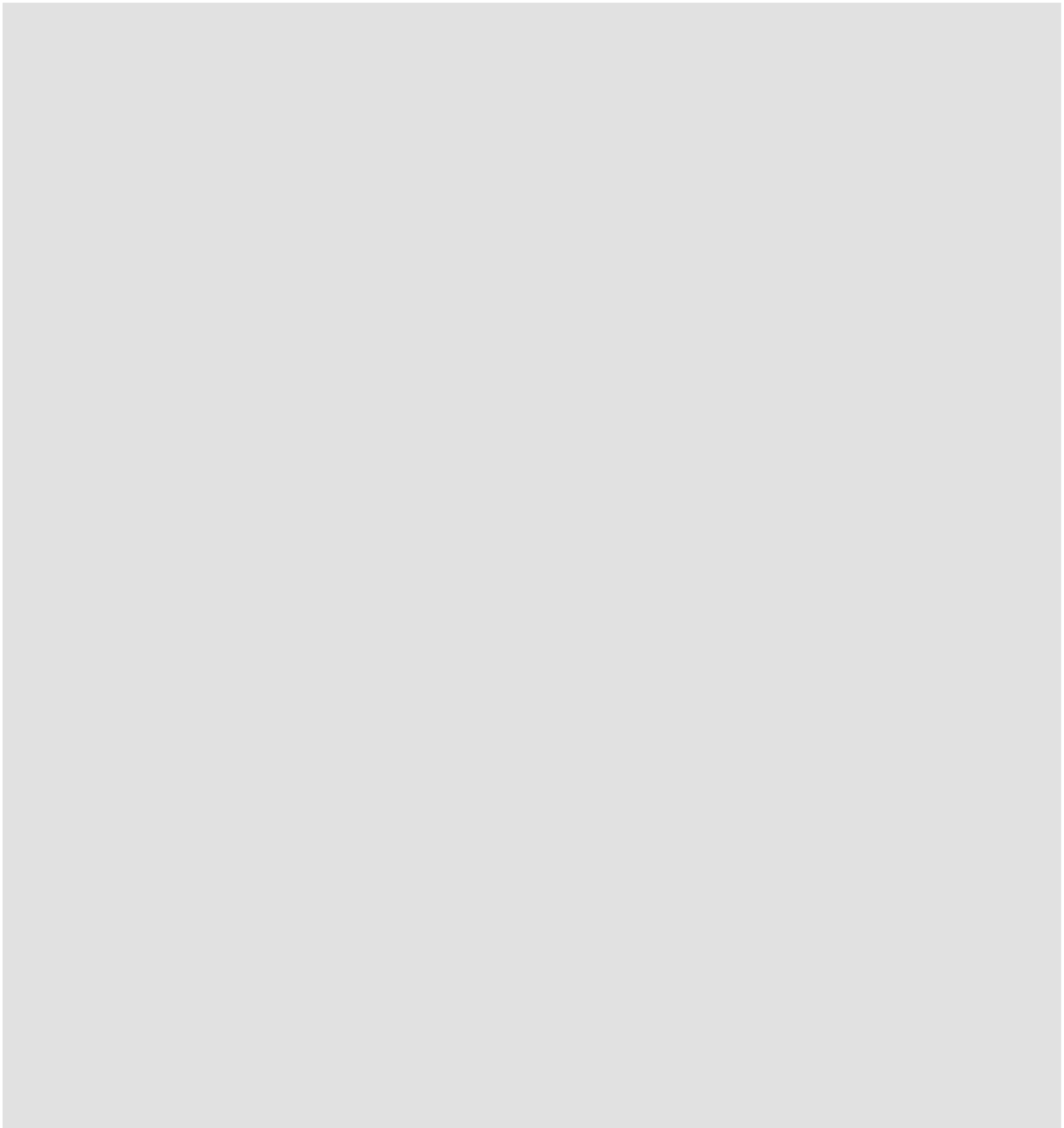
The Vision

CLARIFYING THE
PEACE YOU WISH
TO SEE IN THE
WORLD

The World in Which You Wish to Belong


After you've listened to the guided visualization or sat in quiet contemplation, start here...

Describe your vision of a more beautiful world in vivid detail. What does it look like, feel like, and sound like? If you are inspired, you could also draw, paint, or write poetry about it.

A large, empty gray rectangular area intended for writing or drawing. It occupies the lower half of the page and is completely blank, providing space for the user to describe their vision of a more beautiful world.

STRENGTHENING OUR ABILITY TO ENVISION NEW POSSIBILITIES

“Want to know why our times feel so perilous?
It’s called a failure of imagination.”
~ Dr. Sharif Abdullah

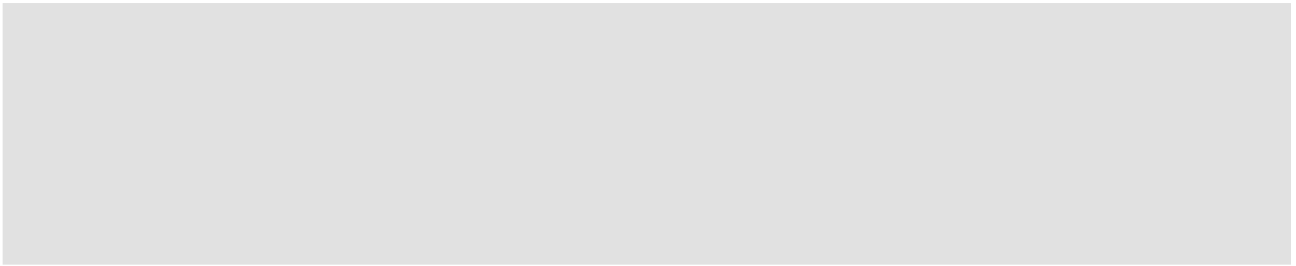


What is a juicy, alluring,
inviting, alive vision for our
world that is so
enthralling that we can't
help but be compelled to
help create it?

