

THE POWER OF COMPASSION

MINDFULNESS AND COMPASSION IN EDUCATION

· The Journey · The Book · The Film · The Tools ·



"We urgently need to make compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological and religious boundaries. Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community."

Fragment from THE CHARTER FOR COMPASSION
www.charterforcompassion.org



My name is Paloma. I live in Zaragoza, Spain, but I feel and all my life have felt citizen of the world. I worked for many years in a family garment company and I stayed long time traveling, mainly in South East Asia. In a moment of my life I decided to change my direction and to dedicate my life to give the best I can to make a better world.

In the past few years I have been writing and doing projects of Mindfulness and Compassion. And there are precious, measured, tested programs all around the world.

What if we select the best of each and we link all of them in a beautiful and simple way, making it available worldwide to everybody in a free and accesible way?

In 2017 we did **All One 17** with conferences and workshops with some of the best initiatives in Mindfulness and Compassion. In 2018 I was at **Wisdom 2.0**, in San Francisco, and I got to know some of the best education programs in the world. Then, in Rotterdam, invited by **Mind & Life Europe**, I met people and projects from different countries in Europe with many years of experience and research. And now we are creating an Institute in Spain, **IE3S**, with people from different places and backgrounds to investigate, train and disseminate emotional, social and ethical education programs in the educational community.

There is a lot of information, too much and not clear. There are too many "methods", but many times teachers and parents do not have something attractive, beautiful and simple, to understand and play, and in that way to learn to find and create a "warm and safe place."



PROYECTO CONEXIÓN
Proyecto educativo con base en consciencia plena




IE3S
Instituto para la educación
emocional, ética y social



This video "Just Breathe" <https://www.youtube.com/watch?v=sTy9FhlvAro> by Julie Bayer Salzman and Josh Salzman (Wavecrest Films) is able to show through its beauty, creativity and simplicity, in only 3'41 " the heart of mindfulness and compassion.

What if we make 7 short, beautiful videos, that connect with children, that explain themselves what happens in our body, how they affect our thoughts, how we can cultivate attention and compassion, peace within oneself?



What if every human being learned to live with a
calm mind and an open and warm heart.
What would we be capable of?

Where do we evolve to?

What do we dedicate our life to?

It is urgent that each one of us realize that
with every thought,
with every word,
with every action,
We are creating spaces of peace or conflict,
We are sowing and watering seeds of compassion or separation..



THE POWER OF COMPASSION

It's a **BOOK**

A book about the power of compassion, the science of compassion and the main programs of compassion in the world.

It's a **DOCUMENTARY FILM**

A collaborative documentary film made between different persons and organizations around the world.

They are **EDUCATIONAL TOOLS**

7 beautiful and simple videos with different practices. From what unites us as human beings.

It's a **MOVEMENT**

#CompassionWave



It's starting next February 19th. In Lima.
Walking, observing, sharing and writting in 7 different cities:

Lima, San Francisco, Tokyo, Sydney, New Delhi, Jerusalem and Cape Town.



THE POWER OF COMPASSION

Mindfulness and Compassion in Education

The Journey · The Book · The Film · The Tools

· LIMA · SAN FRANCISCO · TOKYO · SYDNEY · NEW DELHI · JERUSALEM · CAPE TOWN · ZARAGOZA ·

The Power of Compassion | 思いやりの強さ | करुणा की शक्ति | את עוצמת החמלה | قوة الرحمة | La Fuerza de la Compasión



Every thought.

Every word.

Every action.

