

The background of the image is a large, ornate Hindu temple complex, likely theISKCON temple in Melbourne, Australia, during a sunset. The sky is filled with warm, orange and red clouds, and the sun is low on the horizon, casting a golden glow over the scene. The temple features multiple domes and intricate carvings. In the foreground, a large crowd of people is gathered, some standing and some sitting, creating a sense of a busy, communal event. The overall atmosphere is peaceful and vibrant.

# Be The Change **AUSTRALIA**

*An educational program to promote peace,  
compassion, and social cohesion.*

# VIOLENCE CHALLENGES IN AUSTRALIA

43% of people aged 16–85 years have experienced a mental disorder in their life

An estimated 8 million Australians (41%) have experienced violence (physical and/or sexual) since the age of 15

Sexual assault recorded by police increased by 11% from 2022

One in four women and one in six men have experienced partner emotional abuse since the age of 15



# INDIVIDUALS AND COMMUNITIES NEED TO BUILD THEIR CAPACITY TO PROMOTE:



Compassion



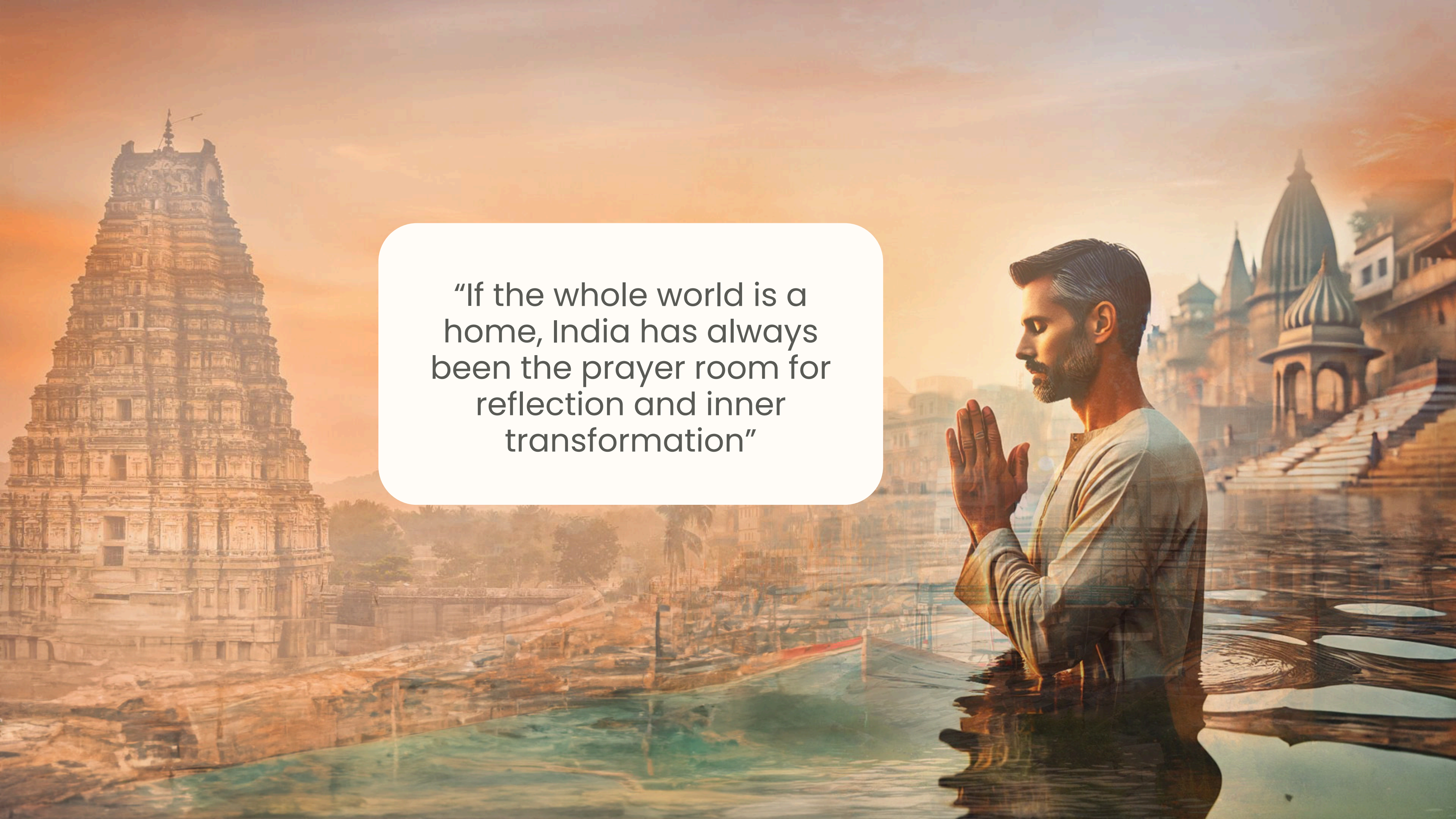
Social Cohesion



Peace

Need to Address Trauma  
'the missing link'

If trauma in individuals and groups is not addressed, it can build frustration, anger and lead to more violence.

