

A photograph of a man and three children in a rustic, possibly slum, environment. The man, on the right, has a mustache and is wearing a light-colored button-down shirt, looking towards the children with a smile. Three children are huddled together in front of him, also smiling. The background shows a simple structure with hanging clothes and a doorway. A blue circle with the word 'think' is overlaid on the left side of the image.

think

HEAD, HEART & HANDS

HEAD, HEART & HANDS

think

“Be like a ladder, not a leader.”

Jayesh Patel

Serves the women and children in the slums
of Ahmedabad, India

Featured in the film
LIVING SERVICE

A photograph of a man and three children in a rustic, possibly slum, environment. The man, on the right, has a mustache and is wearing a light-colored button-down shirt, looking towards the children with a smile. Three children are on the left, smiling at the camera. The background shows a simple structure with hanging clothes and a doorway. A blue circle with the word 'think' is overlaid on the left side.

think

HEAD, HEART & HANDS

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“One of the biggest crises of humanity is that the value of the word ‘we’ has been lost.”

Father Alberto Luna

Leads daily mass at the Catedral de la Inmaculada in Cuenca, Ecuador

Featured in the film

THE HEART OF RELIGION

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oneness
project

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HEAD, HEART & HANDS

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“If we view the world as a machine,
we become a machine.”

Mary Evelyn Tucker

Senior lecturer at Yale University, author and scholar focusing on world religions and ecology

Featured in the film

A THOUSAND SUNS

global
oneness
project

A photograph of a man and three children in a rustic, possibly slum, environment. The man, on the right, has a mustache and is wearing a light-colored button-down shirt, looking towards the children with a smile. Three children are gathered around him: a young girl in the foreground is smiling and looking towards the camera; another girl behind her is also smiling; and a third child is partially visible. The background shows a simple structure with hanging clothes and a doorway. A blue circle with the word 'think' is overlaid on the left side of the image.

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HEAD, HEART & HANDS

HEAD, HEART & HANDS

think

“We can all do our part of service in the world.”

Anjali Desai

Volunteers at Seva Café in Ahmedabad, India, where customers are invited to ‘pay it forward’

Featured in the film

SEVA CAFÉ: LOVE ALL, SERVE ALL

global
oneness
project

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act

HEAD, HEART & HANDS

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Volunteer at a community soup kitchen or homeless shelter.

“I have found that among its other benefits, giving liberates the soul of the giver.”

MAYA ANGELOU

American author, poet, and civil rights activist

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HEAD, HEART & HANDS

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Take flowers to a hospital ward and leave them for someone who hasn't received any visitors.

“We come nearest to the great when we are great in humility.”

RABINDRANATH TAGORE

Bengali poet, essayist, painter, playwright, and composer

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HEAD, HEART & HANDS

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Next time you go through a tollbooth, pay the toll for the person behind you.

“Generosity is giving more than you can, and pride is taking less than you need.”

KHALIL GIBRAN

Lebanese American artist, novelist, philosophical essayist, and poet

A photograph of a man and three children in a rustic, possibly slum, environment. The man, on the right, has a mustache and is wearing a light-colored button-down shirt. He is smiling and looking towards the left. Three children are gathered around him: a young girl in the foreground is smiling and looking towards the camera; another girl behind her is also smiling; and a third child is partially visible behind the first girl. The background shows a simple structure with corrugated metal and hanging clothes. A green circle with the word 'ask' is overlaid on the left side of the image.

ask

HEAD, HEART & HANDS

HEAD, HEART & HANDS

ask

What does it take for your head, heart, and hands to work together?

“The manner of giving is worth more than the gift.”

PIERRE CORNEILLE

17th century French dramatist and playwright

A photograph of a man with a mustache, wearing a light-colored button-down shirt, smiling and looking towards the left. He is surrounded by three children: a young girl behind him, a girl in the center wearing a white patterned shirt, and a younger child in the foreground wearing a blue and white striped tank top. They are all smiling and appear to be in a rustic, possibly outdoor or semi-outdoor, setting with a corrugated metal wall and hanging clothes in the background. A green circle with the word 'ask' is overlaid on the left side of the image.

ask

HEAD, HEART & HANDS

HEAD, HEART & HANDS

ask

Have you had an experience of the 'ripple effect' — how your action can create change far away?

“For it is in giving that we receive.”

ST. FRANCIS OF ASSISI

13th century Italian monk, lover of nature and simple living

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ask

HEAD, HEART & HANDS

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When is serving others serving ourselves? When is it not?

“What you do not want done to yourself, do not do to others.”

