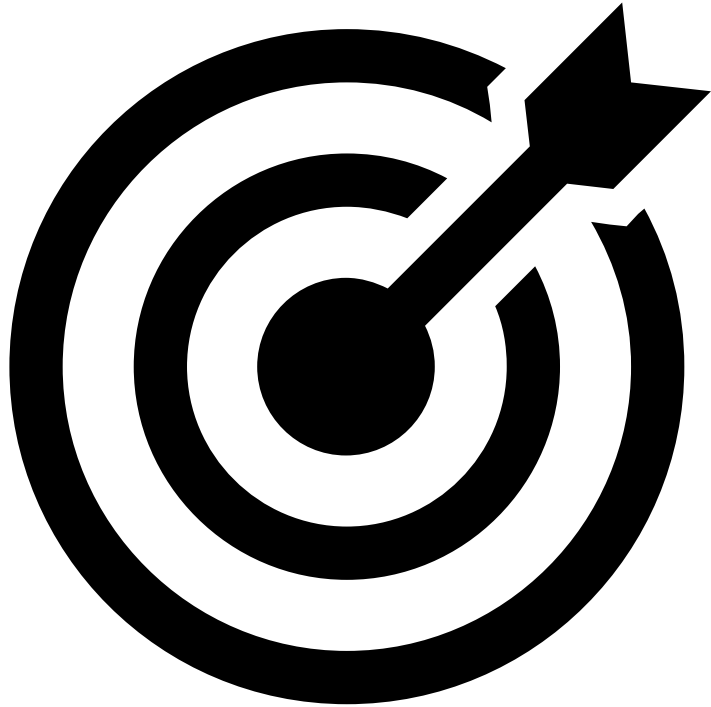


Strengthen personal practice
Expand outreach into the community.

THE MINDFUL WARRIOR PROJECT



MINDFUL Hawai'i



Our Goal: A cohesive
statewide
movement that
centers mindfulness
as a foundation of
Hawaii's broader
culture.

A close-up photograph of a woman's face, partially obscured by a large splash of water. Her eyes are closed, and her hands are visible near her face, suggesting she is washing or splashing water. The background is a light blue gradient, and the water droplets are captured in mid-air, creating a dynamic and refreshing scene.

WARRIORS ARISE when
people and society most
need protection.

THIS IS SUCH A TIME!

The Shambhala teachings are founded on the premise that there is basic human wisdom that can help to solve the world's problems. This wisdom does not belong to any one culture or religion, nor does it come only from the West or the East. Rather it is a tradition of human warrior-ship that has existed in many cultures at many times throughout history.

Chogyam Trungpa

Warriors **actively train, practice and model mindfulness** wherever they are, in whatever way they can.

"Are you willing to use whatever power and influence you have to create islands of sanity, that evoke and rely on your best human qualities to create, relate and persevere?"

Margaret Wheatley

THE WORK TO BE DONE...



RECRUIT WARRIORS

TRAIN &
STRENGTHEN

FORM ISLANDS...

CELEBRATE &
ELEVATE

AND SO, WE BEGIN....

