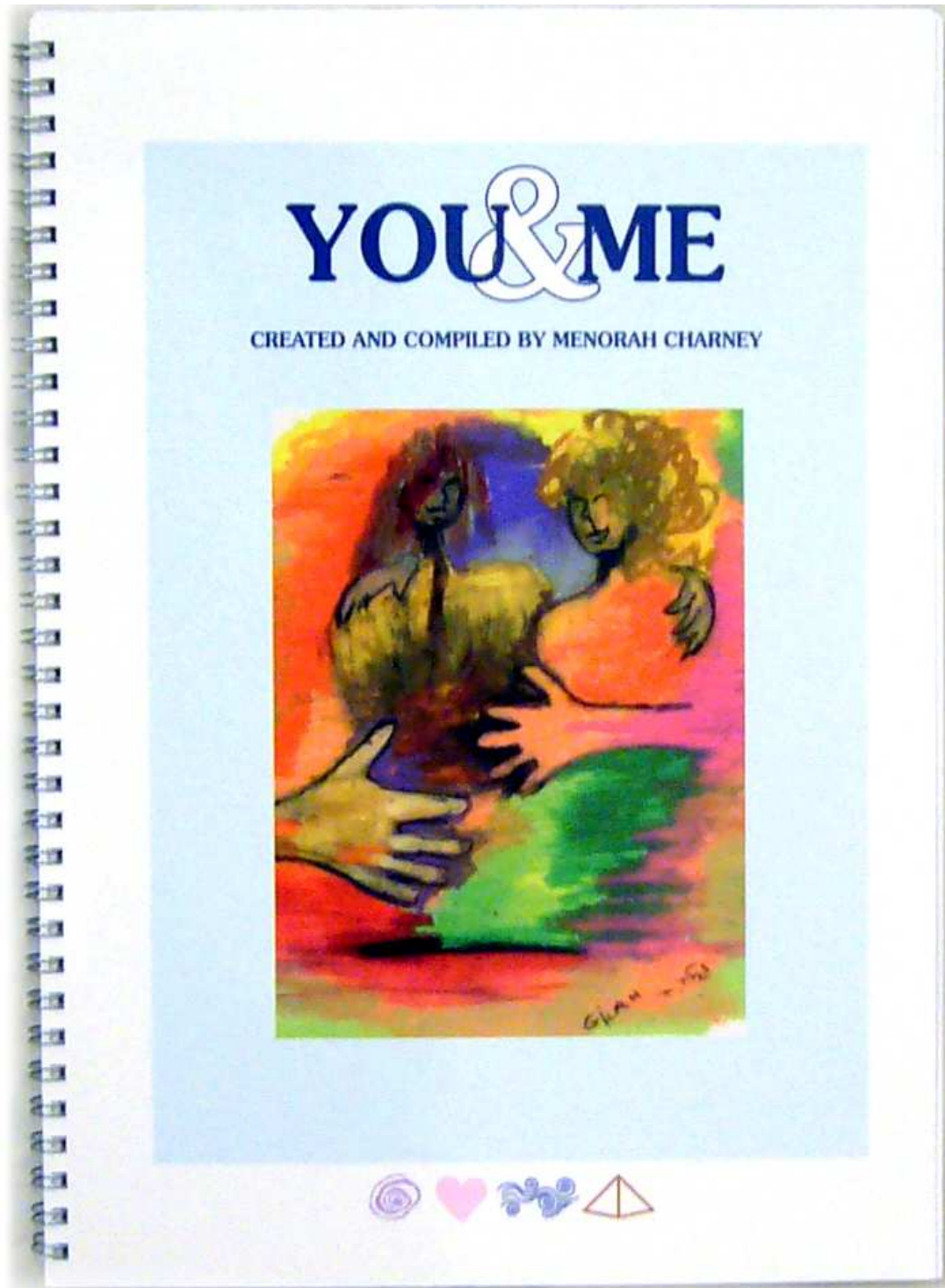


# YOU & ME



**Orders to be sent to:**

**The MPH Group, P.O.Box 125, Savyon 56530, Israel.**

You and Me is a program designed to reduce the level of violence of amongst children.

It teaches children to relate to each other with tolerance and patience and to communicate their problems through conversation and debate.

The concept of the program is to teach children awareness of the self and the unique talents innate within each one to develop their abilities and tolerant behavior towards the self and the surrounding world.

In learning to value the self, children learn to value others.

The program is based on a series of meditative and imaging exercises to help awaken higher self awareness.

As self awareness increases, and the self image and self confidence improves, it results in and an improved personal potential in daily activities. This results in a peaceful atmosphere and the ability to enjoy his/her peers.

The program includes the development of awareness of the Circle of Life – nature, ecology all an integral part of self development and the part they may play on the earth.

The YOU and ME program may be used by teachers in the classrooms, parents, instructors to help children of all ages to attain a higher level of behavior and understanding.

The book includes a chapter explaining the program's theory, a chapter for teachers, and a series of classroom exercises.

The program was written and prepared by Menorah Charney, who has been a spiritual healer for the past 35 years, and leader of the MPH group.

During the past few years the program has been operated with several groups of children with great success including in a high school whose headmaster sent this letter:

" During the past school year we operated within our school a program for reducing the level of violence. After investigating the outcome with teachers and the pupils who were involved, we found a high level of satisfaction from the influence the program had on reducing the level of violence.

We highly recommend this program as a way to create a positive school atmosphere, and we are going to implement it in many more classrooms in the coming year"

*Dr. Abraham Benbenisti – School Headmaster*