

Personal Power and Nonviolence Scottish Centre for Nonviolence, Dunblane, Scotland

Time	Activity	Trainer/Facilitator Notes
9.45	<p>Welcome, H&S, Toilets Agenda Preview Introductions Poem</p> <p>You Get Proud by Practising by Laura Hershey Power makes you proud, and power Comes in many fine forms Supple and rich as butterfly wings. It is music When you practise opening your mouth And liking what you hear Because it is the sound of your own True voice.</p> <p>It is sunlight When you practise seeing Strength and beauty in everyone, Including yourself. It is a dance When you practise knowing That what you do And the way you do it Is the right way for you And cannot be called wrong. All these hold More power than weapons or money Or lies....</p> <p>Remember, you weren't the one Who made you ashamed, But you are the one Who can make you proud. Just practise, Practise until you get proud, And once you are proud, Keep practising so you won't forget. You get proud By practising.</p>	<p>In pairs introduce other person</p> <p>Whole Group</p>

1015	<p>Personal Power: Where does it come from?</p> <p>Theories of power are based on culture and includes gender, politics and faith among other things. Although it is tempting to suggest that there are universal truths about power to do so would be to trivialise the intrinsic value of each person's spirit; prioritise one race, hemisphere or continent over another and disallow the influence of physical and financial environment.</p> <p>Of course generalisations can be made up to a point such as Pluralistic Power – hierarchies depend on people to keep them in place and reinforce their power. This model is favoured in Nonviolence Monolithic Theory – hierarchical power, given to others by people with power. This model is favoured by dictatorships and cultures that favour the elite.</p> <p>However as a first step to understanding power in this particular culture I would like to make a list of expressions describing power in all the forms that you are aware of.</p> <p>These could be in general use or in your family. Also it is possible that it is an indirect reference for instance "black's beautiful" came into being in response to racism and to empower people of colour.</p> <p>What about images of power?</p> <p>If these are the words and pictures what categories could they be put into?</p> <p>Farmyard/Physical; Military; Maternal; Intellectual; Financial; Spiritual;</p> <ul style="list-style-type: none"> • Count the number of power descriptors and prioritise them. • What type of society or culture do they reflect? • Which descriptors do you use in your life? What do they reflect about you? • What holds you back? <p>What does this say about sources of power? Do they include Authority, Human Resources, Skills and Knowledge; intangible factors such as psychological and ideologies habits of obedience and submission; Material Resources & who controls them; Sanctions. Anything we have missed?</p>	<p>Individually – drawing 15 mins, write on board less anxiety for people</p> <p>drawing</p> <p>In Pairs</p> <p>Whole Group</p> <p>Small Groups</p>
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1035	<p>Where Does My Personal Power Come From?</p> <p>Individually – Root Part (draw)</p> <ul style="list-style-type: none"> • Choose a plant, flower or tree to represent yourself • Think of it growing into the person you are today • What nourishes your own roots • Influences your decisions • Confirms your identity <p>Leaf/Flower Part</p> <ul style="list-style-type: none"> • How does your behaviour (what shows) reflect your roots • Positively • Negatively • How easily do you recognise your behaviour <p>In Pairs</p> <p>Sharing your drawing/ideas talk to the other person about the picture you have of yourself either physical or mental.</p> <ul style="list-style-type: none"> • Some questions might include what do colours represent • What ideas/themes mean to them • Gaps 	<p>Individual</p> <p>In Pairs</p>
1115	Break	
1145	<p>Refresher in Ideas of Nonviolence</p> <p>Elicit their memories of what nonviolence is.</p> <p>List on Wall</p>	<p>Whole Group</p> <p>Handout One & Three</p> <p>Training Note Two</p>
1215	Where do I see Nonviolence Used	
1245	<p>Exploring Power Two</p> <p>Individual Again</p> <ul style="list-style-type: none"> • What strengths do you believe you have? • What strengths/power do you intellectually know you have/but don't believe in your heart • What strengths do other people think you have <ul style="list-style-type: none"> ○ At home ○ At work 	

	<p>o In the wider world – what power would foreigners think you have?</p> <p>From strengths you have identified where do you use them nonviolently? Where could you use them nonviolently</p> <p>One thing that emerged from the exercise that was useful (positive or negative)</p>	
1315	Lunch	
1415	Energiser – Brain Gym	
1420	<p>Poem – Mandela</p> <p>Poem possibly by Marianne Williamson: Nelson Mandela used a version of this for his inaugural speech.</p> <p>Our deepest fear is not that we are inadequate Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us. You are a child of God. Your playing small doesn't serve the world.</p> <p>There is nothing enlightened about shrinking so that people won't feel insecure around you.</p> <p>We were borne to make manifest the glory of God that is within us. It's not just in some of us, it is in everyone.</p> <p>And as we let our own light shine, we unconsciously give other people permission to do the same.</p> <p>As we are liberated from our fear, our presence automatically liberates others.</p>	<p>Pairs Using Pre-Lunch Exercise</p> <p>Groups of Three</p>
1430	Does Nonviolence Work for Me?	
1500	Power Three	

	<p>How do you use your power negatively? How do you use your power positively? How nonviolent do you perceive you are?</p> <ul style="list-style-type: none"> • In the way you speak to others • In the way you participate in groups socially • Participate in work-type situations • The way you behave towards the environment. 	
1530	<p>Actions I might take in my Everyday Live to Use my Power Nonviolently towards myself.</p> <p>Listing likely, possible, impossible, Impossible divided into ones</p> <ul style="list-style-type: none"> • Impossible because I don't approve, wouldn't do it and don't think anyone should; or • Impossible because my circumstances or character are such that it is not possible for me now, but I'm glad others can do it. 	
1600	<p>Reflections – A Poem – Goethe</p> <p>"Until one is committed, there is a hesitancy, the chance to draw back, always ineffectiveness. "Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. "All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no person could have dreamed would have come their way. "Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now"</p> <p>Goethe</p> <p>Printed in: In the Tiger's Mouth by Katrina Shields (1991) Millennium Books</p>	
1615	Evaluations and Closure	