Video **A Message of Peace** (14 min.)
"There is one thing that has never changed on the face of this earth, and that is the true desire for peace that resides in the heart of every single human being."

Reflection
This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

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Video **Peace Begins With You** (12 min.)
"A baby knows how to cry, how to laugh. These are fundamental things nobody has to teach. The desire for peace is also fundamental. This is who we are."

**Life's Promise** (21 min.)
"Despite all the problems, all the things that are wrong in this world, there are some things that are really, really good. That perfection, that beauty, is in you."

Reflection
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Video **A Possibility** (2.5 min.)
"This is a possibility that is being awakened, because that which you are looking for is already inside of you. This is introducing you to you."

Article **The Mirror on the Wall**
"What is the face of peace? Peace does not belong to any nation, any society. Peace belongs to people like you and me. Within you lies the possibility of peace."

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Video **Here to Enjoy** (19 min.)
"You want to enjoy everything you do — and you should enjoy everything you do. What can your heart enjoy? This is the question."

Reflection
This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

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Video **The Ant Story** (4 min.)
"There were two ants. They met, and one ant said, 'I am from the sugar hill.' The other ant said, 'I am from the salt hill. What does your sugar taste like?' The ant from the sugar hill said, 'Come to my hill. You can taste it, and you will know.'"

**Look Within** (25 min.)
"I don't refer you to a book. I don't refer you to a place. I don't refer you to some ideology. I refer you to you. This is the book — within you. It has all the answers you'll ever need."

Reflection
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Video **Appreciation** (4 min.)
"What does it really mean to appreciate? When appreciation is turned not to the things you have in this life but to life itself, the appreciation that comes is unique."

**The Businessman and the Magic Stone**
A man appeared at the door of a businessman offering a stone that turns metal to gold. He said, "I'm just letting you use it for a while. One day I will come back to collect it."
Video  
**Know Your Strength**  (12.5 min.)
In every human being, "there is a mind, and there is a heart. The heart
in you will choose clarity over confusion, peace over turmoil; and the
choices are ours."

**Reflection**
This time is provided to think about what you’ve just heard, write
about it in your workbook or share your reflections.

**Strength That Lasts**  (16.5 min.)
“Know that your house is strong.”

**Your Story**  (16 min.)
"Should your life be about suffering, pain, anger…or an interesting story?
The biggest adventure that’ll ever unfold in your life is you finding you.”

**Reflection**
This time is provided to think about what you’ve just heard, write
about it in your workbook or share your reflections.

**Rhythm of Clarity**  (6 min.)
"This is your story. The story should have hope, and hope is tied
to clarity. The rhythm of clarity — one breath at a time.”

**Article**  
**Journey of Life**
In this journey of life, “you can think, see, admire, feel. You can
be whatever you are. Can you be fulfilled? The answer is yes.”

Video  
**The Questions We Ask**  (18 mins.)
“Sometimes, you look up at night, you see the stars, and you feel
insignificant. However insignificant you may think you are, you can
not forget the miracle that takes place when this breath comes
and goes.”

**Reflection**
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about it in your workbook or share your reflections.

**The Lion and the Sheep**  (4.5 min.)
“A shepherd came across a helpless lion cub and put it in the barn
with his sheep. As time passed, the cub got bigger, playing and
grazing with the sheep. One day, in the field, a huge lion came and
said to the scared little lion, ‘Why are you pretending to be a sheep?’”

**Be Your Own Hero**  (22.5 min.)
"You should be your hero. There’s only one way to be your hero. Do
something spectacular. And I’ll tell you what is spectacular — be
fulfilled.”

**Reflection**
This time is provided to think about what you’ve just heard, write
about it in your workbook or share your reflections.

**The Instrument**  (6 min.)
"Contentment, peace, joy — these are the notes of this instrument
when you play it right.”

**Article**  
**The Lion and the Sheep**
“We are not what we think we are. We are more than that. Each of us
is a precious gift.”
**Every Day Matters** (22.5 min.)

“In this life, it matters what you understand and what you don’t understand. It matters whether you feel contentment or do not feel contentment. Every day it matters.”

**Reflection**

This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

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**The Queen’s Necklace** (4.5 min.)

“One day a crow saw the queen’s necklace on a hook, picked it up and flew off. Landing on a tree, he dropped it on a low branch, where it dangled over a filthy river. A general, the king’s minister, the king and more people jumped in the river, but it wasn’t there…”

**Knowing vs. Believing** (20 min.)

“If you’re looking for descriptions, explanations, rules, something to believe in, you won’t find it here, because this is not about believing — that’s not the realm of the heart. The realm of the heart is knowing.”

