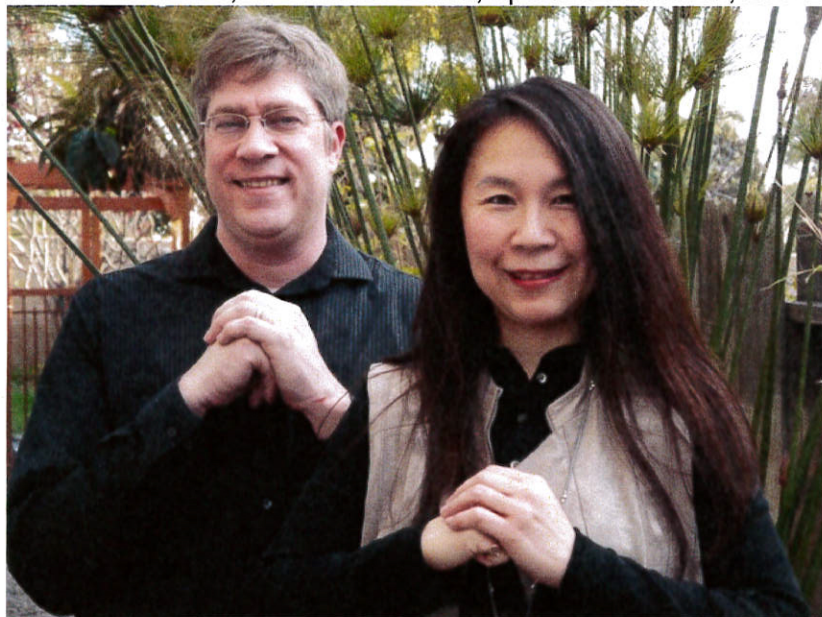


## Ventura Locals Participating in the movement, “An Era of Conscience.”

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COURTESY OF MICHAEL SELFRIDGE

Michael Selfridge (left) and Dr. Susan Wang-Selfridge posing in "Conscience solute" symbolizing "Protecting the conscience in our hearts, creating an era of love and peace"

Ventura residents Dr. Susan Wang-Selfridge and husband Michael Selfridge are long time volunteers for the Federation of World Peace and Love (FOWPAL), a non-profit international peace organization, established in 2000 in California by Dr. Hong Tao-Tze with some executive functions based in the city of Ventura. On February 16th, the organization launched An Era of Conscience global movement with aims of consolidating words and stories of conscience in actions to inspire people around the world to communicate, exchange and inspire newer and better ideas for the betterment of our living environment and the brighter prospect of the future generations.

An Era of Conscience movement is an on-going global movement; it has currently received responses from 123 countries, consisting of people from many walks of life including head of states, diplomats, academia, enterprises, professionals and civil societies alike.

As a professional music composer and a music educator, Dr. Susan Wang-Selfridge expressed that she is blessed to live a life enriched with music and arts, and to be surrounded by good people who are kind and sincere. Nevertheless, it isn't always the case for many others. Life can be tough and challenging at every level, from the personal up to a global scale. As she was saddened of witnessing more and more teenagers and children homelessness cases in the Ventura County, she said, "I realize that I am only one person and can't single handedly solve many problems in our society. By promoting An Era of Conscience movement, I must start from myself; I can constantly improve myself to be a more positive, kind and responsible person. I must also spread this wisdom, so I make an effort to teach more than just my knowledge of music, most importantly I nurture my students to be a person who is compassionate and wise, making good choices in their life and willing to help others."

Her husband, Michael Selfridge stated, "Conscience is the wisdom to discern right from wrong and the bravery to do what is right. Conscience comes from the heart, if we listen closely, our heart is screaming at us to do the right thing. In action, our conscience is reflected in what we do when no one is looking. Too often, we are tempted to do what is easy; we hope that this movement will inspire more people with the knowledge that they are not alone in their desire to follow their conscience and the bravery to make a difference in their lives and their communities."

"Never under-estimate how one positive thought can change the world." as Dr. Susan Wang-Selfridge and husband both agreed, "we like to see more citizens share their thoughts and actions on building a conscientious society."

Susan and Michael invite all the residents of Ventura to find out more at: [www.aneoc.org](http://www.aneoc.org).

*This story is contributed by a member of the Ventura community and is neither endorsed nor affiliated with Ventura County Star*