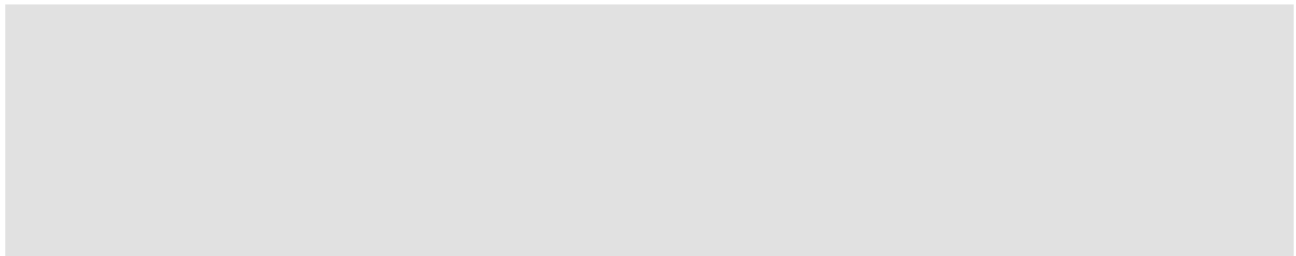
Getting More Specific

How Do People Live in This World?

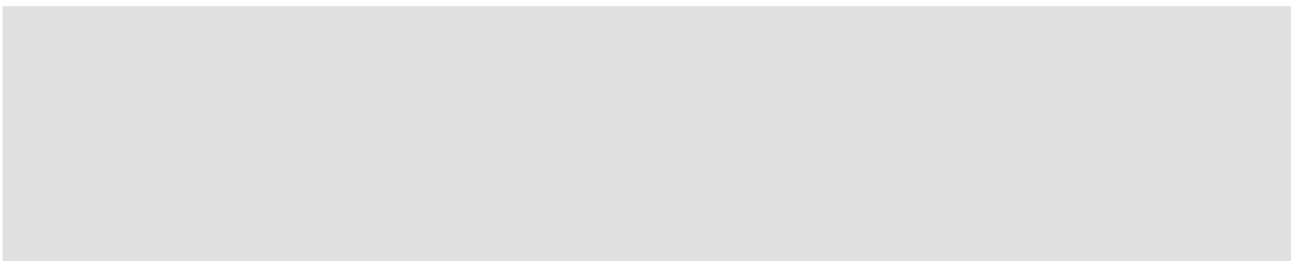
What values do people live by and embody?



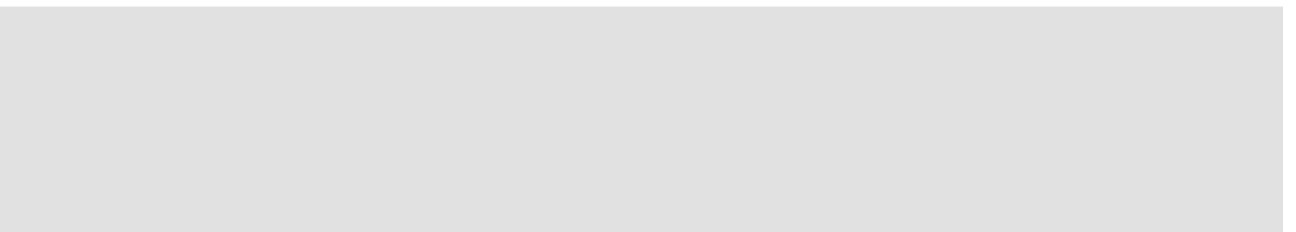
How do people see themselves and treat themselves?



Do these people feel anger, shame, resentment, hate, etc? If so, how do they work with these emotions?



What myths and stories about humanity and our role in the larger earth community support people to live in such ways?



Getting More Specific

How Do People Interact and Behave?

How do people treat each other?

What do people do when conflict arises?

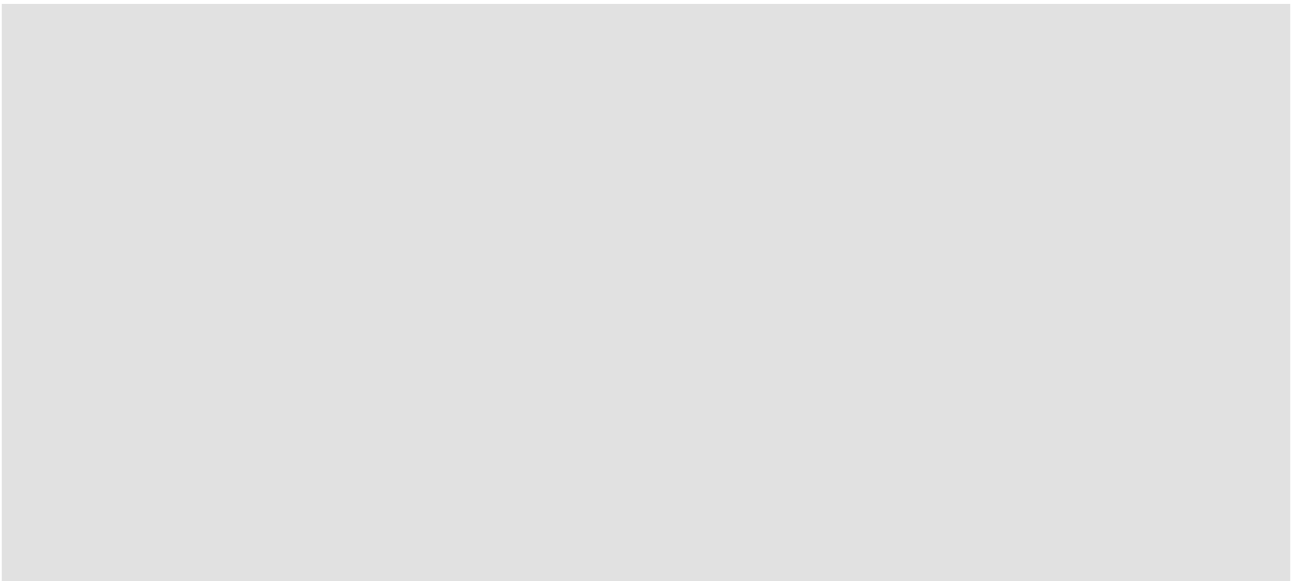
What do people eat? What does our food system look like?
Where do we grow the food necessary to feed everyone?

How do we treat the natural world? What do we see as
humanity's role in the biosphere? How do we treat the many
other species with whom we share this one beautiful planet?

