

# Five new study guides for the BW book: LIVING BEYOND WAR

- Posted by [Leonora](#) on January 27, 2010 at 5:13pm in [Curriculum](#)
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=====BEYOND WAR IS A LEARNING COMMUNITY=====

In one way or another, everyone is a participant and everyone is learning. The method of choice is inquiry with integrity via exploring differing view points, penetrating depths of meaning, revealing implications, opening to new possibilities, and initiating creative actions – all in the interest of reaching greater understanding that will best serve people and planet. Stated more succinctly: Don't pose enemies, pose questions!

Learning flows from assimilated experience and study. For study in groups, the format that fits is conversation/dialogue, as opposed to lecture, because it encourages critical thinking and active learning. And it facilitates the sharing of life experience, knowledge, intuition, and talent already present in every individual.

Also helpful are multimedia resources that encourage additional investigation and learning opportunities towards the goal of effective activism.

=====BOOK STUDY FOCUS: Living Beyond War: A Citizen's Guide=====

For assimilating the book, <http://www.beyondwar.org/content/living-beyond-war-citizens-guide>"> several approaches are currently being pursued by various groups. Which one(s) to use or to combine may be decided by a group's organizers/facilitators, or by consensus of the group itself. Outlined below are the FIVE main approaches to achieving stimulating, challenging, and interesting group conversations.

If information and guidance about group dynamics and facilitation of small group discussions is needed, some help in this area can be found in the Introduction to the BW 8 week Study Series: <http://www.beyondwar.org/content/study-series-notebook>.

~~`1) INCLUSION OF THE AUTHOR~~~

This is a unique and very positive opportunity to enhance a group's experience: Winslow Myers has agreed to be available by phone at some point(s) during the book study if desired. By arrangement with a PR firm, he has been giving dozens of live radio interviews and discussion for months, so has become quite adept and comfortable dealing with both general and specific issues touched on in his book and welcomes engagement.

Listen to one here: (need itunes to download)

[http://kbcswb.bellevuecollege.edu/downloads/One\\_World\\_Report/OWR\\_2....](http://kbcswb.bellevuecollege.edu/downloads/One_World_Report/OWR_2....)

Appointments can be made via email: [winslow@winslowmyers.com](mailto:winslow@winslowmyers.com)

He has also agreed to respond by email to questions emailed to him from group participants.

~~~2) A GENERAL APPROACH TO THE BOOK AS A WHOLE~~~

- Critique: Was the book effective? In what way? What would you change/add?
- Response: By what means can individuals be effective and toward what end? Does the book motivate you? In what way?
- Integration: How do the ideas presented impact your own life? How do they contribute to your understanding of human nature, social change, and the future of civilization?

~~~3) ONE OVERARCHING QUESTION PER CHAPTER ~~~

Introduction: Can the reader begin to see another way?

Chapter 1. Does war work?

Chapter 2. Can we continue to war and survive?

Chapter 3. What is the root cause of war?

Chapter 4. Can the human mind apprehend "universal" truth?

Chapter 5. Are we all in this together, or is there still an "us" and a "them" in the reader's mind?

Chapter 6. Are these the practices that get us beyond war personally?

Chapter 7. Are these the practices that get us beyond war internationally?

Chapter 8. How does positive social change take place?

Chapter 9. Must I decide?

Chapter 10. What is dialogue?