**Reflection**

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**Best Friend** (6.5 min.)

“Think of life like this: it is your opportunity to spend time with the best friend you ever had, to be with the ultimate clarity.”

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**The Sugar Ant and the Salt Ant**

“What I talk about is for you to be able to drink the water yourself — not for somebody else to drink the water and tell you how good it was.”

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**Compassion** (15.5 min.)

“When you are touched with admiration, gratitude is not far behind. When you get gratitude, you get passion, then compassion, and then you have understanding.”

**Reflection**

This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

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**Two Parrots** (3.5 min.)

“A person raised two very special parrots and taught them everything he could: formulas, Newton’s laws of physics, great literature, but there was one thing they hadn’t learned…”

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**Life: A Limited Edition** (28 min.)

“You have hate in you; you have love in you. You have clarity in you; you have confusion in you. You need a mirror to understand what is happening, to turn within and listen, not to words but to that feeling.”

**Reflection**

This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

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**Miracle** (5 min.)

“Life is a gift. I want to understand it as clearly as possible before I lose the ability to understand that this life is a gift.”

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**The Archer and the Oil Merchant**

“What do you practice? Whatever you practice you will become good at it. Practice the peace that lies in your heart, and you will become good at it.”
Admiring Life  
(19.5 min.)
"Find out what you have, because what you have is unparalleled. It is the gift of all gifts, the wealth of all wealths, the beauty of all beauties."

Reflection
This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

The Farmer and the Buried Treasure  
(3 min.)
"A man bought a piece of land, worked hard, became rich and buried the gold on his farm. Before he died, he called his children and told them that if they work the farm, they can have everything they want and more."

Remembering Our Humanity  
(19.5 min.)
"Do you know that every human being on the face of this earth is original? No copy. No duplicates. Absolutely unique. Even identical twins are unique."

Reflection
This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

The Journey  
(8 min.)
In this journey of life, “you have to walk. If you proceed in clarity, if you proceed with this heart, the journey will not only be successful, but very joyful.”

Three Brothers Found Gold
“When three brothers found gold, they each did something different with it. One prayed to it, one wrote essays about it, and one sold it and bought a farm.”

The Seeds  
(21 min.)
"We are given seeds. There is the seed of anger, but there is also the seed of kindness. There is a seed of doubt, but there is also the seed of understanding. Whatever seed you have sown in your garden, you’re going to sit under and rest."

Reflection
This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

Choosing What’s Real  
(25 min.)
“The choices that you made, from that baby you once were to the person you are now — were they conscious or unconscious choices? Did you come to each intersection and say, ‘I’m going to go this way’, or do you not actually know how you got there, but you’re there?”

Reflection
This time is provided to think about what you’ve just heard, write about it in your workbook or share your reflections.

Today  
(6 min.)
“This is your time. This is your moment. Either embrace it or reject it. It will come, because it’s a gift. It will come again and again, till it will come no more.”

Trees in the Garden of Life
"Sow the seed of love, and you will be rewarded with love. Sow the seed of understanding, and you will be rewarded with understanding.”
Source of Hope (17 min.)

"You are the source of a tremendous amount of good. You are the source of a tremendous amount of hope and clarity. And yes, you are the source of a tremendous amount of peace."

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Find Your Dream (24.5 min.)

"Maybe every single one of your dreams has not come true yet, but that doesn't mean it won't. Find the dream that is the most important to you, and you will find that that dream isn’t to climb on top of the world. That dream is to be fulfilled."

Reflection

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Always Remember (9 min.)

"It is not about the length of the night, but that the sun does rise and the morning does come. It’s not about the lists of the failures, but about each success that took place."

The Door to You

"All your life you have seen two doors: the door you came through the day you were born is the first. The door you’ll go through when you leave is the second. But there is another door: the door to you."

To Be Content (23.5 min.)

"We come; we go. This is going to happen, regardless. The opportunity that I talk about is the opportunity to have fulfillment while we are alive."

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Your Possibility (20.5 min.)

"This is about life — your life, my life — being here on this planet. It is about having this possibility to exist; it is about an aspiration in the heart of every human being to be fulfilled."

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Fulfillment (7 min.)

"You can feel contentment, joy, happiness. This is not speculation. This is possible. It is very, very possible."

The Bunny and the Lion

"When both the mind and the heart are complete, you have this feeling called fulfillment. You are not a person who is just trying to survive, but a person who is thriving."