CONFUCIUS

Chinese thinker and social philosopher

A large field of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. A large blue circle is centered in the middle of the field, containing the word "think" in white lowercase letters.

think

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

think

“The moment you open your closet, you see a t-shirt you don’t need... but you’re holding on to it.”

Anshu Gupta

Executive Director of Goonj, an organization in New Delhi that provides clothes and other basic amenities to millions across India

Featured in the film

NOT JUST A PIECE OF CLOTH

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oneness
project

A large field of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. A large blue circle is centered in the middle of the field, containing the word "think" in white lowercase letters.

think

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

think

“We live in an economic system that makes competition a necessity.”

Orland Bishop

Founder of ShadeTree Multicultural Foundation which works with youth in some of the poorest areas of Los Angeles

Featured in the film

ONENESS IS ABUNDANCE

global
oneness
project

A large field of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. A large blue circle is centered in the middle of the field, containing the word "think" in white lowercase letters.

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© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

think

“If I’m going to buy something,
what’s the impact of that product
on the environment?”

Penny Livingston

Founder of the Permaculture Institute of Northern
California and the Regenerative Design Institute

Featured in the film

PERMACULTURE 101

global
oneness
project



act

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

act

Make a pledge to buy no plastic for one week and make notes about how it affects you.

“Do not wait for extraordinary circumstances to do good action; try to use ordinary situations.”

JEAN PAUL RICHTER

German romantic novelist and humorist



act

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

act

Host a 'recycle circus' & exchange unused items with others.

“I envision a future where we love our material possessions more and not less, so that we care where they come from and whence they go.”

CHARLES EISENSTEIN

Author on topics about civilization, consciousness, and money



act

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

act

Choose an errand you usually do in a car and walk instead.

“Perhaps the truth depends on a walk around the lake.”

WALLACE STEVENS

American modernist poet, lecturer, and lawyer



act

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

act

Halve your trash for one week.
Did it change what you used or
threw away?

“We have a responsibility to look after
our planet. It is our only home.”

THE DALAI LAMA

Humanitarian, monk, and spiritual leader of Tibet

A dense, top-down view of a vast field of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. In the center, a solid green circle contains the word "ask" in white, lowercase, sans-serif font.

ask

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

ask

Ask yourself: when I throw something away, where's 'away'?

“Recycle to save energy and water, keep paper, glass, plastic and aluminum out of overflowing landfills.”

JULIA BUTTERFLY HILL

Educator, environmentalist, poet, and speaker

A dense, textured field of hundreds of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. In the center, a solid green circle contains the word "ask" in white, lowercase, sans-serif font.

ask

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

ask

Are the best things in life really free?

“For I don't care too much for money,
money can't buy me love.”

THE BEATLES

English rock band, social and pop culture icons

A vast field of discarded mobile phones, mostly black and silver, with some colorful ones scattered throughout. In the center, a bright green circle contains the word "ask" in white lowercase letters.

ask

© Photo by Chris Jordan. Courtesy of Kopeikin Gallery.

MORE WITH LESS

MORE WITH LESS

ask

What would it take for a consumer culture to shift to a conservation culture?

“The first rule of sustainability is to align with natural forces, or at least not try to defy them.”

PAUL HAWKEN

Author on ecology, entrepreneur, and environmentalist



think

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

think

“People think that the air is not speaking, the soil is not speaking, the sky is not speaking.”

Kapo Kansa

Indigenous elder from the Gamo Highlands
in Ethiopia

Featured in the film
A THOUSAND SUNS



think

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

think

“The land grows all of us.
No human is older than
land itself.”

Bob Randall

Yankunytjatjara Elder and a traditional owner
of Uluru (Ayers Rock)

Featured in the film
THE LAND OWNS US



think

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

think

“We need to learn more about the principles nature has developed to cope with crises.”

Achim Steiner

Executive Director of UNEP who works on a variety of climate change and green economy issues

Featured in the film
A THOUSAND SUNS

global
oneness
project



act

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

act

Make a list of all the things that create your sense of 'home'.

“Every day is a journey, and the journey itself is home.”

MATSUO BASHŌ

Poet of the Edo Period in Japan



act

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

act

Learn about the indigenous peoples of your area.

“The Earth and myself are of one mind.”

CHIEF JOSEPH

Humanitarian, leader of the Wallawa band, and peacemaker



act

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

act

Learn what trees and plants are native in your area.

“Plants are as responsive to thought as children.”

LUTHER BURBANK

American botanist, horticulturist, and pioneer in agricultural science



act

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

act

Organize a coastal, river, or watershed cleanup.

