



Module #3 of 10

*UK Extension's*  
**Universe of**  
**Possibilities™**

**TEACHING OUTLINE—THE WAY OF PEACE**

***THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication *The Way of Peace*, the third of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *The Way of Peace*.***

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *How might we, as individuals, bring more inner and outer peace into our personal lives? What types of problems tell us that more peace is needed in many of our families? Is there anything that we, as individuals, can do to reduce war and strife among nations? How else can we promote peace?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Go over the introductory section and “The Power of Peace” on Page 4. Discuss the benefits of peace as opposed to our everyday reality of invisible wars and outright violence. Even brief negative thoughts and harsh words can be damaging; but when we imbue our hearts and actions with peace, we all benefit in multiple ways.
- ◆ Introduce the idea to “Make Friends with Conflict” on Page 4. Show that conflict is inevitable but that it doesn’t have to be negative.
- ◆ Emphasize “catching stress early” by paying attention to the early signs of stress and by employing good stress-relief techniques (Page 4).
- ◆ You’ll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ Spend time discussing and practicing the tips on Breathwork (Pages 6 and 7).
- ◆ It’s important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It’s always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.