

## Student's Worksheet

1) Watch just 0:18 of the video "Why isn't there peace in the world?". Tick (✓) ONLY the things that can cause conflicts that appeared in the projection.

- ( ) war    ( ) guns    ( ) politics    ( ) lifestyle    ( ) sports  
( ) police    ( ) religion    ( ) protests    ( ) ethnicity    ( ) arguments

2) Now watch the whole video and write T (True) or F (False) in each sentence. Correct the F statements.

a) ( ) We need to act collectively, in other words, as a group.

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b) ( ) If we notice people are suffering, we don't want to help.

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c) ( ) Meditation helps us to regulate emotions.

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d) ( ) Meditation doesn't change the way we respond to the world.

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e) ( ) If we meditate with other people, we amplify the vibration of peace.

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f) ( ) The act of meditate cannot change our reality.

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