

The Foundation for Living Inner Peace's mission is world peace through inner peace. Our purpose is to put an end to individual suffering and conflict among people by teaching life strategies that embrace peace. Our programs provide insight, structure and direction for improving the quality of life for each individual, ultimately affecting our schools, our work environments, our communities, and the global society at large.

Living Inner Peace™

Training Programs

Orientation *Plus* The Process



*Teaching Intuitive Listening, Celebrating Divine Guidance,
Honoring All Faiths, and Encouraging
Love and Acceptance of All Beings*

FOUNDATION FOR LIVING INNER PEACE
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BE PREPARED FOR YOUR TELECLASS:

1. Review the Program Orientation on Pages 11-13 to get answers to some of your questions prior to the class.
2. Review the Teleclass Guidelines on Page 14.
3. Write down your Leader/Trainer's Name: _____
4. Write down your meeting date and time: _____
5. Write down the telephone bridge No.: _____

FOUNDATION FOR LIVING INNER PEACE

Glossary of Terms

Coach:	One who has completed the Basic Training Program
Donor:	Offers financial contributions to the Foundation
Facilitators:	Group Leaders, Coaches and Trainers
Group Leader:	Those who facilitate the Inner Peace Circles
Host:	One who brings people together for a Circle meeting
Inner Peace Circles:	Small groups working through the Pain to Peace Process
Living Inner Peace Book:	Living Inner Peace: A Personal Guide to Greater Happiness by Wanda Marie
Living Inner Peace Programs:	Courses based on teachings from the book
Members:	Those participating in an Inner Peace Circle
Network:	Our Social Media Facebook Page
Sponsor:	One who pays the tuition for 10 or more students
Students:	Those enrolled in the LIP Training Programs
Trainer:	One who completed the Advanced Training Program
Workshops:	Classes facilitated by our Trainers on various topics

Living Inner Peace Training Programs:

1. Transforming Pain to Peace Group Leader Orientation/Training (1 month)
2. Living Inner Peace Basic Training & Leadership Program (3 months)
3. Living Inner Peace Advanced Training & Career Development Program (9 months)

FOUNDATION FOR LIVING INNER PEACE, INC.

World Peace through Inner Peace

Our purpose is to put an end to individual suffering and conflict among people by teaching life strategies that embrace peace.

Why Inner Peace?

Inner Peace because statistics show that many illnesses are stress related, and much of it is due to our imbalanced lifestyles, heavy work schedules and deadlines to be met, a lack of rest and recreation, not enough family quality time, fear of the economy, fear of terrorist attacks, fear of living our lives fully. Inner Peace because much of the crime and violence we experience in our society is caused by hurt or wounded individuals unaware of how to eliminate their pain and suffering. Inner Peace because the pain causes of heart attacks, obesity, substance abuse, depression, anxiety and a rising suicide rate among our children. Inner Peace because right now, there is no other choice.

Mission: Our mission is world peace through inner peace. Our purpose is to put an end to individual suffering and conflict among people by teaching life strategies that embrace peace. We believe there cannot be world peace until there is inner peace. Our job is to teach individuals how to transform their pain to inner peace and lead healthier, balanced and more productive lives. We do this by providing free Inner Peace Circles and affordable workshops and training programs. **Our Vision** is a society of peace and unity among people of all religions, all nations, all backgrounds, ages, sexual orientations and occupations. *We see groups and individuals shifting from competition to cooperation, from separation to oneness, from ignorance to wisdom, from judgment to acceptance, from pain to peace.*

The Foundation: The Foundation for Living Inner Peace was created based on the teachings from the book, *“Living Inner Peace: a Personal Guide to Greater Happiness”* by Wanda Marie. The book offers 6 tools and 7 principles in a step-by-step process for transforming pain to inner peace. From the book a course of study has been developed into a 12 lessons of study. The first 3 lessons make up the Living Inner Peace Basic Training Program, while the remaining 9 lessons make up the Living Inner Peace Advanced Training Program. In addition to the training programs, community workshops and events teaching the principles have been established for people to come together in small group settings, referred to as *“Inner Peace Circles™.”*

An Inner Peace Circle™ is established when a small group of individuals create an intimate environment and safe space for each other to grow. It's where individuals get to explore who they really are, outside of their work environment, outside of their pain, outside of all of their daily obligations. An Inner Peace Circle™ is where people begin to connect with their true selves by connecting with other like-minded individuals choosing peace.

