

*AHIMSA presents a Free Public Forum:*

# **Roots of Empathy and Nonviolence in Childhood**

*with Mitch Hall*



**The Institute of World Religions/  
Berkeley Buddhist Monastery**

**2304 McKinley Ave. • Berkeley, CA 94703**

(At Bancroft Way, one block below Martin Luther King Jr. Way. Parking lot is next to the Monastery)

**Tuesday, December 7<sup>th</sup>, 2010 • 7:30 - 9:30 pm**



You are invited to join in this exploration of the importance of providing children with attachment security for their own well-being and for creating a more peaceful world.

*“If we are to reach real peace in this world,  
and if we are to carry on a real war against war,  
we shall have to begin with children...”*

(M.K. Gandhi, 11/19/31)



**Mitch Hall** is a wellness counselor for underprivileged children and youth, a peace and children's rights activist, a published author, and a certified yoga teacher. You can read his writings on his website (<http://web.me.com/breathepeacefully>).



**The event is open to the public and FREE, although donations to AHIMSA are welcome.**



AHIMSA is the Sanskrit word for NONVIOLENCE.

AHIMSA is a nonprofit 501(c)(3), nonsectarian organization dedicated to the advancement of a harmonious and nonviolent world by exploring how religion, science and social action impact our awareness. We seek pathways of understanding and encourage every individual to seek and find his or her own truth and wisdom.

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