

A Challenge to Change Our Thinking About War: An Overview
Draft Facilitator's Agenda 10/31/10
SESSION 2 – WE ARE ONE

Preassignment: Read Part Two: We Are One on This Planet (Chapters 4 and 5 of the book, pages 67 – 89)

Goals for Session 2:

- Continue building group relationships
- Explore and experience “whole thinking” – Open Mind
- Explore our “knowing” of our interconnectedness
- Begin awareness of how we think “separate”

Agenda

1:00 Welcome and introductions

Have name tags prepared; refreshments available

Welcome – Introductions as needed (if people missed the first session, ask people to share: 2 or 3 things about self that would help others to know them, and 1 thing that stuck with them from last week (or from reading) about war, terrorism, conflict

1:15 We Are One on This Planet

Play video to get us focused: “Reflections” (Comments from space travelers) 7:15

http://www.youtube.com/watch?v=1ZWahiH5RrM&feature=player_embedded#!

Responses: Feelings and Thoughts – chart them.

1:30 Seeing Whole – An Open Mind

The astronauts brought us a wholistic view.

How do we typically see ourselves in relation to others? -- Take a few comments

Exercise in seeing: Observing the rock

Each side describe what they see.

Ask Observers: Who is right?

Ask describers: How do you feel about the other's description?

What allows you to either resist it or open to it?

Ask all: How does this relate to the experience of Greg Mortensen in opening to what he saw?

2:00 Interdependence

Split Chart: Separate / One

Brainstorm words that go under each. What do you think of?

What kind of actions/responses go with each?

How do we know we are part of an interconnected system and not separate? We are unique individuals, after all.

2:10 Open sentence exercise (Purpose: to tap into the inner knowing of our connectedness)

(Exercise is described on pp. 98-99 in Coming Back To Life.)

Pair up. Tap each other quickly on the knee. One who tapped first is speaker A; other is B.

A will speak first, when I tell you; B will listen attentively, responsively but non-verbally. Don't say anything. I will start a sentence, then A will repeat what I have said and go on talking.

Complete that sentence and continue on. I'll ring a bell when it is time to wind up. Complete your thought and stop. Then we will switch roles. We will do this several times.

Sentences (I only had time to use # 1, # 3 and # 4):

1. I think the condition of our society is becoming...
2. I think the condition of our environment is becoming...
3. What concerns me most about the world today is...
4. When I think of the world we will leave our children, it looks like...
5. Feelings about all this that I carry around with me, are...
6. Ways I avoid these feelings are...
7. Ways I can use these feelings are...

Convey non-verbally to your partner your appreciation for their supportive listening, and your respect for their concerns and courage in sharing them.

Discuss the impact of the exercise.

Share that the feelings and the pain we experience comes from our interconnectedness with all beings. When we allow ourselves to experience it, we can let go of the fear that blocks us, releasing our power to act on behalf of all.

2:35 Show video: Evolution of Empathy (10:39) <http://www.wimp.com/empathyevolution/>
Chart responses –
Compare to identification chart in book p. 87

2:55 Show: The Wombat <http://www.youtube.com/watch?v=IHyH3MPgZDo&feature=related> (1:03)
Assignment for next week:
Part III – The Means - Read Chapters 6 and 7 pp. 91-117 AND Chapter 10 pp 137 – 149.
Listen to CD of Compassionate Listening

3:00 Close