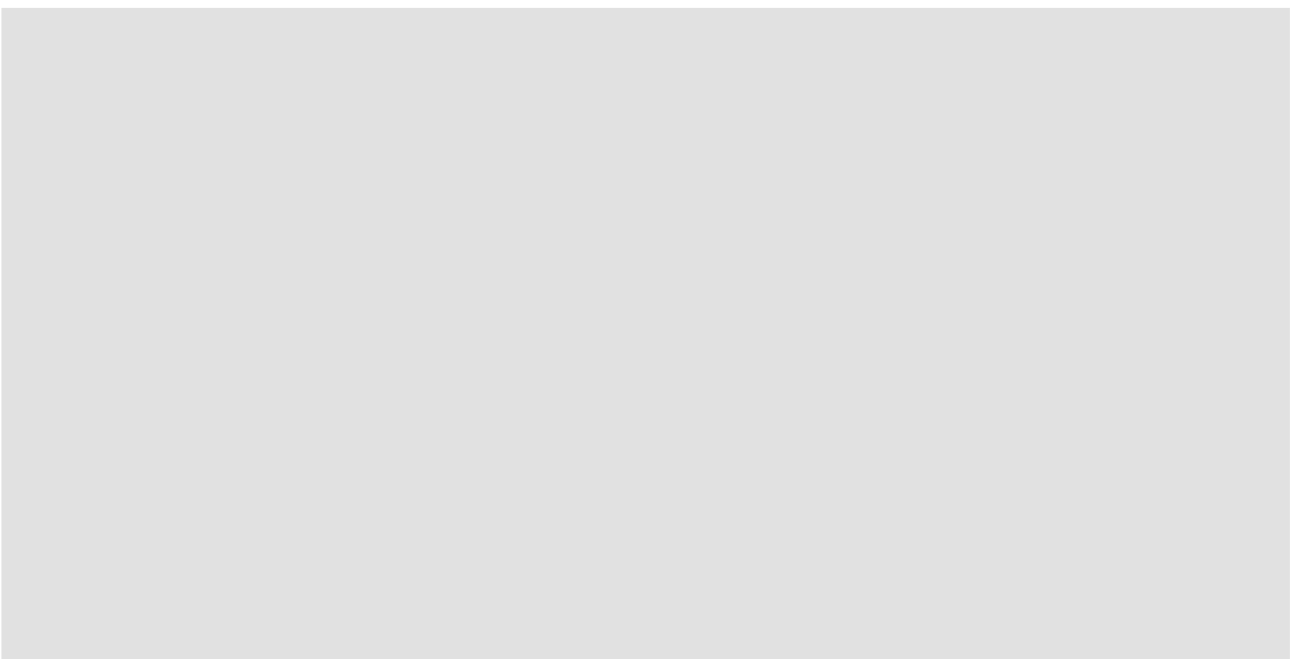
Thinking Bigger

Structures, Systems, and Interest Areas

Pick a structure or system such as education, healthcare and wellness, governance, economics, justice, military, law, family structures, food systems, waste management, media, journalism, infrastructure, etc and describe how it could work in this world:



Pick a topic that you care about or are involved with and describe what it could look like in this world:



"To have more humans
visioning what is a viable, thriving
civilization aligned with our
evolving capacities,... I think that's
actually one of the most critical
things that has to be happening
more for humanity to make it
and for those positive visions to
come about."

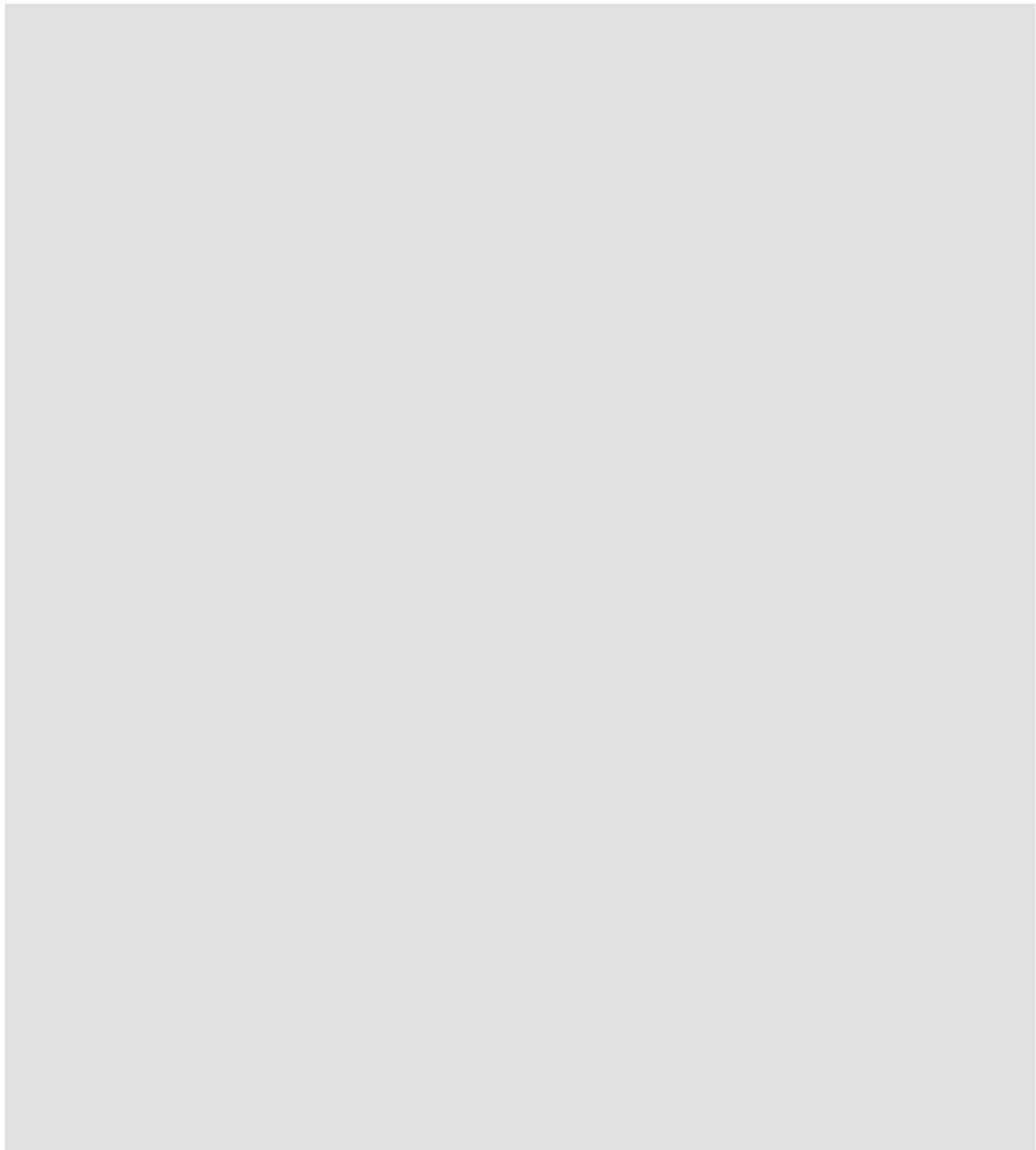
~ Daniel Schmachtenberger



Reflections

What have you learned from Step 1?

