What’s at stake? Violence is resourceless. It relies on narrowing, limiting resources to enclose and constrict people; i.e., inflicting torture, defining people as enemies. But nonviolence in this broad context is resourceful, for it commands countless resources deriving from compassion for universal humanity, respect for common creativity, and the desire to expand one’s own self and the being of others. And nonviolence resists labeling people as enemies, the desire to shrivel up individuals into the simple singleness of being necessary to killing them. Refusing to see or be an enemy is in contrast one of the most resourceful of behaviors, opening up others and oneself to the actual boundlessness of experience. Ursula Franklin, Foreword to Maxine Kaufman-Lacusta, Refusing to Be Enemies: Palestinian and Israeli Nonviolent Resistance to the Israeli Occupation. HOW FAR SHOULD THIS ATTITUDE BE PURSUED?
Contents: Nonviolence Newsletter #11

NV THEORY, METHOD, and TRAINING

Nancy Small, *Nonviolence Through the Lens of Scripture* (especially women)


Iain Atack, *Nonviolence in Political Theory.*

NVC

Lasater and Kinyon, *Nonviolence Communication (NVC) Manual*

  Rev. by Rick Heller

From Sarah Cassell:  Thom Bond, *Nonviolence Communication (NVC) Training*

MORE NV ORGANIZATIONS

Metta Center

War Resistance League

A. J. Muste Memorial Institute

Tom Hastings, PeaceVoice

PEACEMAKERS

In Arkansas

Rivera Sun Visited Fayetteville May 2015

Ginny Massulo:  Mohja Kahf on the Syrian Rebellion

Erica Chenoweth Visited Little Rock

Nation

Tom Hastings
NONVIOLENCE THEORY, METHOD, TRAINING

FAITH-BASED NONVIOLENCE

CHRISTIANITY Gandhi was quoted as saying: “The only people on earth who do not see Christ and his teachings as nonviolent are Christians.”


MICHAEL NAGLER, NONVIOLENT RESISTANCE


This practical handbook is a brief guide to the core principles and strategies at the heart of nonviolent resistance [or satyagraha]. Michael Nagler distills the guiding principles of nonviolence into a straightforward, practical, and short handbook that will help anyone in a nonviolent movement work more safely and effectively towards achieving social change. Berrett-Koehler Publishers, March 2014.

[See review in YES! Magazine (Fall 2014). –Dick]


Reviewed by Dominic Wells in Peace and Change (July 2015).
Choosing Peace builds on Marshall Rosenberg’s 2003 book, *Nonviolent Communication: A Language of Life*. Rosenberg himself was a student of humanistic psychologist Carl Rogers. Lasater, trained as a lawyer, acknowledges Zen influences in his own philosophy. The NVC approach is compatible with the Buddhist concept of skillful speech in general, but adds specific implementation details. Kinyon, trained as a clinical psychologist, suggests in a personal epilogue that these techniques have a deeper, spiritual “energy” behind them. However, none of the techniques presented use any form of spiritual language. Secular humanists can apply them without modification.
Among the authors’ motivations for the series, they’ve found that “the basic NVC model was not sufficient in stressful situations, when the fight-or-flight reaction was triggered.” They go into a bit of this in the introductory volume—for instance, suggesting that couples who have agreed to use NVC adopt an “awareness password” to remind their partner to return to the practice when they appear to have departed from it. However, a more detailed exposition of their enhanced NVC process appears to be reserved for future volumes in the series. If they deliver on these promises, the series will be a valuable addition to the literature on compassionate communication.

Published in the January / February 2015 *Humanist*

Rick Heller leads secular meditations at the Harvard Humanist Community and has attended workshops in nonviolent communication. He can be reached via Twitter at @seeingtheroses.

---

**NVC TRAINING**

sarahpcassel@gmail.com  June 24, 2014

to omni-sc+owners

My name is Sarah Cassel and I am a new student of Nonviolent Communication (NVC). I recently completed the introductory course on NVC, and from that experience became motivated to continue learning about and experimenting with the many applications of NVC in my life and in our society generally.

In that vein, I wanted to let you know about a one-year, international, low-cost/no-cost online NVC course coming up this month that I will be participating in. It’s a great opportunity to continue one’s development of NVC or to get an introduction to the practice, so it may be something you and your community would want to explore.

I’ve included an open letter (below) from the author of the course, Thom Bond, that can be posted to your group. Also, if you want to check it out a bit, you can go to [compassioncourse.org](http://compassioncourse.org) to see a video about the course, an interactive map of course participants, and two sample weekly messages.

Thank you for your time.