#CompassionWave



FUNDACIÓN ALL ONE PROJECT
www.alloneproject.org

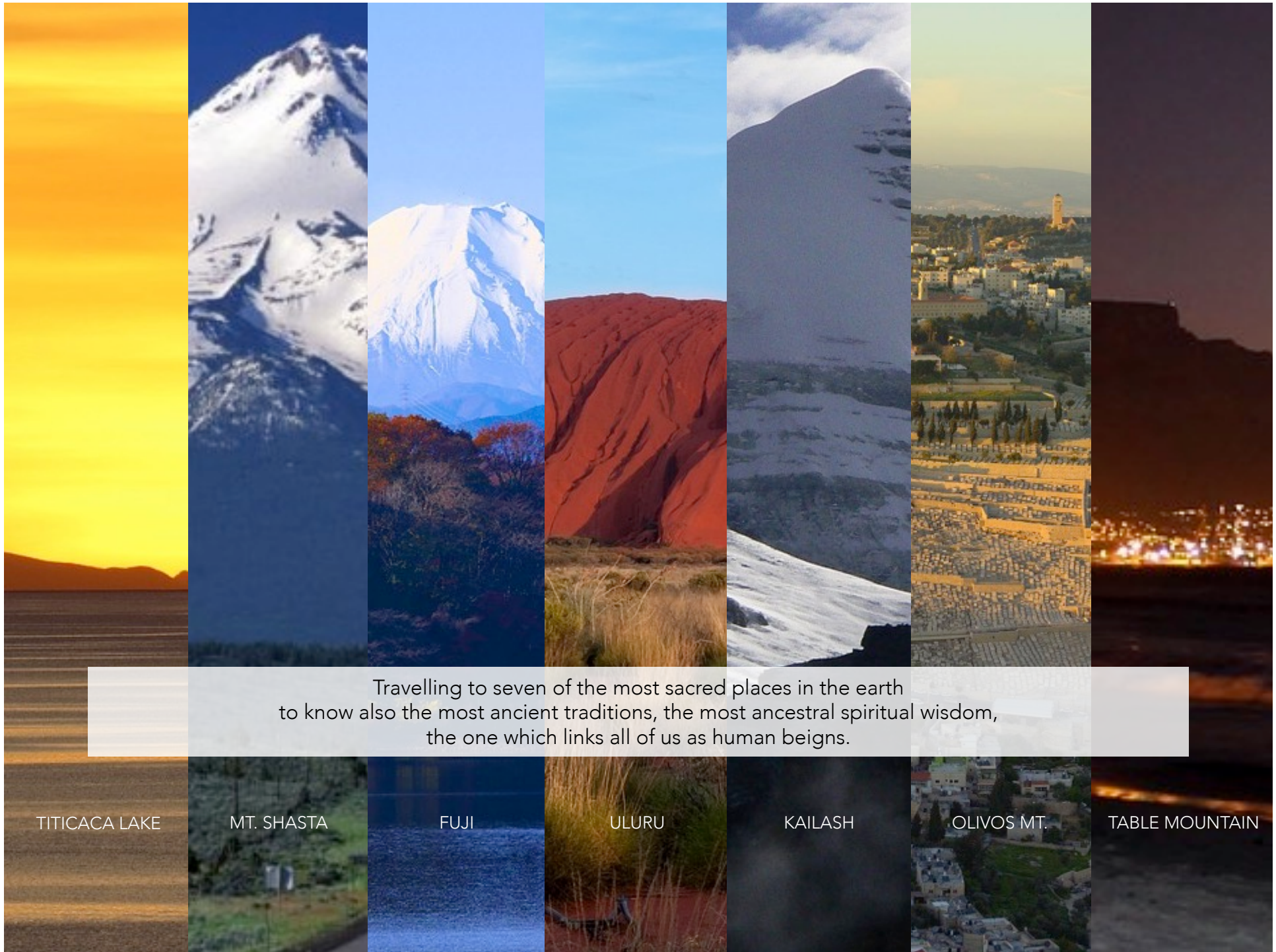


Hummingbird Illustration: Champol

· Making encounters and creating dialogues.

· Meeting and interviewing the persons
and the projects most innovative of
mindfulness and compassion
in education.

· Searching for the newest in scientific advances



Travelling to seven of the most sacred places in the earth
to know also the most ancient traditions, the most ancestral spiritual wisdom,
the one which links all of us as human beings.

TITICACA LAKE

MT. SHASTA

FUJI

ULURU

KAILASH

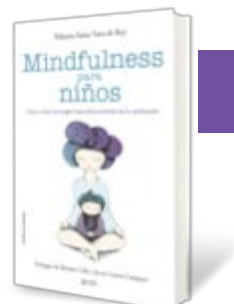
OLIVOS MT.

TABLE MOUNTAIN

I'm author of the books *En el camino*, *Mindfulness para niños* (Mindfulness for children) and *Mindfulness en la empresa* (Mindfulness in organizations).



2013



2015
5^a edition



2018

And of different artistic, cultural and educational actions I have been doing in Zaragoza since 2013.



ALL ONE PROJECT FOUNDATION

All One Project Foundation is a non-profit with three aims, interconnected among them:

Mindfulness and compassion

To improve the physical, emotional, mental and spiritual health of the people, promoting the flourishing of the attention and the compassion of each human being.

Consciousness of ONE

To foster the awareness of unity among human beings, regardless of their religious beliefs, colour of skin or nationality.

Entrepreneurship and organizations

To help people to reinvent themselves in their work, doing what they love, and organizations, to transform their structures and businesses. Through individual and organizational commitment to be able to transform our society into a more humane society that cares for the earth and all the beings that inhabit it.



1. ATTENTION



2. MEDITATION



3. ACTION

FUNDING, CREATION AND SPREADING

The **FINANCING** of this project is in a personal way, from a mortgage loan on my house.

We made a GoFundMe with which we raised 2,450€ among 45 people, who are the heart and driving force of the project.


Some countries, r tourist office or from the Ministry of Education, to support in countries with accommodation, diems and internal transportation.

We are presenting the project to several International Foundations. If we get the support, we will be able to make the book, the documentary film and the tools in a beautiful way.

The **CREATION** of the different parts, we will do it thanks to Google Drive in a very simple way. With shared folders, images, texts or other contributions. The edition and the layout we will do depending on the support or funding we can have.

The **SPREADING** we will make it thanks to the best educational organizations (international, national and local), through a simple agreement to disseminate the 7 videos totally free in their communities. And thanks to Google for NonProfit we have Google Adwords to reach many places freely too.





The Google Drive Link:
<https://drive.google.com/drive/folders/1Yt3i-qiHalqFT0TXzXu2mvERL3Lry7Ya?usp=sharing>

Hashtags to follow the trip and the project in FB and Instagram
[#CompassionWave](#) [#AllOneTrip19](#) [#LaFuerzadelaCompasión](#)

If you want and can help us, you can do it through a donation to:
FUNDACIÓN ALL ONE PROJECT | IBAN: ES 31 2100 9723 6502 00143932
Or through PayPal: hello@alloneproject.org.

THANK YOU
we are all one. we are all connected.

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