Given all that you explored in Day 1, feel free to use this space for reflections, insights, ah-has, inspiration, things you'd like to research further, or anything else you'd like to add...

A large, empty gray rectangular area intended for writing reflections. It occupies the lower two-thirds of the page, providing a dedicated space for the user to write their thoughts, insights, and inspirations based on the activities of Day 1.

STEP 2

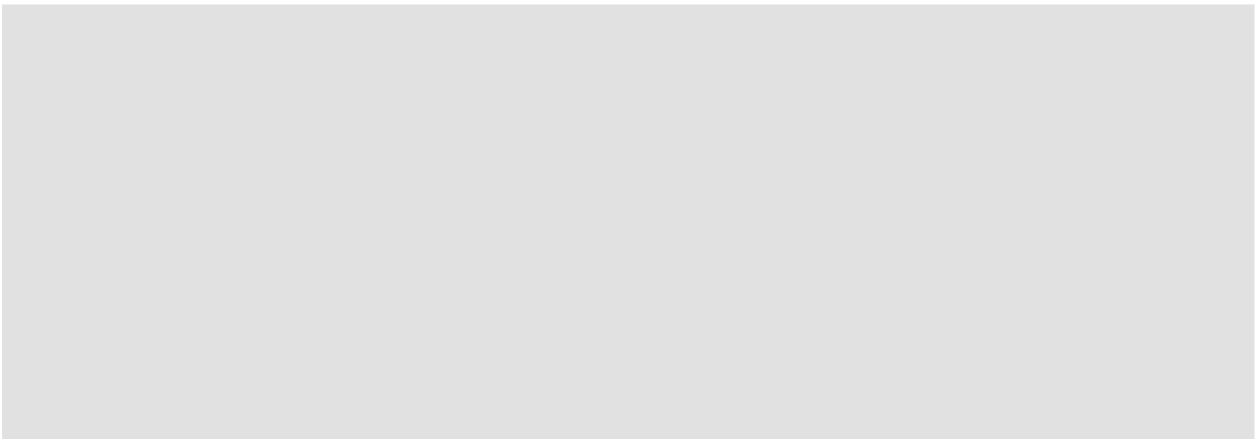
Being

CLARIFYING HOW
YOU CAN EMBODY
THAT VISION

Being

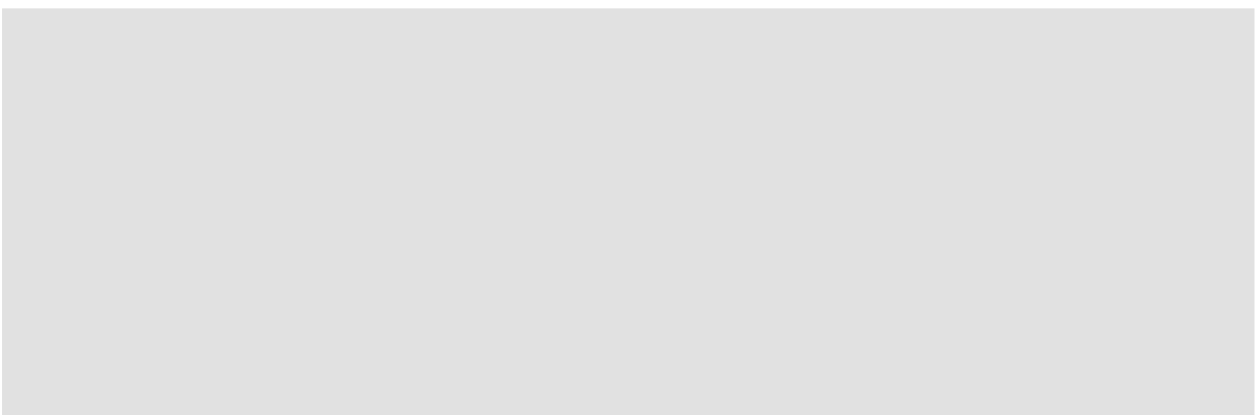
How can you embody that?

Look back at what you wrote yesterday about how people in this world live. In what ways are you already embodying these qualities, how ever small or large?



Let's celebrate that! And in acknowledging the ways in which we can still grow, let's remember to be kind with ourselves and to practice forgiveness. We are all always growing, evolving, and ever becoming; it is an endless journey. How fortunate we are to have the capacity to become more of who we want to be!