Sincerely, Sarah [This is available still today, 12-28-16. –Dick]
MORE NV ORGANIZATIONS

THE METTA CENTER  http://mettacenter.org/

100 years before September 11, 2001, on September 11, 1906, M.K. Gandhi officially launched the world's first Satyagraha, or strategic, nonviolent resistance campaign. Noted peace scholar Michael Nagler tells the story of the birth of Satyagraha (literally "clinging to truth") in South Africa. This book is also available for Kindle and for other eBooks on Smashwords!  --D

Metta Center Search for:
Nonviolence
Roadmap
Research & Education
Metta's Opinion & more
Shanti Sena
Get Involved
About

THE METTA CENTER  http://mettacenter.org/

“Despair Is Not an Option”: grantees speak out on Palestine/Israel

A.J. Muste Memorial Institute <info@ajmuste.org>  11:21 AM (29 minutes ago) to A.J.  2-5-16

[Some of this newsletter appeared in an OMNI Israel/Palestine newsletter. –Dick]

Despair is not an option. We believe that we have no alternative but to continue the struggle for a just resolution of the conflict. And as neighbors whose fates are intertwined--someone once called us Siamese twins--we are committed to continuing to work together, for the sake of future generations of both peoples.
Also in this issue of Muste Notes:

* Dear Friends: Welcoming 2016 with expanded grants, a new home, great people... [http://ajmuste.org/mustenotes.htm#dear](http://ajmuste.org/mustenotes.htm#dear)

* Bernice Lanning: In Fond Memory [http://ajmuste.org/mustenotes.htm#bernice](http://ajmuste.org/mustenotes.htm#bernice)

* Promoting Grassroots Radio [http://ajmuste.org/mustenotes.htm#comppa](http://ajmuste.org/mustenotes.htm#comppa)


* JOIN US! *

--> Donate now: [http://npo.justgive.org/ajmuste](http://npo.justgive.org/ajmuste)

--> Follow the Muste Institute:
- on Facebook: [http://facebook.com/ajmuste](http://facebook.com/ajmuste)
- on Twitter: [http://twitter.com/ajmuste](http://twitter.com/ajmuste)

--> Learn more about how you can support the Muste Institute: [http://ajmuste.org/ajsupport.html](http://ajmuste.org/ajsupport.html)

--> Stay in touch!
- Join our mailing list: [http://ajmuste.org/mailing_list.html](http://ajmuste.org/mailing_list.html)
- Would you like to receive Muste Notes by postal mail? Already getting Muste Notes in the mail and prefer to read them online? Let us know.

A.J. Muste Memorial Institute
339 Lafayette Street, New York, NY 10012
phone 212-533-4335 - fax 212-228-6193
email info@ajmuste.org - website [http://ajmuste.org](http://ajmuste.org)
Training across Generations

For the past 100 days, activists have been engaging in nonviolent direct action in Ferguson, Missouri and are calling for demonstrations of solidarity across the country. It is in this context that WRL continues its legacy of training nonviolent action.

This past weekend over two dozen organizers from across the Northeast gathered at the Voluntown Peace Trust in Connecticut for the first in a series of "Training 4 Trainers" we are planning. "WRL has a long history of providing resources in nonviolence training. This past weekend strengthened our commitment by offering this unique Training 4 Trainers to long-standing and emerging movements," Joanne Sheehan, WRL New England Staff and co-editor of the Handbook for Nonviolent Campaigns.

(Click on the below images for video interviews with participants Nelia Sergeant and Nylah Greaves.)

Activists and organizers from Nukewatch, Hearing Youth Voices, AF3IRM, Students for Justice in Palestine, the YaYa Network, Stop the F35, LGBTQ Youth Kickback and ICE-FREE NYC were among those present. Participants highlighted that they gained a deep knowledge of the history and purpose of nonviolent action, received time-tested tools for developing strategic campaigns, and learned how to be stronger facilitators by practicing communication, participation, and reflection skills."I learned that you can really fight the powers-that-be with nonviolent action and coordinate how effective we can be through training," Julian Larson, LGBTQ* Youth Kickback

Now is the time for nonviolent training across the country and across movements. With the legacy of movement leaders to strengthen us, WRL will push forward in our commitment to building intergenerational leadership for nonviolent social change. Stay posted for more Trainings 4 Trainers, as we continue to expand a network of trainers!

If you believe in nonviolent direct action for social justice and would like to help WRL in this mission, become a sustainer at $10-25 today!