Those who want to take the work deeper and help others, commit to taking the Training Programs, learning not only the tools to enhance their own lives, but learning leadership skills for teaching others. Our goal is to have Inner Peace Circles™ established worldwide where people are teaching peace and helping each other to change their lives.

What are the Benefits?

- Letting go of past anger, pain and self-defeating resentment.
- Learn effective stress management and self-care tools for everyday life.
- Start feeling lighter, healthier, more energetic, creative and productive.
- Learn to handle difficult situations with greater clarity and calmness.
- Handle confrontations from a place of inner peace and integrity.
- Demonstrate more love and compassion for family, friends & co-workers.
- Feel more confident, free, authentic and alive.
- Meet and develop a community of like-minded friends across the nation.
- Become a more peaceful presence in the world.

Tuition in the Leadership Training Program includes:

- The Living Inner Peace™ Training Modules, a new lesson each month;
- A 90-Minute Living Inner Peace™ Tele-seminar each month;
- Three small group follow-up sessions with a designated Coach each month;
- Ongoing email support;
- 20% Discount on private counseling and coaching sessions;
- Leadership opportunities upon completion of 3 months of training;
- Career Development workshops in the Advanced Training Program; and
- A network of friends across the globe all dedicated to improving their lives and helping others do the same.

Know that you are not only making a difference in your own lives and helping to teach others, but a portion of the proceeds from your financial contribution to these Programs reach out to those in need, helping to make the world a better place.

Living Inner Peace™ Programs

(Programs that heal the soul, feed the mind & transform the world)

Hosted Inner Peace Circles™ - (By Donation)

Held at various times and places by individuals, organizations or community groups

Hosting a private Inner Peace Circle is a very loving thing to do for a family when the family has experienced a loss or facing extreme challenges; when a co-worker has been injured; when life takes a turn for the worse and a particular group of individuals has been affected. Contact our office to host or join an Inner Peace Circles for those you care about.

Regular Inner Peace Circles™ - (Free Circles)

Held at various times and places by individuals, organizations or community groups

These are Circles facilitated by Group Leaders who are passionate about Living Inner Peace and want to bring the teachings to their communities. There is no charge and it is strictly a community service to those in need.

Affordable Inner Peace Workshops - (\$22 Registration)

Dates and Times Vary depending on facilitator

Workshops provide valuable lessons for living inner peace relating to personal topics such as relationship issues, health concerns, money matters, spirituality, work life balance, etc. You may register through our website or call our office for a list of classes and events.

Pain to Inner Peace Weekend Workshops -

2-Day Weekend Intensive for Transforming Pain to Inner Peace *(Powerful Healing Circle)*

These are powerful healing weekends where people come together and learn the 12-Step Process for Transforming Pain to Peace facilitated by Wanda Marie, the author of the Programs. The weekend provide a safe space for personal growth, open sharing and positive feedback. Registration is \$125 for the 2 days and includes all materials. Held throughout the year in our Los Angeles location, near LAX.

Career Opportunities

Become an Inner Peace Coach and Licensed Trainer

(new classes begin the first week of each month – via Teleclass)

Become an Inner Peace Coach: This 3-month Training Program prepares students for a rewarding life filled with service and gratitude. Once a month students receive a **90-Minute Inner Peace Training Seminar** that offers detailed instruction and experiential lessons on the 6 Basic Tools for Inner Peace, plus **weekly support group sessions**. Once students complete three consecutive months of training, they have an opportunity to **become an Inner Peace Coach** and share what they've learned with others, enhancing their leadership skills. At this point, students may also **begin taking on private clients and charging a nominal fee for their services**. Once students successfully complete the Coaches' Training Program, they are invited to participate in the Advanced Program which includes Career Development Workshops for becoming a Licensed Inner Peace Trainer.

Living Inner Peace™

Basic & Advanced Training Programs

***(One 90-minute teleseminar each month with
Two to three follow-up teleconferences)***

Basic Training Program: The 6 Tools (Prayer, Affirmation, Imagination, Meditation, Journaling & Giving). The objective of basic training is to remind the advanced student and to provide the beginning student with the foundational tools necessary to be able to access deeper levels of inner peace within themselves.