“We forget that the water cycle and the life cycle are one.”

JACQUES COUSTEAU

Ecologist, explorer, scientist, and researcher of the sea



ask

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

ask

How is ownership different from stewardship?

“We can build ways of living that are more connected, more enriching and that recognize the biological limits of our planet.”

ROB HOPKINS

Founder of the transition movement



ask

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

ask

Does your family maintain
a connection to nature?
Does your culture? How?

“We never know the worth of water
'till the well is dry.”

THOMAS FULLER

17th century author, English scholar, historian, and preacher



ask

Photo by Kelly Kish

THE LAND OWNS US

THE LAND OWNS US

ask

How can a community build a sustainable relationship with land and people?

“In our every deliberation, we must consider the impact of our decisions on the next seven generations.”

THE GREAT LAW

The Iroquois confederacy



think

REAL NOURISHMENT

REAL NOURISHMENT

think

“Food is a critical component to everyone’s life. It is simultaneously intimate and universal.”

Brahm Ahmadi

Co-founder and the Executive Director of People’s Grocery in Oakland, California

Featured in the film

THE PEOPLE’S GROCERY

global
oneness
project



think

REAL NOURISHMENT

REAL NOURISHMENT

think

“It is not permitted among our people to take out whatever you like from the ground. There is a limit.”

Kapo Kansa

Indigenous elder from the Gamo Highlands in Ethiopia

Featured in the film

A THOUSAND SUNS

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oneness
project



think

REAL NOURISHMENT

REAL NOURISHMENT

think

“How can we get our needs met in a way that isn't going to poison everything? The solutions are here!”

Penny Livingston

Founder of the Permaculture Institute of Northern California and the Regenerative Design Institute

Featured in the film

PERMACULTURE 101

global
oneness
project



act

REAL NOURISHMENT

REAL NOURISHMENT

act

Plant the Baker Creek Heirloom seeds in this kit and help them grow.

“The soil is the great connector of our lives, the source and destination of all.”

WENDELL BERRY

Author, cultural economic critic, and farmer



act

REAL NOURISHMENT

REAL NOURISHMENT

act

Find a farmer or gardener and ask about his or her life.

“I believe that natural farming arises from that unchanging, unmoving center of life.”

MASANOBU FUKUOKA

Japanese farmer, philosopher, and scientist



act

REAL NOURISHMENT

REAL NOURISHMENT

act

Host a cooking party using organic, seasonal fruits and vegetables.

“Learn to cook—try new recipes, learn from your mistakes, be fearless, and above all, have fun!”

JULIA CHILD

Chef, author, and television personality



ask

REAL NOURISHMENT

REAL NOURISHMENT

ask

How does a culture's relationship to food reflect its relationship to nature?

“At home I serve the kind of food I know the story behind.”

MICHAEL POLLAN

Author, critic of modern agribusiness and environmental journalist



ask

REAL NOURISHMENT

REAL NOURISHMENT

ask

Do you believe the saying,
“You are what you eat”?

“Remember food is precious. Good food can only come from good ingredients.”

ALICE WATERS

Author, chef, national advocate for farmers markets, and restaurateur



ask

REAL NOURISHMENT

REAL NOURISHMENT

ask

What does it take to grow a single carrot?

“When we try to pick out anything by itself, we find it hitched to everything in the Universe.”

JOHN MUIR

Author, naturalist, and early advocate of the preservation of wilderness



think

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

think

“Society tells us to distrust others. We need to profoundly trust in those around us, in their potential and in who they are.”

Nelsa Libertad Curbelo

Founded Ser Paz (Being Peace) to work with youth gangs in Guayaquil, Ecuador

Featured in the film
BARRIO DE PAZ

global
oneness
project



think

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

think

“We’re still trying to colonize each other’s minds. We’re still trying to tell each other what to think.”

Cliff Curtis

One of Aotearoa New Zealand’s most famous actors

Featured in the film

WHAT WOULD IT LOOK LIKE?

global
oneness
project



think

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

think

“An individual needs courage and willingness to sacrifice for the good of the community.”

His Holiness the 17th Gyalwang Karmapa
Tibetan Buddhist leader living in India

Featured in the film

WAKING UP

global
oneness
project



act

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

act

The next time you are arguing with someone, stop talking. What's gained through listening? What's lost?

“It is not the mountain we conquer, but ourselves.”

EDMOND HILLARY

Explorer, mountaineer, and philanthropist



act

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

act

For one day, find something to respect in every person you meet.

“Peace is possible without conditions. The minute you set conditions, there’s an obstacle.”