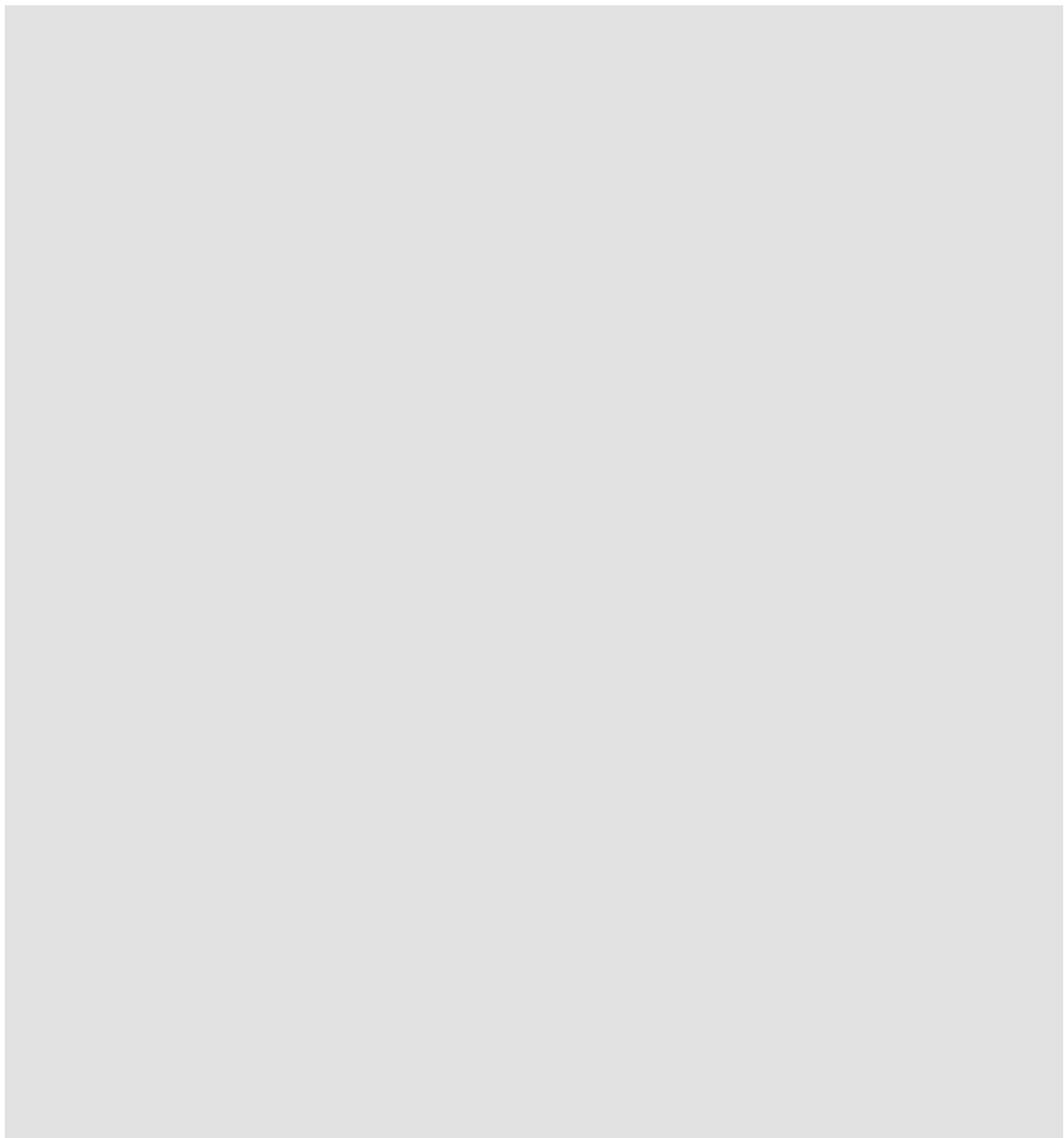
What would it feel like to step more fully into the person that lives in that world?



Being

How Can you Embody That Ever More Fully?

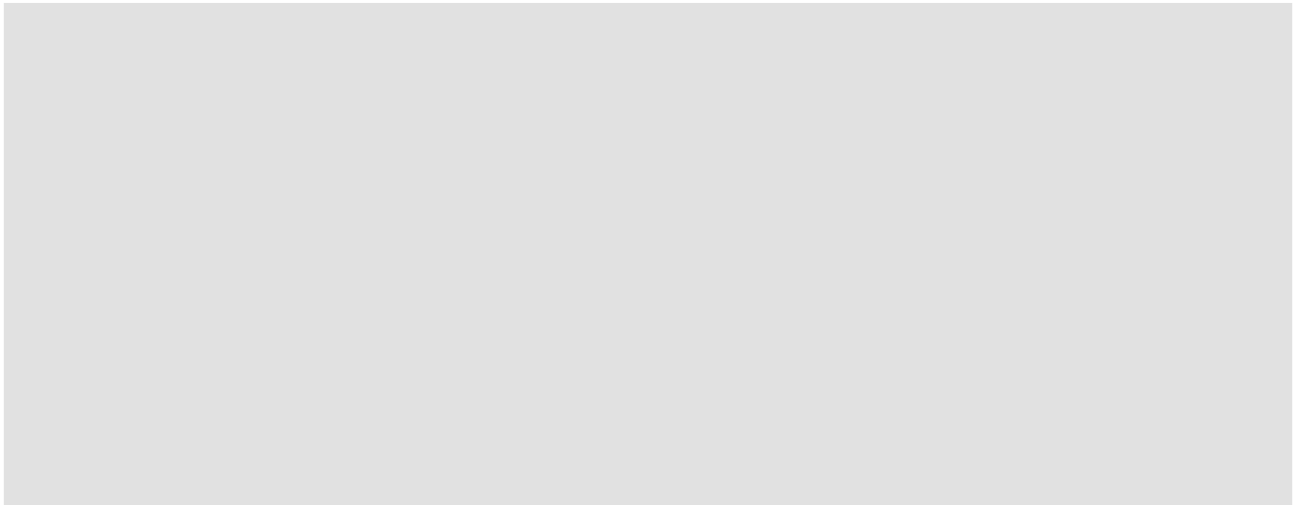
How can you be the type of person that lives in such a world? Imagine you are in that world again. What qualities do you embody, how do you live, show up, stand, spend your time, treat others, treat yourself, etc? Describe the you that lives in this world in vivid detail. How can you be that person now?



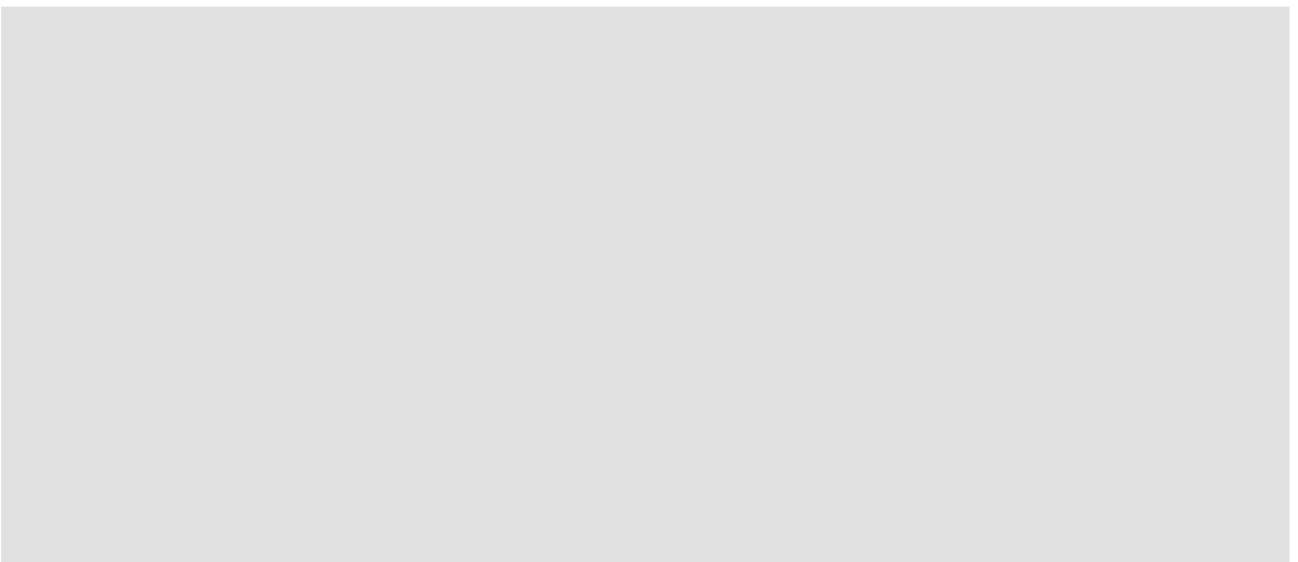
Becoming

How Will You Become That?