A man with a beard, wearing a white kurta, stands waist-deep in a river. His hands are pressed together in a traditional Indian prayer gesture (Anjali Mudra). The background features a large, ornate temple tower (Gopuram) on the left and a ghat with a small shrine on the right. The scene is bathed in the warm, golden light of a sunrise or sunset, with the sky transitioning from orange to a pale blue. The water reflects the light and the structures.

“If the whole world is a home, India has always been the prayer room for reflection and inner transformation”

From Dr. Martin Luther King Jr. to Nelson Mandela and Steve Jobs, many leaders have acknowledged how their immersive experience in India has recalibrated their purpose and impact.

“

*“If I were to go to any other country, I would go as a tourist. here in India, I had come as a pilgrim. We no longer have a choice between violence and non-violence. It is either non-violence or non-existence.”*

*~ Dr. Martin Luther King Jr (during his India travel, 1959)*

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# TESTIMONIALS OF AMERICAN PARTICIPANTS

## Police Officers



***Lt. Lakesha Burton***

**Jacksonville Sherrif's Office, Florida**

"After the trip, I truly understand what ahimsa (nonviolence) means. I am committed to bring the love that I experienced from India to America using my platform in law enforcement."



***Lt.(Retd.) Jim Evenson***

**Rochester Police Department,  
Minnesota**

"I feel very fortunate to have been able to visit India. I can see how the meditative breathing techniques that I learnt on this trip, can be life changing - personally and professionally."

## Social Activists



***Dr. Angela Wellman***

**Advocate, Movement for Black Lives  
Oakland, California**

"The trip to India was a moving experience. It will be inspirational for anyone who wants to move society towards nonviolence and love."



***Jason Quesada***

**Former gang member, Poet, Social  
Justice Activist Los Angeles,  
California**

"The revolution begins inside each one of us."

# TESTIMONIALS OF AMERICAN PARTICIPANTS

## Victims of Violence



**Scarlett Lewis**

**Mother of Jesse Lewis. Newton, Connecticut**

"India has truly grounded me. During the trip, I felt the most hope since my personal tragedy because there was so much love that I received here."



**Ron Davis**

**Father of Jordan Davis. Jacksonville, Florida**

"I am going back from India, with such deep knowledge about the self. The meditation exercises have helped me release negative thoughts. There is an inner strength inside us. We need to cultivate that."

## Mayors



**Ardell Brede**

**Rochester, Minnesota**

"Violence is a challenge that we have to overcome in America. I am leaving India with the hope that love is attainable and can be shared with all our people including immigrants. As Dr. King said, it is either nonviolence or nonexistence."



**Matthew Avitabile**

**Middleburgh, New York**

"I am taking back with me new insights that will reinvigorate my personal energy and commitment to apply the principles of nonviolence in my leadership role."