- Class 1:** Prayer: How to commune with God more gracefully.
Affirmation: How to create declarations that neutralize negative programming.
- Class 2:** Imagination: How to use the power of imagination to change your life.
Meditation: How to meditate for deeper insights and personal guidance.
- Class 3:** Journaling: How to use journaling as a focusing tool for success.
Giving: How to give from a place of pure joy.

Advanced Training Program: The 7 Principles (Awareness, Acceptance, Forgiveness, Gratitude, Faith, Surrender, Service). The objective of the advanced training is to provide students with the core principles for being able to live their lives from a place of greater peace and balance out in the world of effects. Students are taken through powerful processes for creating paradigm shifts in consciousness totally transforming their lives.

- Class 4:** Awareness: Experiencing who you really are beyond your pain and suffering.
- Class 5:** Acceptance: Becoming empowered as you learn to accept the unacceptable.
- Class 6:** Forgiveness Part 1: Finding inner peace with past hurts and personal mistakes.
- Class 7:** Forgiveness Part 2: Learning to use forgiveness as a tool for successful living.
- Class 8:** Gratitude: Learning how to transform resentment into gratitude.
- Class 9:** Faith: Learning to shift from fear-based decision making to faith-based.
- Class 10:** Surrender: Releasing limited thinking and surrendering to full potential.
- Class 11:** Service: Healing your life through being of service to others.
- Class 12:** Wrap up session. Questions answered in preparation for testing and certification.

The Inner Peace Circles™ Orientation

Welcome from Wanda Marie:

Welcome to the Living Inner Peace™ Training Programs. Through small intimate groups, you will be studying how to Transform Pain to Inner Peace in your own life.

My Spiritual Nature:

As you begin this journey, you need to know that as the developer of the Living Inner Peace Training Programs, I am a Spiritual Teacher who draws mostly upon my own inner guidance. However, I often incorporate spiritual teachings and practices from various religions that I find to be powerful and extremely helpful. I absolutely love some of the Hindu and Buddhist teachings of the East. I love to use some of the ceremonies from the Native American traditions. And, being brought up Baptist, I've read the Bible cover-to-cover twice. The first time I was trying to intellectually have it make sense to me. That didn't work. So I read it again just allowing myself to feel what was being said. I then got what I needed from it. I still don't understand most of it, but there is a spiritual connection within me that does. And that is what I trust to guide me, to take care of me, to love me, to be there for me at all times. I am at peace because I don't have to know it all, my spiritual connection IS my source and my supply always. And that is the solid spiritual foundation I offer to you through our Programs. Not my religious background, not my truth, but to create a space safe enough for you to find your own.

Through our teachings, you will learn and practice certain tools and principles that will lead and guide you to a deeper part of yourself so that you may become more authentic and live a more peace filled and empowered life.

Using the Word “God”:

I love to use the word “God.” Some people don't like the word for different reasons. Some of my clients, when they first came to me, could not even say the word because it held such a negative feeling for them due to their upbringing. And then there are those who prefer to use other words for God, such as Allah, Buddha, Atman, Jesus, Higher Self, Higher Power, Supreme Intelligence, Universal Force, etc.

Throughout our teachings, whenever you hear the word “God” or you see the word “God” written in any of our materials, I'd like you to train your mind to have that word mean something to you that is more powerful, more loving, more accepting, more magnificent, all encompassing, all knowing, all intelligent, so intelligent that it created you and filled you with the breath of life. And, because it created you, it's instinct is to provide for you, to guide and direct you, and to take absolute care of you at all times, even when you are stubborn and resistant.

Rules for A Safe and Supportive Learning Experience:

This is going to be a powerful journey, and before you get started, here are some ground rules for establishing a safe and supportive environment:

1. No judgments - we are not that evolved yet.
2. No gossiping - remember what you put out always comes back.
3. No debates - we're here to teach you, not convince you.
4. Own your sharing - speak only for yourself.
5. Honor the time together by being on time to each session.
6. Participate as much as you can so that everyone may be blessed by your sharing.
7. **Practice laser sharing** - No unnecessary details. Give the update or situation, your insight and what you think your next step should be. Do this in 5 sentences or less for each part. **Update, Insight & Next Step** is all that is necessary so that everyone has a chance to be heard and receive feedback. No share hogs please.
8. Honor yourself by always telling the truth.