What practices could you do to help you become this person more fully?



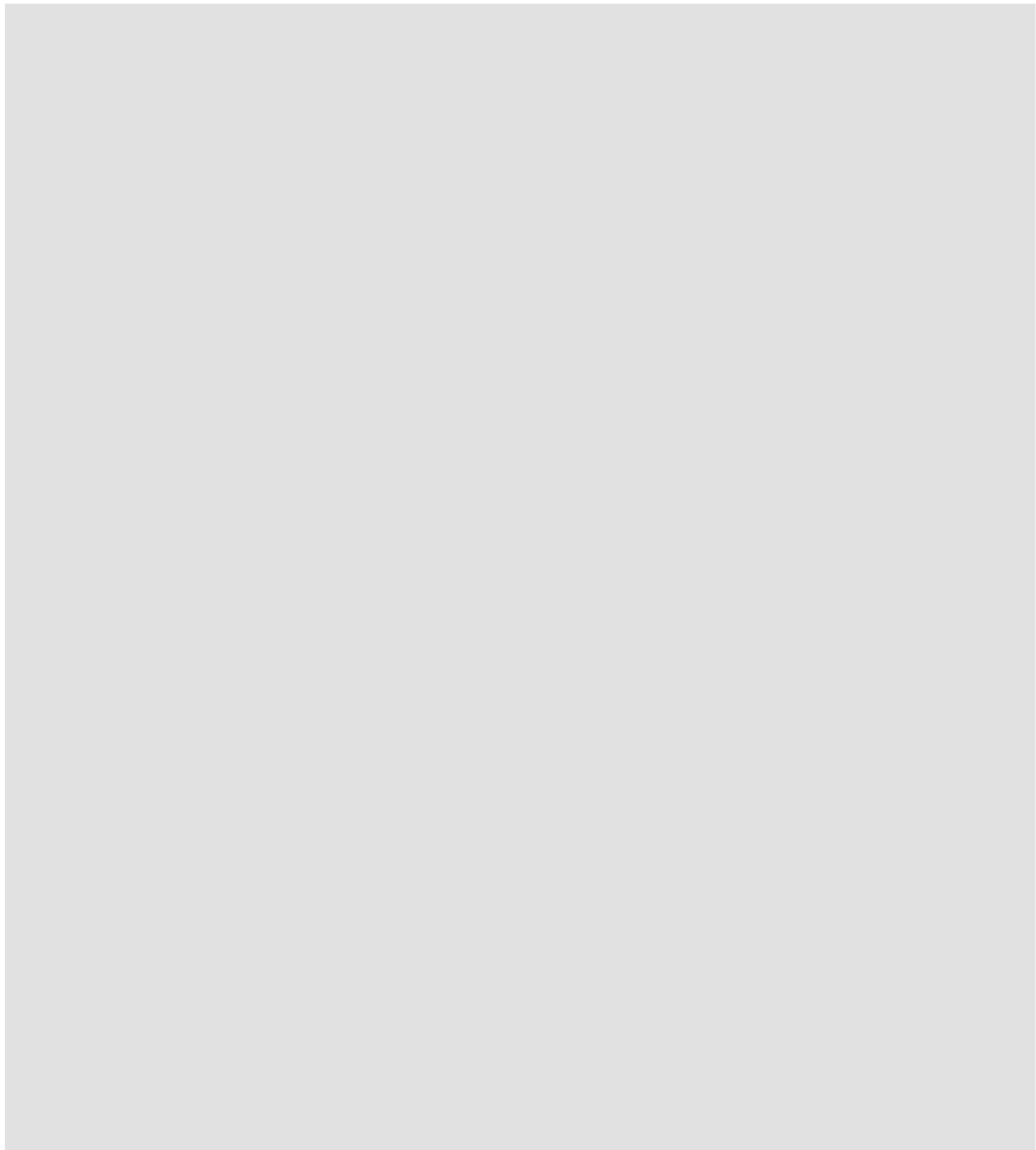
How can you support yourself to live in these ways? Maybe it's taking a local meditation class, learning about how to work with intense emotions, remembering the larger vision when you're lacking motivation, educating yourself, putting yourself in environments that call forth such qualities, surrounding yourself with a like-minded community, etc. Create your own list.



Reflections

What have you learned from Step 2?

Given all that you explored in Step 2, feel free to use this space for reflections, insights, ah-has, things you'd like to research further, or anything else...

A large, empty gray rectangular area intended for writing reflections. It occupies the lower two-thirds of the page, providing a dedicated space for the user to write their thoughts, insights, and research interests based on their experience in Step 2.