IBTISAM MAHAMEED

Palestinian peace worker, and activist



act

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

act

For one day, assume that anyone who disagrees with you has something to teach you.

“Peace cannot be kept by force; it can only be achieved by understanding.”

ALBERT EINSTEIN

Humanitarian, mathematician, and theoretical physicist



ask

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

ask

What's the difference between being against war and for peace?

“I want you to be concerned about your next door neighbor. Do you know who your neighbor is?”

MOTHER TERESA

Founder of Missionaries of Charity, humanitarian, icon of peace, love and compassion



ask

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

ask

Why is respect so powerful?

“My humanity is bound up in yours,
for we can only be human together.”

ARCHBISHOP DESMOND TUTU

South African human rights and anti-apartheid activist



ask

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

ask

In what ways can preparing for war undermine peace in your own life and between countries?

“If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.”

NELSON MANDELA

Former president of South Africa and anti-apartheid activist



ask

Photo by Jayel Aheram

PREPARING FOR PEACE

PREPARING FOR PEACE

ask

Many people say that inner peace is the key to outer peace. What does inner peace mean to you?

“Real generosity toward the future lies in giving all to the present.”

ALBERT CAMUS

French author, journalist, and philosopher

think



EXPANDING IDENTITIES

EXPANDING IDENTITIES

think

“What can we do that honors and respects every single individual that lives on this land — their history, their identity and their own narratives?”

Sami Awad

Executive Director of Holy Land Trust

Featured in the film

WHAT WOULD IT LOOK LIKE?

global
oneness
project

think



EXPANDING IDENTITIES

EXPANDING IDENTITIES

think

“Young people are a mirror of society. They reflect back what we don’t want to see.”

Nelsa Libertad Curbelo

Founded Ser Paz (Being Peace) to work with youth gangs in Guayaquil, Ecuador

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BARRIO DE PAZ

global
oneness
project

think



EXPANDING IDENTITIES

EXPANDING IDENTITIES

think

“I must never allow my neighbor to go hungry while I’ve got a little food in my house.”

Vusamazulu Credo Mutwa

Zulu Sangoma (traditional healer) and High Sanusi from South Africa

Featured in the film

UBUNTU

global
oneness
project

think



EXPANDING IDENTITIES

EXPANDING IDENTITIES

think

“When you come into a space with strangers and you feel at home, you realize the world is one family.”

Anjali Desai

Volunteers at Seva Café in Ahmedabad, India, where customers are invited to ‘pay it forward’

Featured in the film

SEVA CAFÉ: LOVE ALL, SERVE ALL

global
oneness
project



EXPANDING IDENTITIES

EXPANDING IDENTITIES

act

Gather a small group from different generations to explore how our individual and national identities have changed.

“If a thing loves, it is infinite.”

WILLIAM BLAKE

English painter, poet, and printmaker



EXPANDING IDENTITIES

EXPANDING IDENTITIES

act

Attend a service of a different faith to broaden your understanding of other religions.

“We may have all come on different ships, but we’re in the same boat now.”

MARTIN LUTHER KING, JR.

Advocate of nonviolence, civil rights movement leader, and social activist



EXPANDING IDENTITIES

EXPANDING IDENTITIES

act

Explore new ways to communicate with a person who doesn't speak your language.

“By acting compassionately...we are acknowledging that we are all part of one another.”

RAM DASS

American contemporary spiritual teacher, author, and explorer of human consciousness



EXPANDING IDENTITIES

EXPANDING IDENTITIES

act

Share a meal with people from different cultures and celebrate their traditions.

“The more you praise and celebrate your life, the more there is in life to celebrate.”

OPRAH WINFREY

Talk show host, actress, producer, and philanthropist



EXPANDING IDENTITIES

EXPANDING IDENTITIES

ask

How can a person use the qualities of empathy, generosity and gratitude to dissolve boundaries with others?

“People grow through experience if they meet life honestly and courageously.”

ELEONOR ROOSEVELT

Former U.S. First Lady and advocate for civil rights



EXPANDING IDENTITIES

EXPANDING IDENTITIES

ask

Ubuntu means “*I am because you are*”. Is this true in your life? Where?

“My view of our planet was a glimpse of divinity.”

EDGAR MITCHELL

Astronaut, pilot, engineer, and the sixth person to walk on the moon



EXPANDING IDENTITIES

EXPANDING IDENTITIES

ask

How can helping another person create or dissolve boundaries?

“The best way to find yourself is to lose yourself in the service of others.”

MAHATMA GANDHI

Advocate of non-violence, anti-war activist, political and spiritual leader of India