

# WELL-BEING ASKING FOR IRAQI STUDENTS RUN THIS WAY SUPPORT CAMPAIGN



CEREMONY:  
SPRING 2014

## WELL BEING

- Run This Way team invites school and students to well-being ceremony across the World
- Asking Campaign “best wishes” for Iraqi student and their families.



[www.runthisway.ca](http://www.runthisway.ca)

Friday June 13th

“Since a few days armed militant groups are going cities to cities from the North to the South of Iraq. Today these group are near the capital Baghdad. Ours friends in Iraq are asking for our well-being wishes.



*Refugees Camp in Libanon Photo : AFP/  
JOSEPH EID—CBC French, September 6th*

## THE WELL BEING CAMPAIGN IS ORGANIZED BY RUN THIS WAY TEAM

We take a few minutes today as we are preparing ourselves to participate in a walk or a run for a world without wars and without violence. We take a few minutes to send our asking to students and children in Iraq. We understand the difficulties they are living. With this ceremony we call for an improvement of the situation so we can experience a register of relief.

\*register : sensation including imagination and memory.

## WHY ASKING FOR WELL BEING FOR IRAQI STUDENTS ?

We are on a common path. More than ever, new generations are sharing cultural tangible and intangible values and moments. Young people are brought up in a world where violence and terror is viewed as a social norm in worldwide conflict resolution. Many students live with anxiety facing the representation of these events. More than ever, youth demonstrate a diverse sensitivity and capture the world as a whole. They understand that the difficulties of youth elsewhere can sooner or later affect them. This ceremony highlights a mechanism of “best wishes” or “good intentions”, with which we frequently express ourselves almost spontaneously. We say, “Have a good day”, “Happy birthday to you, and many more,” “I hope your test goes well” or “I hope everything turns out well,” etc. It is clear that in this ceremony the “Asking” is done with a good mental disposition, where the emphasis is on intense affective registers. This “Asking” of benefit for others performed in the best conditions, puts us in a mental position where we are predisposed to give the necessary help; it also improves our mental direction and increases the possibilities of communication with others.

## ASKING IN SYNCHRONICITY

Run This Way participants across the world are invited to participate in the asking campaign for Iraqi students and their families. If you have « best wishes » for Iraqi students you can write to us at : [planetepeace@gmail.com](mailto:planetepeace@gmail.com)



## DIRECTIVES

Teachers and educators must provide the following conditions before doing a Well Being asking with students

- 1- Explain to students you propose in participating in this Global Asking
- 2- Allow 15 minutes before the Run This Way race
- 3- Two students have to be in charge of the reading
- 4- Make sure the student have practice the verbatim before the Asking ceremony
- 5- Make sure the students understand the purpose of this activity
- 6- The asking should be done in the morning or when ever the students feel at ease with these kind of activity
- 7- Student stand up before the reading and are invited to close their eyes (optional).

## WELL BEING CEREMONY \* FOR STUDENT IN IRAQ

The students read slowly and gently.

This ceremony is carried out at the request of the Run This Way team.

**Reader 1.** We are gathered here to turn our thoughts to students that live a difficult moment in Iraq. They are facing difficulties in their emotional lives. To them we direct our thoughts and our best hopes.

**Reader 2.** We have faith that our call for well-being will reach them. Let us think of those students. Let us feel the presence of those students. Let us experience contact with them.

**Reader 1.** Let us take some time to meditate on the difficulties that they are facing...

**Reader 2.** Now we would like these people to feel our best hopes for them. A wave of relief and well-being will reach them...

*A few minutes are given so that the participants may meditate.*

**Reader 1:** Let us take a short time to mentally locate the situation of well-being that we wish for our loved ones...

**Reader 2:** This has been good for others, comforting for us, and inspiring for our lives... Greetings to everyone immersed in this current of well-being, which has been strengthened by the best wishes of all those present here and in diverse location around the world...

*A few minutes are given for students to concentrate their minds on this.*

*Source Well being ceremony, Silo Message, Silo*

# WELL BEING ASKING

R U N T H I S W A Y

101 Cardinal Léger, CP 51002  
Pincourt, Québec  
Canada  
J7V 3YD [www.runthiswy.ca](http://www.runthiswy.ca)



Phone: 514-886-4858  
courriel: [planetepeace@gmail.com](mailto:planetepeace@gmail.com)  
Anne Farrell  
School responsible

## RUN THIS WAY

Since 2011, Run This Way offers program in schools to create awareness for Active Non-violence.

The program were set up from the basic training course from the International organization World Without Wars and without violence. Schools and teachers can register on Run This Way website for more information.

“Learn to resist the violence that is within you and outside of you.”

Learn to treat others in the way that you want to be treated.