Chapter 11. Is hope possible, and do I feel it myself after having read this book?

~~~4) QUESTIONS EMERGE FROM THE GROUP:

After reading each chapter(s) on their own, individuals list questions they have and bring them to their next meeting. Everyone's lists are posted, redundancies combined, and questions prioritized. Conversation proceeds organically from the consolidated list for the duration of the group.

#### ~~~5) AN ECLECTIC COURSE IN FOUR (OR MORE) MEETINGS~~~

Outlined in more detail than approaches 1-4 above:

Prior to Session 1, books are distributed to all participants with the request to read the first three chapters before the first meeting. If more than four meeting times are available, instead of assigning homework (beyond pages to read), videos can be viewed during meetings immediately followed by conversation. Not all videos suggested may be right for every group, plus additional ones may be suggested by participants.

#### SESSION I - WAR IS OBSOLETE pgs. 1-66

(Materials needed: easel with writing pad, felt tips, pins, tape, extra paper and pens)

1- Welcome and personal introductions. Overview focus of study.

2- Show "Building a World Beyond War: A Roadmap for Citizens"

<http://www.beyondwar.org/node/2437> , order DVD ahead of time, or click google DVD and view immediately.

3- After viewing, start an ongoing Feeling and Thoughts Chart on an easel. Ask for sharing of feelings and thoughts...remind that all are accepted, safe to express, no judgment.

(To differentiate between feelings and thoughts: "I feel that ..." signals that is a thought. In contrast, feelings are usually gerunds and adjectives, such as "sinking, betrayed, helpless, disillusioned, hopeful, encouraged," etc.)

4- Question: "Based on what we have seen, read, and talked about so far, what are your expectations at this beginning point of the weeks we will be together?"

Record responses on easel. Add to list as group progresses. At the end of the four weeks note any signs of evolution.

5--Conversation - Explore responses to:

- Questioning War – question 1, p.15;
- War Doesn't work – question 1, p.30, question 2, p.31;
- Change - questions 2,3,4,and 5 p.49;

· The Shadow – questions 3 and 4 p.65.

6 - To help consolidate thoughts, ask:

“ If you were to design a bumper sticker, a newspaper headline, a poster , a simple form of communication whose purpose was to educate and inspire, what would it say? What would it look like?” (allow a few minutes for each to create something – not elaborate.)

7- Share the products from #6 to close the session.

8. For next week: Read-pp. 67-118. Hand out CD of “Appropriate Foreign Aid.- Central Asia” with Greg Mortenson <http://www.beyondwar.org/content/study-series-notebook>.

Also see “Stones Into Schools” , a Jan. 2, 2010 interview on CSpan2  
<http://www.booktv.org/search.aspx?For=greg%20mortenson>.

Bill Moyer’s Journal on PBS Jan. 15, 2010 also did excellent interview.

<http://www.pbs.org/moyers/journal/01152010/watch.html> (or search archive.)

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SESSION 2 - WE ARE ONE ON THIS PLANET and THE MEANS DETERMINE THE ENDS  
pgs. 67-118

(Display last week’s sheets on easel/wall for easy reference)

1- VIDEOS: (preview to select which best illustrates the global scale of human issues)

No Frames, No Boundaries; <http://beyondwar.ning.com/video/950018:Video:3314>

Climate Change = War against Nature. One aspect among many: The Global Cyrosphere  
[http://www.nasa.gov/centers/goddard/earthandsun/climate\\_change.html](http://www.nasa.gov/centers/goddard/earthandsun/climate_change.html).

Nuclear Winter . [http://www.youtube.com/watch?v=MJUeae\\_qE6A](http://www.youtube.com/watch?v=MJUeae_qE6A)

Ted Turner interviews Carl Sagan:  
[http://www.youtube.com/watch?v=\\_lZUhz3Ss4U&feature=related](http://www.youtube.com/watch?v=_lZUhz3Ss4U&feature=related)

Global Zero update since Sagan’s warning: <http://www.globalzero.org/map>

2- Add to Feelings and Thoughts Chart as way to gather thoughts throughout course.

3- Conversation:

- An Open Mind – questions 2 and 3 p. 78
- Interdependence – questions 3, 4 and 9 p. 89
- Living Beyond War – questions 2 and 5 p. 102
- Far Better Than War – question 1 p. 116

4- Reflect on last week and today. Any new thoughts about a headline or a bumper sticker

5- Closing appropriate to mood of group.

6- For next week: Read pp. 119-161

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### SESSION 3 - THE CHALLENGE OF CHANGE pgs. 119-161

(Display last week's charts on easel/wall for easy access.)

1- Briefly review last meeting – add to Feelings and Thoughts Chart

2- Conversation:

- The Process of Change - questions 1 and 2 p.131
- Decision - read Krishnamurti quote p. 132

3- Power of Dialogue p.148 Optional Exercise to experience the difference between discussion and dialogue:

a. 1st Round: Divide the group into A's and B's. Gather on opposite sides of room.

Designate 2 observers.

-Give the A's instruction that they are to speak with passion and excitement about a subject they truly feel strongly about, trying to influence other's opinion.

-Give the B's instruction that they are to participate in a typical "discussion" mode with comments, opinions, feedback, insertions, etc..

- Give Observers instructions to silently watch and make notes.

b. Pair up everyone, one A with one B, and proceed in diads with their talking for several minutes..

c. In whole group: Feedback/share personal experiences from A's, B's and Observers – Feelings? Thoughts?

d. 2nd round: The B's are the Speakers this time. Instruct groups separately.

B's pick a subject of passion, or a problem, and proceed as A's did in Round 1..

A's receive instructions for “Listening Skills for Effective Dialogue” (hand out or write on easel):

- Listen to learn, to learn deeply the other person's frame and point of view.
- Suspend judgment—simply be there for the other person.
- Have appropriate eye contact and body language—lean slightly forward, arms uncrossed.
- Be as focused on what the person is saying as you can.
- After an appropriate listening period, give a succinct summary of what you've heard, checking out whether you've listened attentively.
- The other person may sense the development of a deepening trust and may reciprocate, listening to you in similar fashion as you relate your frame of reference.
- Avoid expecting immediate closure, knowing this is the beginning of peaceful dialogue, leading perhaps to a reframing of a question.

(See pp 146-148) that will allow a “Third Side”, to unfold.

(Ury, William. *The Third Side: Why We Fight and How We Can Stop*. New York: Penguin, 2000)

- Observers, same instructions as before.

- Pair up A's and B's with different partners than before, and each new pairing proceeds to talk. (call time when both partners have spoken sufficiently)

e. Feedback/share – Feelings? Thoughts? Ah ha's?

4-Resource:Len and Libby Traubman <http://traubman.igc.org/listen.htm>.

5- Close.

6- For next week: Think about the role of media. Elie Wiesel said: “People become the stories they hear and the stories they tell.”

- Do you think this is true?
- Is our culture becoming the stories we read, hear and see in the media?
- What are they?

(See: “Decade of Cooperation” <http://traubman.igc.org/decadeofcooperation.pdf>.)

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#### SESSION 4 - WHAT DIFFERENCE WILL THIS KNOWLEDGE MAKE IN YOUR LIFE? INTEGRATION OF INSIGHT WITH ACTION.

(Need Newsprint pad, markers, tape )

1- Open with DVD – “COSMOS – Who Speaks for Earth” <http://www.hulu.com/cosmos>

and/or “Carl Sagan’s Blue Dot video: <http://beyondwar.ning.com/video/carl-sagans-blue-dot>

2- Conversation: p. 148 - Read paragraph aloud, “The force which threatens.....”

- What was new in this book?
- If anything was new to you, how has this changed your thinking?
- Write down two or three ideas for action or change in what you do and how you do it, based on your personal insights.

3- Optional experience to illustrate the Hopi statement, “We are the ones we’ve been waiting for.”

- Begin with the Media homework question from last week.
- Each participant in turn selects one of the ideas from their list above, shares aloud in group, and facilitators write it at the top of a piece of large newsprint. (could use half sheets divided vertically.)
- Once all participant’s ideas have been posted,
  - a) review ground rules of brainstorming...quick...no processing...piggybacking...possibilities of ‘joining’ w/others...
  - b) all together, group brainstorms possible actions to generate results, addressing one idea at a time, until complete.
  - c) review all,...look for piggybacks...need for prioritizing?...interrelated?...”how to” ideas for getting started...partnerships/collaborations?
  - d) Ask group: “What shall we do with this list?”

4- Close: acknowledge process nature of behavior change. Hear from everyone: “I learned....”

5- Consider possible follow through with individuals, with whole group. Who is interested in inviting friends and hosting/facilitating a new group? Invite donations to BW if appropriate.

6- Each person offers one word that expresses “I think or I feel....” Thank you all around!

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Facilitators: Please email [leonora@beyondwar.org](mailto:leonora@beyondwar.org) re: number of participants, brief comments on how course went, and any suggestions for additions/changes to contribute to the dynamic evolution of ideas.

Thank you. We hope this approach was helpful to you .We look forward to receiving your feedback.