STEP 3

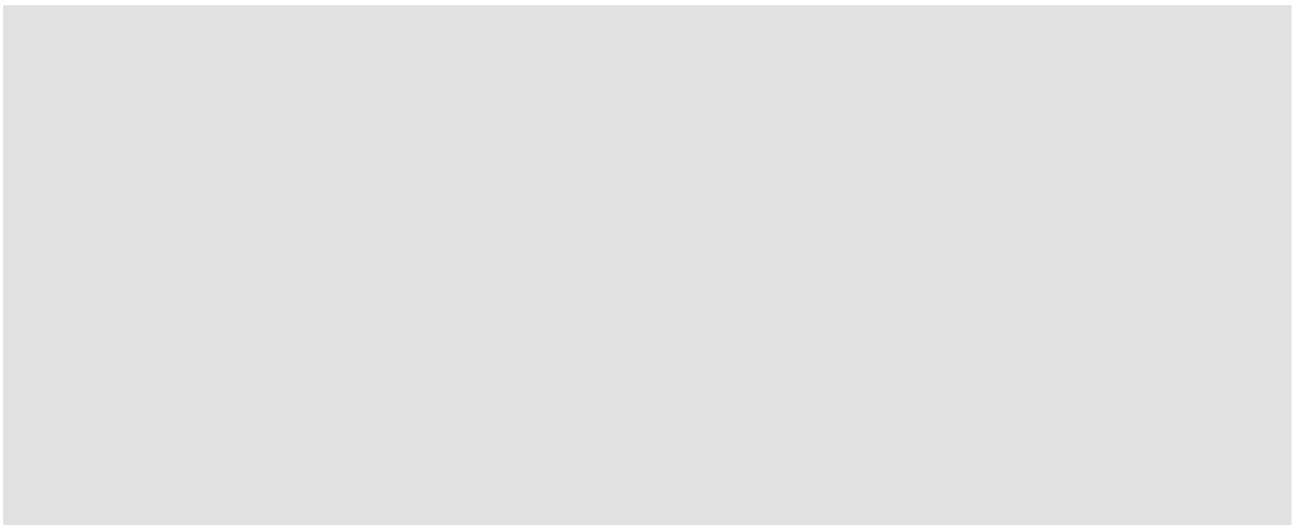
Creating

CLARIFYING HOW
YOU CAN CREATE
THAT WORLD

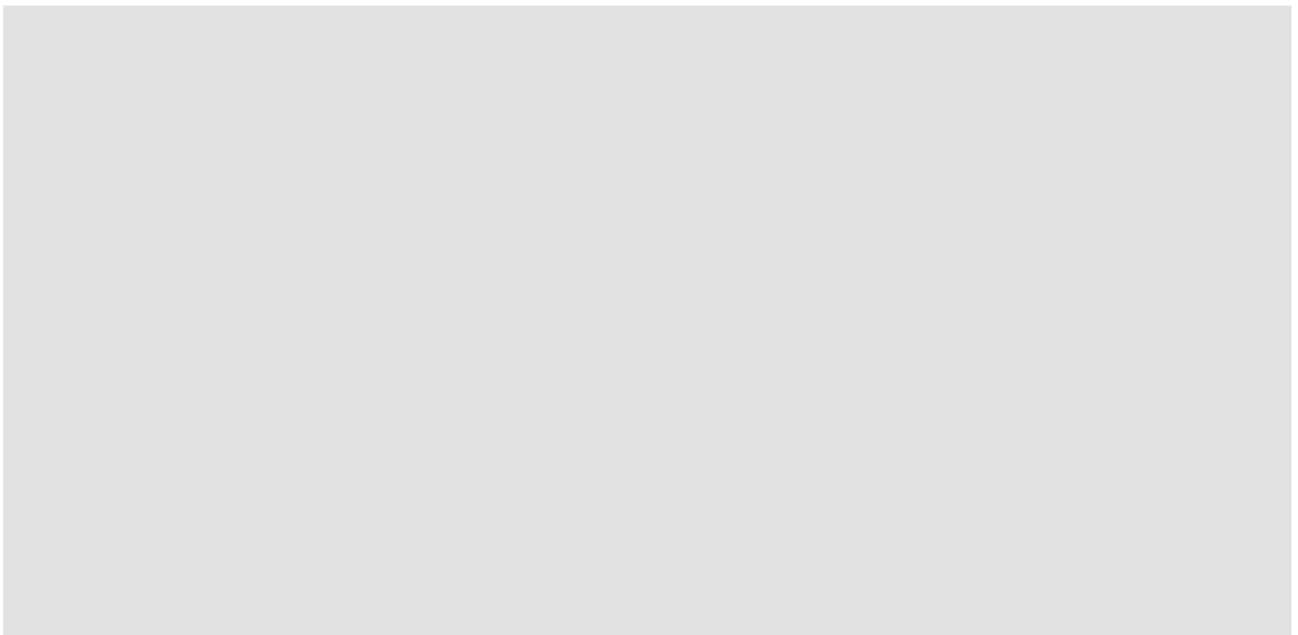
Creating That World

How will you help create this more beautiful world?

Step into that world of peace again; imagine it has been realized on our planet not too far in the future. From that perspective, look back on your life and ask yourself, what did you do? How did you help in its emergence?

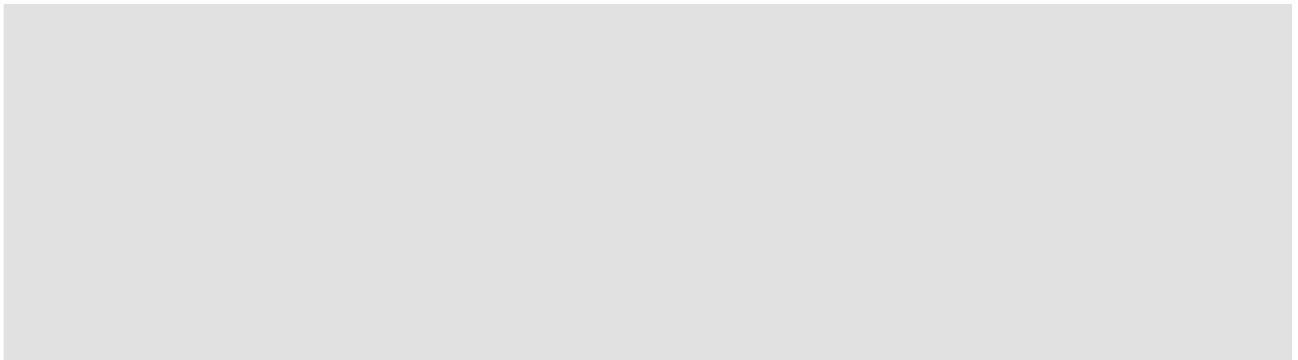


If fears and doubts would not hold you back, what do you most long to create to help realize this more beautiful world?

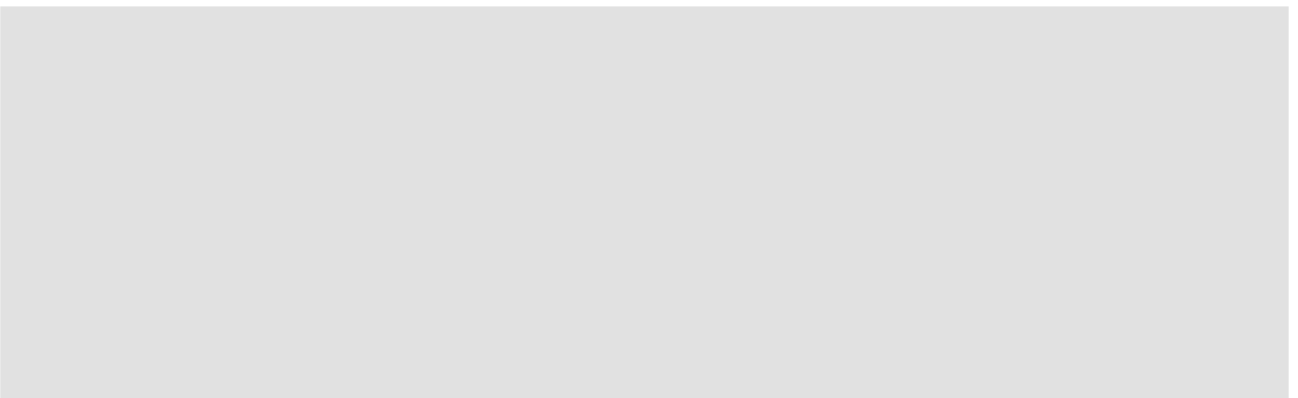


Taking Action

Out of all you've explored these last three days, what calls to you the most? How do you want to help create this world? What do you long to create? How can you shine your unique pixel light?