- “EVERYDAY MAGIC” WARRIOR TRAINING
- WISDOM SEAT STUDY GROUP
- MWP STEWARDSHIP GROUP
- MH INSIGHT TIMER COMMUNITY

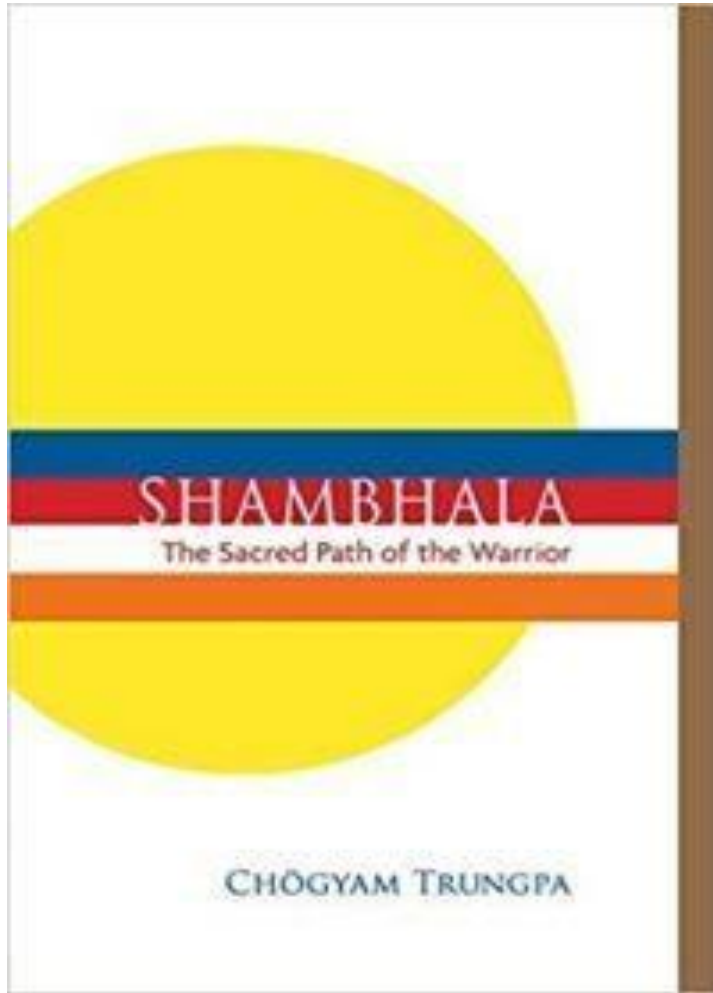




Join us for our MWP Kick-off Event
led by Dr. Dean Nelson & Friends

WARRIOR TRAINING: *EVERYDAY MAGIC*

- SEPTEMBER 11, 2021
- 9 AM – 1 PM w Lunch
- Face to Face in Kailua, Covid permitting



Sept 2021 – June 2022
Shambhala Study Group

First Wednesday, Monthly

Sept 2021 – June 2022

6:30 – 8:30 PM

Virtual (and Possibly in Person)

The Mindful Warrior Project STUDY GROUP



MINDFUL HAWAII



MWP Stewardship Group MONTHLY MEETING 3 – PM after MH Community Mtg.

- Lead Study Groups
- Lead Practice Efforts
- Plan Trainings
- Build data base of members interest/ talents
- Manage MWP Communications
- Find funding for critical task



InsightTimer

Meditation app to build community in a safe, convenient, and virtual space.

Guided meditations from: Thich Nhat Hanh, Jack Kornfield, Tara Brach, Sharon Salzberg, etc

Sleep meditations, courses, yoga, curated content for beginners, and live sits, etc.

Connect with other likeminded people

MH Calendar of upcoming events

Mindful Hawaii CIRCLE for Live Sits

MH & MWP Discussion Groups

Where is your
SWEET SPOT?

YOUR “SWEET SPOT” IS WHERE
YOUR PERSONAL PASSION AND
YOUR WILLINGNESS TO ACTIVELY
ENGAGE, INTERSECT

Clarify our audience for the MWP

Now:

- MH Members - Initial audience is our own community of members, while growing our community.
- Organic outreach to key individuals/ partners - We will continue to reach out and build community support organically, for now.

Later:

- External Campaign - At some point, we will turn our attention and message outward to reach the public or targeted publics about MH's Mission and the MWP.

Members Express Interest In/ Connections to the Following Systems

- Policing
- Party politics
- Governance
- Issue advocacy/ Community Organizing
- Healthcare
- Education
- Environmental Justice/Natural Resource Management
- Ecopsychology/ Nature

Negotiate a set of core values to guide this effort

- Grassroots
- Organic
- Inclusive and Diverse
- Intergenerational
- Faith-based and Secular, alike
- Structured enough (A shared vision/ plan, achievable goals, ways to engage and help)
- Moves at the right speed, not too fast and not too slow.
- Works through challenges and conflict in a way that “walks the talk” of mindfulness.
- Intercultural connection with the Hawaiian community and Aloha