Rules for Having the Circles Work For You:

1. You must be willing to work the Processes fully and completely.
2. You must set an intention to live your life from a place of inner peace, regardless of circumstance.

Our Purpose and Reason for Being Here:

Our purpose and the reason we are here is:

1. To help you transform your pain to inner peace;
2. To create a safe space for personal reflection and exploration;
3. To assist you in cultivating a deeper sense of inner peace and personal freedom that extends far beyond the Circles and out into the world; and
4. To hold for you such a space of pure open and unconditional loving that you feel free enough to fully express and be yourself.

You may participate in the Circles as long as you like, leave whenever you want, or stop one and join another Circle at any time. We are here to be of service to you. If at anytime you feel we are not bringing out your very best, I want to hear from you. As Executive Director of this Program, you may contact me at any time by email at Wanda@LivingInnerPeace.com. If you have not received a reply within 2 business days, then you may call me on my direct number at (310) 670-4130. But please send an email first with your phone number and the best time to reach you.

Welcome to Living Inner Peace.

TELECONFERENCE GUIDELINES

What is a Teleclass or Teleseminar?

A teleclass or teleconference is a class or discussion group which is conducted via a telephone conference call on what is called a bridge line. No special equipment is needed by the participants; just a regular telephone. All callers dial into the same number (designated bridge phone number) at the time of the conference and are automatically connected to each other. Teleconferences are very interactive, meaning that you may speak and ask questions or discuss key points with the leader and with other participants at appropriate times.

GUIDELINES TO FOLLOW

1. **PUT YOUR DOGS AND KIDS IN ANOTHER ROOM.** Find a quiet room/place to make your call. Background noise is very disruptive so no speaker phones please.
2. **TURN OFF ALL OTHER PHONE RINGERS.** If there are other phones, including cell phones around, please turn off ALL the ringers. Also, turn off all background music.
3. **DISABLE CALL WAITING.** If you have "Call Waiting" please disable it before calling by dialing *70, wait for another dial tone, then dial our number. Your "Call Waiting" feature will automatically reconnect once you hang up. If *70 does not work on your phone, call your local phone company to get your code.
4. **HAVE PEN AND PAPER.** Be prepared to jot down any notes during the call.
5. **PLEASE CALL ON TIME.** If you are calling in from another area code, you will be charged for a long distance call, depending upon which long distance carrier you use. Once you are connected to the group, WAIT for an appropriate time and say hello to the group and state your name so others will know you are there. Those on the call already may hear a click or beep as others join the call, so this can be disruptive if you call in late.
6. Note that **TELESEMINARS MAY BE RECORDED** by the Trainer for training purposes only. Due to the intellectual property laws, personal recording is strictly prohibited.
7. **STATE YOUR NAME** each time Before Speaking so everyone will know who is talking.
8. Try not to do heavy breathing into your mouthpiece, when not speaking, use your MUTE BUTTON, if you have one. If you don't have a mute button pressing the *6 on your phone may work.
9. If you are using a headset, make sure its close to your mouth so everyone can hear you.

The Process

Living Inner Peace™

From Pain to Inner Peace: 10 Truths to Remember

1. Its not about friends, or enemies, only teachers;
2. What we give out, we eventually get back;
3. To blame is to point your finger and lose your power;
4. Anger is a final attempt to control a situation;
5. Control can stunt your growth;
6. Expectations can make you miserable;
7. Peace comes from the inside out, no one can give it to you;
8. Inner Peace regardless of circumstance is your personal choice;
9. Fear locks you up, Love sets you free; and
10. Withholding love is self destructive.

Living Inner Peace™

The 12-Step Process: From Pain to Inner Peace

We Begin by Answering These 5 Preliminary Questions:

1. **What is disturbing my inner peace or causing me stress?** (what's the drama?)
2. **How disturbed or stressed out am I, on a scale of 1 to 10?** (*1 is slightly irritated, 10 means losing sleep at night*).
3. **What is my level of willingness to have inner peace around this situation right now, on a scale of 1 to 10?** (*Must be 5 or above to continue. 1 to 3 means not ready yet, perhaps seek some personal counseling or coaching; 4 to 6 means you could be persuaded but may not be ready enough to commit to change; 7 or above means you are truly ready for the shift from pain to inner peace.*)
4. **What am I feeling?** (*Describe how you feel when you think about the situation. Then describe how you would like to feel. How would your life be different if you felt different?*)
5. **What is my intention?** (*It is important to be clear. Say to yourself, "I'm ready, it's time to have inner peace around this issue right now!"*)