TOM HASTINGS, PEACEVOICE

War Prevention Initiative » Tom H. Hastings

Tom H. Hastings is founder and Director of PeaceVoice, a program of the Oregon ... and written books about nonviolent action
INDIVIDUAL NONVIOLENCE HEROES

IN A NOVEL

RIVERA SUN, THE DANDELION INSURRECTION

http://www.riverasun.com/online-store/the-dandelion-insurrection/

From the desk of Rivera Sun comes a novel about the refusal of the human heart to submit to destructive authority.

“In a time that looms around the corner of today, in a place on the edge of our nation.”

Under a gathering storm of tyranny, Zadie Byrd Gray whirls into the life of Charlie Rider and asks him to become the voice of the Dandelion Insurrection. With the rallying cry of life, liberty, and love, Zadie and Charlie fly across America leaving a wake of revolution in their path. Passion erupts. Danger abounds. The lives of millions hang by a thin thread of courage, but in the midst of the madness, the golden soul of humanity blossoms . . . and miracles start to unfold!

Read more excerpts from The Dandelion Insurrection . . .

“The Dandelion Insurrection is as small as baking bread in your oven, and as large as bringing down dictators.”

The Dandelion Insurrection is the story of nonviolent revolution in the United States. This book offers through its story many tools and strategies developed by countless leaders throughout history, including Gandhi, Dr. King, Cesar Chavez, and Professor
Gene Sharp. >From marches to cazorolazo pot-and-pan protests to strikes to Victory Gardens for the People; the Dandelion Insurrection shares ideas that have changed the world. (You can see a sneak peak of the book in our gallery!)

“Be like the dandelions, spring up in intolerable soils, dare to stand up against violence, and blossom into love!”

See: Peace Heroes doc

Nonviolent Peaceforce

Here’s a really good story about the work they do that peace leaders should hear

Gladys Tiffany, Director
OMNI Center for Peace, Justice & Ecology
www.omnicenter.org
479-935-4422  --  gladystiffany@yahoo.com

From: "Madelyn MacKay madelynmackay@hotmail.com [NP-NCIFacilitators]" <NP-NCIFacilitators@yahoogroups.com>
To:  Sent: Tuesday, October 14, 2014 5:24 PM
Subject: [NP-NCIFacilitators] inspiring news, sent with love

ARKANSAS


(From left to right) Maimouna Alammar, their daughter Emar Nassar, and Osama Nassar are a family dedicated to Syrian non-violence activism. Because of their dedication, the two have been subject to imprisonment and torture.

In Syria death, torture, destruction, devastation and militarism are what the media presents to us. A revolution that began in 2011 as a peaceful, grass roots, nonviolent protest of the undeniably oppressive Assad regime evolved into something that many Americans such as this writer simply declare as beyond understanding.
Erica Chenoweth, Acclaimed Non-violence Scholar to Speak at Little Rock Events

April 7, 2015, at 7 pm: Civil Resistance in the Arab Spring and Beyond
Stella B. Smith Hall, UALR Fine Arts Building - More info on Facebook

April 8 at noon: Why Civil Resistance Works: Nonviolent Struggle in the Past and Future
Clinton School for Public Service, Sturgis Hall - More info on Facebook

She will also be speaking at high schools in the area and at Hendrix College. Erica Chenoweth, PhD, associate professor at the Korbel School of International Studies at the University of Denver, is one of the world’s leading authorities on non-violence and its effectiveness in conflict situations. She is the co-author of Why Civil Resistance Works – The Strategic Logic of Nonviolent Conflict (2011, Columbia University Press), which was awarded the 2012 Woodrow Wilson Foundation prize as the top book on government, politics or international affairs.

She was ranked among the Top 100 Global Thinkers in 2013 by Foreign Policy magazine for “proving Gandhi right.” Also, in 2013, she was awarded the Grawemeyer Award for “Ideas improving the world order.” Other recipients of this prize have included Mikhail Gorbachev, former president of the USSR. In her book (co-authored with Maria Stephen), Dr. Chenoweth combines extensive statistical analysis with major case studies (i.e. Iran, Palestine, the Philippines) detailing the factors that allow nonviolent resistance campaigns to succeed, though sometimes they fail. Under what conditions do they fail or succeed? She examined the conflicts of 323 popular movements over a 106-year period (1900-2006) and was able to collect serious data on 259 of those. She found, for instance, that only one in four nonviolent campaigns since 1900 has failed, while only one in four violent campaigns has succeeded. Further, her evidentiary work concludes that successful nonviolent resistance brings about more durable and internally peaceful democracies, which are less likely to regress into civil war.

Dr. Chenoweth concludes her book with the following appeal: “The historical record clearly shows that civil resistance is an enduring force for change in the international system. It behooves scholars, policy makers, resistance leaders, and the media to increase their understanding of how, when, and why nonviolent campaigns achieve goals that have eluded armed fighters for decades.”