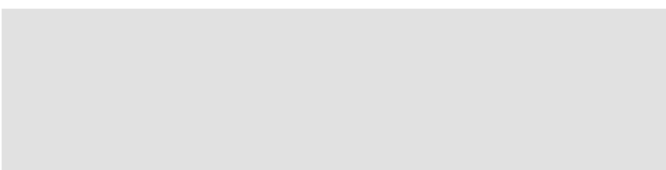


Brainstorm a list of actions you could take:

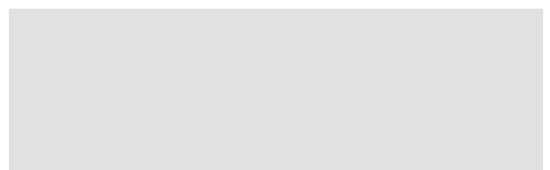


Considering all your ideas, pick one thing you will commit to do.

I will...



By this time...



BeThePeace Challenge Recap

Three words that capture your vision:

Finish this sentence: I want to live in a world in which...

Three words that describe who you will be:

One sentence about how you'll practice becoming this person:

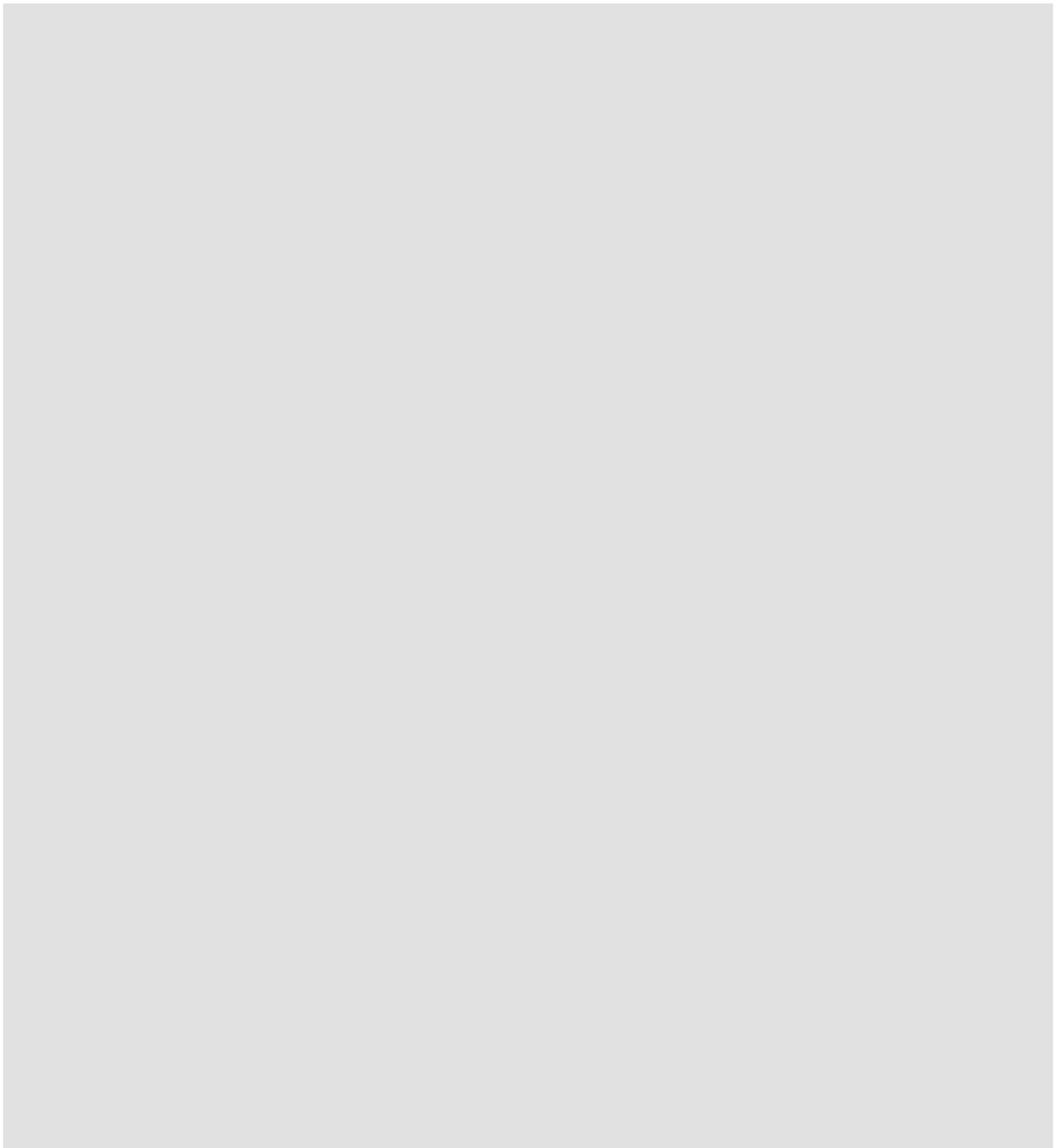
Three actions you will take:

Finish this sentence: In order to help create this world, I will...

Reflections

What have you learned from The BeThePeace Challenge?

Reflecting on the whole BeThePeace Challenge, what did you learn? What do you take with you? What has been sparked? How will you create ripples of peace?

A large, empty gray rectangular area intended for writing reflections. It occupies the lower two-thirds of the page, providing a space for the user to answer the questions posed above.

Thank you for participating!
To learn more about The PeaceRipples Institute, check out
the website and stay tuned for more offerings that support
you to create ripples of peace in the world.

Follow @PeaceRipples on Instagram and Facebook



THE PEACERIPPLES INSTITUTE

Seasonal offerings for a vibrantly flourishing life