Now the foundation has been established its time to do the work required to take back your power using the 7 Principles for transforming Pain to Inner Peace. Answer the following empowering questions by being completely honest with yourself:

6. **Awareness vs. ig-norance:** What do I need to look at? What is my responsibility here?
7. **Acceptance vs. resistance:** What am I resisting? What can I change, and what do I need to accept?
8. **Forgiveness vs. blame:** Who am I blaming? Am I willing to forgive? (*Level of willingness must be 5 or higher to continue, see No. 3 above*)?
9. **Gratitude vs. expectations:** What were my expectations? What can I be thankful for in this moment?
10. **Faith vs. fear:** What am I afraid of? What do I need to have faith in? What new seeds of faith will I plant today?
11. **Surrender vs. control:** What emotions am I holding on to? Am I willing to let go? (*Level of willingness must be 8 or higher*)?
12. **Service vs. withholding:** Where have I been withholding? What do I need to give to others in order to heal myself?

Close your eyes and see yourself giving fully and completely. Notice how this makes you feel inside. Now radiate that feeling from the center of your heart outward and shower the entire painful or stressful situation with this new sensation, transforming it from pain to inner peace. Now repeat number two above for measurable results. Repeat the entire process if needed or when you feel more ready and willing to make the shift.

Living Inner Peace™

From Pain to Inner Peace: Freedom Declaration

I am aware that this situation was disturbing my inner peace and I had surrendered my freedom to it.

I accept the fact that without my freedom I can do very little.

I am ready to forgive myself and everyone else because I realize that whatever I hold onto has a hold on me, and I am ready to be free.

I am grateful that it is never too late to reclaim my freedom, and I reclaim it right now.

I have faith that everything happens for a reason even though I may not understand it, and I absolutely know that life IS good, and all is well.

I surrender my ego, my anger and my need to control, and I let go, and I let God.

I willingly give from my heart, love to those who may need it the most, for I am free once again, free to be me.

WHAT'S NEXT?

HOMEWORK:

Practice using this process on issues that come up for you over the next few days. If the issue is not too deep, you can **take the shortcut and just go through steps 6 through 12 to transform the issue**. But remember, you must be willing to have peace around the issue before change can take place.

OTHER PROGRAMS:

For those who want more, but are simply not ready to make the full commitment, you are invited to participate in our Inner Peace Workshops and other events. Visit www.LivingInnerPeace.com and join our mailing list to be kept informed.

OUR TOOLS:

On our website you will find several articles and processes, as well as the book, “Living Inner Peace: A Personal Guide to Greater Happiness,” and the audio CD with the guided process for Transforming Pain to Inner Peace. Visit our website at www.LivingInnerPeace.com.

STAY CONNECTED:

Join our social network and stay connected. Look up Foundation for Living Inner Peace on Facebook and become a fan.

PROGRAM EVALUATION

Once a month we ask our Circle Members to complete a Program Evaluation form to help us do a better job. So thank you for taking the time to complete this Program Evaluation to let us know how we are doing, and how you are doing. You may submit your answers in several ways:

1. By email to Wanda@LivingInnerPeace.com or,
2. By Fax to 1-310-670-4130, or
3. By mail to Foundation for Living Inner Peace, 8929 S. Sepulveda Blvd., Suite 215, Los Angeles, CA 90045

Please answer the following questions:

1. Your Name:
2. Your Group Leader:
3. Trainer if in a Training Program:
4. How long have you attended the Circles or Training Program:

Answer the next few questions on a scale of 1 to 5 with 1 being least satisfied and 5 being most satisfied.

5. Rate your Circle/Class environment:
6. Rate your Group Leader/Trainer:
7. Rate your own progress (shifts and insights):
8. Rate your overall experience:

Please Share with us:

9. What could WE have done to improve your overall experience?
10. What could YOU have done to improve your overall experience?
11. How many people have you referred to the Circles/Training Programs?
12. If none, what are you waiting for?

Notes/Comments that we may share with others: _____