# FILM

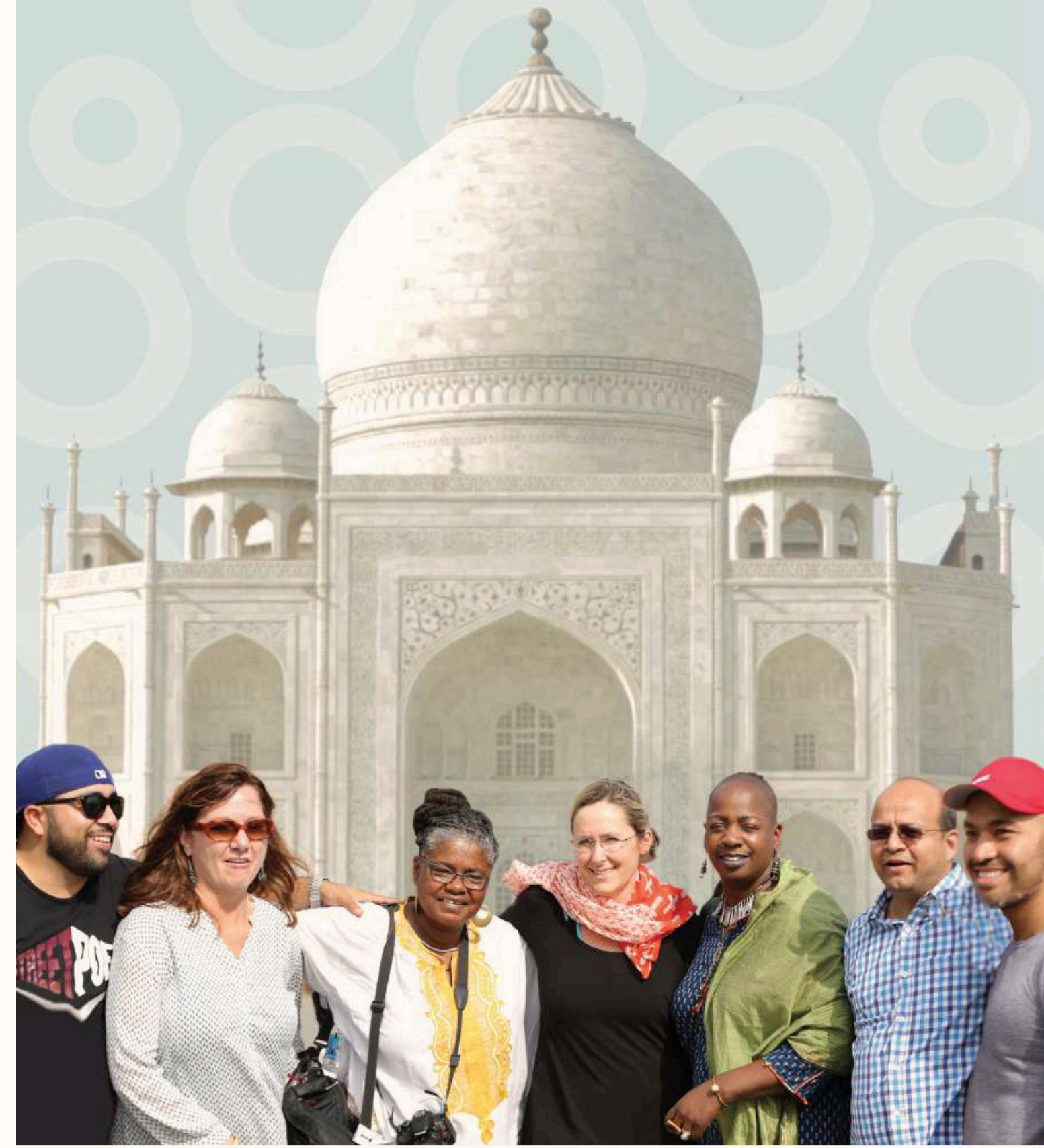
Available at  
**amazon**

The documentary film showcases the transformational experience of six victims of violence from across America during their sojourn across India. The delegates included: a single mother (Sandy Hook), a former gang member (LA), an educator (New Jersey), a social entrepreneur and a music scholar (both advocates for the Movement for Black Lives from Oakland).

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*“It is a story of hope and inspiration, of what is possible when, even in the face of violence, suering and loss, We choose love”*

# FROM INDIA WITH LOVE





# Our Solution - Be The Change

A modular educational program

1

## **From India With Love**

an unscripted documentary film showcasing the transformational experience of six Australians with unique exposure to trauma, during their sojourn across India to discover healing and transformation.

2

## **Universal Framework for Healing and Transformation**

based on Indic philosophy and wisdom of consciousness

3

## **Guided Breath & Meditation practices**

to enhance mental wellbeing and resilience

Our educational program will serve as a resource to empower and equip changemakers (eg. teachers, veterans, police officers, non profits, etc.) to engage their spheres of influence and build capacity for enhancing mental wellbeing, resilience and promoting peace and social cohesion.



Domestic  
Violence Survivor

Police Officer

Youth

Educator

Indigenous  
Leader

Refugee

## PARTICIPANTS OF OUR DOCUMENTARY FILM

The participants are bound together by their personal exposure to violence and their desire to reinvigorate the conversation about compassion and nonviolence in Australia.



## **JOURNEY ACROSS INDIA**

During their two week sojourn across India, participants will experience and learn from the culture and wisdom of India through curated activities.



# INNER EXPERIENCES





# OUTER EXPERIENCES





## MEETING WITH GURUDEV

Participants will have an intimate conversation with Gurudev Sri Sri Ravi Shankar (Global Peace Ambassador, Founder, Art of Living Foundation) whose techniques and wisdom have helped millions of people worldwide to improve their wellbeing.



## **REFLECTIONS OF TRIP – SHARING INSIGHTS AND LEARNING**

Participants commit to pay it forward after returning home

# PARTNERSHIP OPPORTUNITIES

*Sponsorship can be in cash or 'in kind' (e.g. hotel rooms, flight tickets for delegates, media and communications support) All donations will be tax deductible (in India, USA, UK and Australia) with fiscal sponsorship from International Association for Human Values.*

## SPONSORSHIP

WELL WISHER  
AU\$ 10,000

COLLABORATOR  
AU\$ 25,000

INNOVATOR  
AU\$ 50,000

CREATOR  
AU\$100,000

Screen credit on the film



Speaking at film screening and other events



Product placement in the documentary film



Free one year access to our educational module



Brief onscreen interview shown at the end of the film





#CHOOSELOVE



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