Major sponsors to-date of Dr. Chenoweth’s visit are the Arkansas Coalition for Peace & Justice (ACPJ), the UALR Middle Eastern Studies Program, the Clinton School of Public Service, the Chamberlin Family Foundation, and Arkansas WAND (Women’s Actions for New Directions).
For additional information, contact ACPJ at joticof@aol.com or at (501)663-1439 or (501)952-8181.

Copyright © 2015 Arkansas WAND, All rights reserved.
You are receiving this email because you have subscribed to the Arkansas WAND mailing list.

Our mailing address is:

Arkansas WAND

21 Hickory Hills Circle

Little Rock, Arkansas 72212

NV USA

Search Results

Amazon.com: Tom H. Hastings: Books, Biography, Blog ...

www.amazon.com/Tom-H.-Hastings/e/B001HCVC7U

Amazon.com, Inc.

Lessons of Nonviolence: Theory And Practice in a World of Conflict by Tom H.Hastings and Kathy Kelly (foreword) (Oct 31, 2006) ...

Ecology of War & Peace: Counting Costs of Conflict: Tom H ...

www.amazon.com › ... › General

Amazon.com, Inc.


Nonviolent Response to Terrorism: Tom H. Hastings ...

www.amazon.com › ... › War & Peace

Amazon.com, Inc.

Nonviolent Response to Terrorism [Tom H. Hastings] on Amazon.com. ... Nonviolent Response to Terrorism and over one million other books are available for ...

Tom H Hastings | Facebook

https://www.facebook.com/tom.h.hastings

Join Facebook to connect with Tom H Hastings and others you may know. Facebook ... Books. Why Civil Resistance Works. Recovering Nonviolent History: Civil ...
Goodreads
Rating: 4.1 - 11 votes
Tom H. Hastings is the author of Ecology of War and Peace (4.50 avg rating, 6 ratings, 0 reviews, published 2000), Nonviolent ... Tom H. Hastings's Books.

Tom H. Hastings - Huffington Post

The Huffington Post
If, a week ago, one of my Intro to Peace Studies students had handed in the very speech given by President Obama in Norway, I would have given that student a ...

Power: Nonviolent Transformation from the Transpersonal to ... 

https://books.google.com/books?isbn=0761829091

Tom H. Hastings - 2005 - Social Science
Nonviolent Transformation from the Transpersonal to the Transnational Tom H.Hastings. HAMILTON BOOKS and correlatives of violence and nonviolence ...

TED TALKS

About the Program  http://www.pbs.org/program/ted-talks/ted-talks-war-and-peace/

What does it take to bring about peace? In TED Talks: War and Peace join host Baratunde Thurston to meet those who have experienced every aspect of war — fighters, journalists, psychologists, doctors and peacemakers — for a look at the impact of war and combat in our world. Learn how it affects every one of us in these extraordinary, passionate talks and performances from. . . . actor and veteran Samantha Nutt examining the proliferation and supply of small arms used to intimidate civilians in war-torn countries, Jamila Raqib, a peace activist and Executive Director of the Albert Einstein Institution who works on nonviolent solutions to some of the largest conflicts of the world. . . .
Contents Nonviolence Newsletter #10


NONVIOLENCE LOCAL (see newsletters on Compassion Campaign)

Doc. Film on Gun Violence July 14 at OMNI

NONVIOLENCE USA

A. J. Muste, US Gandhi

  Muste Notes

  Kelley, Nuclear Bomb Cores on Highways

  Social Justice Grants

  Muste Institute

NONVIOLENCE GLOBAL

Nonviolence Charter, Signatories Around the World

Catholic Theory and Practice

  Cochran, *Catholic Realism and the Abolition of War*

  Schlabach, *Just Policing, Not War*

  Agape Community, Shanley’s *The Many Sides of Peace*

Kurlansky, History and Critique of Nonviolence and Pacifism

Avery, Tolstoy

Rosenbloom, Palestinian Nonviolence and US Media Underreporting

Zack Baddorf, Syria

Stephen Zunes, Ukraine

END NONVIOLENCE NEWSLETTER #11
Dick Bennett

Blog: http://jamesrichardbennett.blogspot.com/

For research purposes, specific subjects can be located in the following alphabetized index, and searched on the blog using the search box. The search box is located in the upper left corner of the webpage.

Facebook: www.facebook.com/OMNIPeaceDept
j.dick.bennett@gmail.com
(479) 442-4600
2582 Jimmie Ave.
Fayetteville, AR 72703