



Candle Light Foundation

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Alap**



MINISZTERELNÖKSÉG



**BETHLEN GÁBOR
Alapkezelő Zrt.**



Rozmaring Folk Dance Group from Nagytarcsa, Photo: Péter Tagai

„Let your love overflow,
like the light-warmth of fire:
to everything equally.”

(Sándor Weöres)



CANDLE Light FOUNDATION



Hanga Szlaukó with the board game, Photo: Péter Tagai

„Life is full of excitement and anticipation.
Know that the impossible becomes
possible. Wait for the miracles to
appear one after the other.”

(Eileen Caddy)





WHAT DOES THE CANDLE LIGHT FOUNDATION DO?

Our foundation was established in 2007. It was launched by the national professional conference for teachers, special education teachers, health and mental health professionals and social professionals, pastors, religious teachers, for psychologists, police officers, naturopaths, parents, and for those interested in the conference topics, with its "Heart-to-Heart Dialogue" program. On five continents, he launched *Heart to Heart - dice*, his own educational tool in Hungarian, English, Finnish, German, and Spanish language to show the love languages.

Those who roll the dice can experience every day that:

- a nurturing presence and dialogue begins within the family;
- the amount of conflicts that grind people down is reduced by half;
- children learn mutual acceptance;
- the use of dice in the workplace helps to understand colleagues should approach each other with supportive attention, confirms cooperation;
- in kindergartens, children learn the art of giving;
- in schools, students experience the blessings of healing silence;
- one finds treasures in one's heart: the feelings.

The foundation was the first in the world to introduce the rolling dice to kindergartens with *Gary Chapman*, a world-renowned anthropologist, psychologist, theologian's five love languages: 1. quality time; 2. words of appreciation; 3. kindness, consideration; 4. giving gifts; 5. physical touch. Human relationships can be destroyed if one does not know the primary love language of those living in his environment and of himself.



„The kind words are short and easy to pronounce, but their echos are truly infinite.”
(Mother Theresa)

Benedek Fischer with the dice
Photo: Boudo-Art

Márta Börönte created the *Heart to Heart dice* in 2010 expanded with the theme of silence in the message of love languages. The two creators met in Budapest in 2017 and they happily rolled the dice.

The four-generation *Dobó Bobó* self-knowledge board game was created by the foundation in Hungarian, English, Finnish, German and Spanish language to the delight of families, educational institutions, churches, workplaces, family helpers and disabled communities. The name of the program is "*Playing together is blissful!*"

The creative community offers help even in the most difficult situations of life with its publications. It published a book, an audio book with the title *I'm with you, I'll hold your hand!* and made a film for mourners in Hungarian, English, in Finnish, German and Spanish language. The adult and the child walk the path of grief in many life situations: illness, divorce, moving, when changing life stages or if you lose trust in someone. For all of them these publications provide a handhold for those who experienced one of these losses.

With the "*Harmonious life with the Heart to Heart dice!*" training the foundation presents the path of self-knowledge through the message of the "*One petal harmony*" program at workplaces. It teaches non-violence communication (the so-called "*giraffe language*"). During the training with completing a test, they discuss their own love language with the participants. Trainers draw attention to the importance of silence and with the use of essential oils they point out the scent of love in the family home. The smell of cinnamon and vanilla is important for a festive mood. The family is important to the foundation, considers it valuable when family members spend quality time together in love, they prepare their food together, and the meal takes place in an intimate environment in which mutual attunement can start – this is helped by the "*Cooking, but happily*" program.

The foundation pays special attention to communities of people with disabilities: *Dobó Bobó's* board game is suitable for children and adults who build a protective wall of isolation around themselves should use the feeling cards to connect with themselves and others. For the hearing impaired, the foundation provided sign language interpretation for the film *I'm with you, I'll hold your hand!* made for mourners. Films about the creative works and services of the foundation can be seen on its website: www.csillaggyertyafeny.hu The films are made by *Péter Tagai*, a colleague of the foundation.

On December 13th, 2013, the community appeared on Duna Television's Family Friendly program, in the report announcing the "*It's good to be good*" charity day.

The great dream of the founders of the foundation is to publish a book about the Magic dice. They collect stories about moments of love experienced with the dice in joy and difficulty. For example, things like a magic that happened in a kindergarten. Two boys had an argument in the dressing room. The atmosphere was tense. Then one of them spoke up: "*You know, today we rolled the dice on kindness-mindfulness!*" **The magic happened!** They hugged each other and were already helping their mates to tie their shoes.

The board of trustees of the foundation wishes everyone a magical roll!

SMALLNESS FOR GREATNESS

The non-profit foundation welcomes the 1% offerings

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- for kindergarten programs launched in different countries of the world;
- for the publication of a book collecting the stories of the "Magic Dice";
- for the preparation and publication of educational aids in several languages;
- to support our operations and purchase equipments;
- in order for the foundation to be able to give a Heart to Heart dice as a gift;
- let us introduce the film made for the mourners in as many places as possible;
- so that our volunteers can take board games to hospitals.

Márta Börönte and Péter Tagai

