



## OUR VISION

People everywhere living in peace, harmony and joy.

## OUR MISSION

Awaken peace, harmony and joy for people within themselves, with others and with the world; through sharing, connecting and facilitating.

# WHAT IS PHJ?

A program of practical applications that work within us and with others to inspire:



### PEACE

Transforming anxiety and turmoil into less stress and a state of calm.



### HARMONY

Heart, body and mind working together to make the most of talents, gifts, passions and interests.



### JOY

Being in the moment to revel in the wonderful people and powerful emotions around us.

**PHJ** begins within us. **PHJ** radiates to people near us. **PHJ** spreads to those around the globe.

## WHAT WE DO

The power to experience a better life exists within all of us. By taking conscious and active steps, anyone can realize that goal daily. To help make this happen, we apply a 3-prong approach:



### Teach

We build teams of PHJ Ambassadors from diverse backgrounds to share their personal experiences and PHJ principles for living more peaceful, harmonious and joyous lives.



### Connect

We bring together like-minded individuals, groups and programs to share successes and create synergies.



### Facilitate

We actively unite people, teams and communities with the programs and tools necessary to fold PHJ principles into daily living.

## PHJ MODEL

**ME**

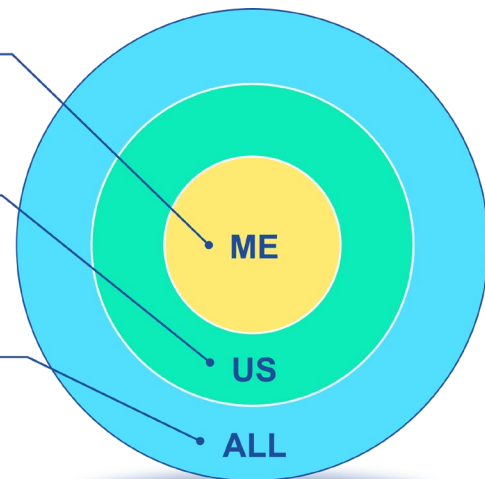
- PHJ that I create
- PHJ that comes back to me

**PEOPLE I KNOW WELL**

- My Family
- Team
- Groups
- Close Friends

**WIDER NETWORK**

- My Community
- The Planet
- Nature
- People of the World



**Scott Frank**  
Co-founder

“We can build a more peaceful, harmonious and joyful Earth for us all.”



**Yossi Lerman**  
Co-founder

“PHJ is the password to the good in life — and it never expires.”