



## PEACE THROUGH YOUR COMPASSION AND HEALING THROUGH YOUR LOVE MILLION ACTS OF COMPASSION AND LOVE

**Please Donate Your Love and Your Compassion for 15 Minutes Daily To Save Lives and Bring Peace to Your Self, Your Family, Your City, Your Country and Your World!**

Your country needs your help right now, it needs someone who is not a bystander, someone who is compassionate and loving enough to step-up for everyone and do something to make a difference.

'Peace Through Your Compassion and Healing Through Your Love' is a project created to bring peace into any country. Using scientifically proven and Latest Cutting-Edge State-of-the-Art Technologies anyone can learn to become a powerful transmitter of positive energy signals that can bring peace in the environment and peace within.

The following three technologies will be initially implemented in every school, college and university:

1. **Kindness and Compassion through Heart-Coherence** - Stress Management System that Empowers You to Shift Your Emotional State.
2. **Kindness and Compassion through Brain-Coherence** - High-Tech Left-Right Brain Synchronization.
3. **Kindness and Compassion through the Alignment of Words and Thoughts** - The Science of Vibration and Energy.



A Joint Project of Our Future World Foundation and Express Care Inc.



**For more information please contact:**  
Ghazala Mazahir, Shehla Mazhar, Nazia Salman, Saleha Hameed  
03213894095 - [peace@ourfutureworld.org](mailto:peace@ourfutureworld.org)  
[www.ourfutureworld.org](http://www.ourfutureworld.org) - [www.expresscare.org](http://www.expresscare.org)





**PEACE THROUGH YOUR COMPASSION  
AND  
HEALING THROUGH YOUR LOVE  
MILLION ACTS OF COMPASSION AND LOVE**

**"You must be the change you wish to see in the world"  
Become Peace and Emit Love!**

**OUR GOAL:** Our aim is to train 1 million students and teachers in the following three technologies: Heart-Coherence, Brain-Coherence, and the Alignment of Words and Thoughts to make them powerful transmitters of positive energy signals to bring peace into the country.

This project is being implemented in every school, college and university.

The created coherence will not only have a profound effect on the level of peace in the country but will be very beneficial for those who practice it. When every student, teacher and individual will emit positive energy signals for 15 minutes on daily basis then the power of their love will shift the state of the country from what it is now to complete Peace, Love and Harmony.

**REQUIRED  
RESOURCES:**

**FUNDS**

Since all the trainings are provided free-of-cost, it is through your support that this project can operate to its full extent.

- We need to print 1 million instructional booklets for students which will fully illustrate what the three technologies are and how they can use those technologies and tools every day.
- Printing of 1 million informational flyers.
- 10,000 Instructional DVDs for teachers.
- Permanent and temporary seminar place(s) (venues, buildings, available classrooms) for students and teachers to get the initial training.

**TIME**

- We need one-time 4 hours of every teacher and student to give them first-time training.
- We need schools that are willing to fit 15 minutes of these exercises time into the teacher's and student's schedule.
- 15 minutes of every student and every teacher daily (the 15 minutes daily exercises will be instructed by the school teacher after the teacher has received the initial training).

**VOLUNTEERS**

This project is 100% volunteer based, we need volunteers who are willing to:

- Become trainers who will go into the schools to train teachers and students.
- Transportation - drivers who are willing to give transportation service to the trainers.
- Volunteers who are willing to be of assistance to this project in whatever way needed.

**You are the only hope, your love can bring peace worldwide!**

**If Not You Then Who? If Not Now Then When?**

**Let's work together to bring Peace to Ourselves, Our Family, Our City, Our Country and Our World.**



**PEACE THROUGH YOUR COMPASSION  
AND  
HEALING THROUGH YOUR LOVE  
MILLION ACTS OF COMPASSION AND LOVE**

**"You must be the change you wish to see in the world"  
Become Peace and Emit Love!**

**COMMITMENT:**

How would you like to support this project?

- \_\_\_\_\_ Financial Support
- \_\_\_\_\_ Fund Raising
- \_\_\_\_\_ Volunteer
- \_\_\_\_\_ Provide place(s) for seminars
- \_\_\_\_\_ Transportation
- \_\_\_\_\_ Contribution in the printing cost

<b>Booklets</b>	_____ 500	_____ 1000	_____ 5000	_____ 10000	_____ 50000	_____ 100000
<b>Flyers</b>	_____ 500	_____ 1000	_____ 5000	_____ 10000	_____ 50000	_____ 100000
<b>DVDs</b>	_____ 500	_____ 1000	_____ 5000	_____ 10000		

What other services would you like to provide to the project of 'Peace Through Your Compassion and Healing Through Your Love'?

---

---

---

---

---

---

---

---

---

---

**THANK YOU FOR YOUR SUPPORT AND COOPERATION**

**You are the only hope, your love can bring peace worldwide.**

**If Not You Then Who? If Not Now Then When?**

**Let's work together to bring Peace to Ourselves, Our Family, Our City, Our Country and Our World.**