

Mystic Margaret: I notice, Gabriella, how you have participants tell their stories. Storytelling is one of the most powerful ways to tell people about Transforming Power. You can tell the story like this (demonstrate *monotone*), or you can use the tools of a story teller to create a vivid image of the event. This is drama. Use your body by leaning into the circle, or maybe standing a re-enacting the event as you talk. Have the tension build (in your voice, in your body) E.g. . . . [story began with the situation in a prison yard, with Jones being hit and knocked to the ground] . . . *after getting up, Jones walks around the prison yard. Friends are saying "I've got your back" "Here's a weapon"* (using a different accent/voice for each speaker and create the image of people taking sides on the anticipated fight) *and Jones replies "I've got this one"*. Then there is the surprise conclusion, as "*Jones arrived back in front of X, offers his hand to the man who hit him and acknowledges "I was in the wrong. Let's talk about it"* (with the body language and voice tone to match the calm confidence with which Jones spoke). (pause - another drama technique). *That was Transforming Power.* (Period)

End there. Less is more. You don't need to add a lecture and definition. Participants will jump in with comments and discussion.

Zestful Zakhe: One methodology I have used in presenting transforming power is use of life as a metaphor of life of an individual being a jewel. At birth all our life is like a jewel, a very special jewel attractive to every human being.

The intrinsic value within each individual is something which we refer to as *ubuntu*. Ubuntu within each and everyone of us appeals to the *ubuntu* of the persons around us, enabling us to value who they are in spite of what they do or what they don't do.

As we grow a lot of negative thing happen to us and we experience harm, which then covers our jewel and prevents it from shining. Each harm prevents our jewel from shining and as time goes on the jewel will be total closed and none will be seeing it. During that time we cease to connect with people around us through our jewels, but we will relate to them with pain and sorrows. It will then take an individual who can reaffirm herself and realize that she is still a valuable jewel in spite of all wrongs that happened to them. Such an individual will respect herself and in that way she will get to reach out to the jewels of those around her and care for them regardless of what they have done or what they did not do. She will always seek affirming others as she wishes to help them to realize the jewel in them and get to expect the best from them, and expect the best from them as she get to think before reacting to what others have done or did not do. Thus she uses her jewel to reach to the jewels of others, which have been affected by negative issues in life and that can enable others around her, whose jewels have been covered to get to realize their jewels and help others too.



Attractive Anu: One methodology I have used in presenting transforming power is use of different photographs which are culturally appropriate. First we put the big mandala in the wall and small in the floor and outside the mandala put different pictures and ask participants to choose 2\3 pictures and share in the pair that how the selected pictures represent the mandala then ask participants to share in the big group.

Mystic Margaret: Story, definition, visual images and metaphor can all be part of a Transforming Power presentation. It is best that each come from a different facilitator, in different voices. Explaining Transforming Power in different ways creates many connection points, and each listener will each connect to the point(s) and style(s) that work for them.

Your Smile Youngsil: When presents TP in basic workshop, we consider three things; when to present, what materials to use and what activities come before/after. And we try to make it as a team work including participants. In groups of 3 or 4, we invite people to share their own experiences of the conflicts they solved non-violently, then we ask each group to choose one story to share with whole group. Then we invite everyone to think about what turning points were in those stories, and write those down on colored post-its one by one. Using TP Mandala, each facilitator presents one piece of it putting down in the circle; it could be telling a story or how they interpreted it , whatever ways they feel comfortable. Then we invite everybody put post-its next to the Transforming Power Mandala piece they think related to. They may speak few words how they see the connections. After everybody had a chance to share their post-its, a facilitator put the centerpiece of Mandala, Transforming Power. And debriefs.



As a facilitator I found presenting TP in Basic workshop is the most challenging part. For many years I've been leaning on my co-facilitators for leading it. Here is a wonderful metaphor that Jo-nyon loves to introduce.

Jo-nyon: Wind Mill-When I see TP as a windmill, I thought we needed every parts of it to move all at once to start working. But it is hard. Then I realized, even when only a part starts moving, it generates power to move all. When one piece starts working, then other pieces will be following, and that is what we call Transforming Power. The wind is everywhere. It is in everything we meet, see, listen, touch and feel. It is in the all experiences we go through. TP is not mysterious power, it is everywhere around us and inside us.



Mystic Margaret: One thing I notice about the windmill is that it can turn with a broken propeller, but it is so much more effective when all the propellers are in place.



The KEYS used in Australia and elsewhere are often presented as all needing to be present to unlock non-violence. They come from the HIPP (Help Increase the Peace) manual and are frequently used with youth. The term

Transforming Power may not be used, in part because schools are frequently uneasy with spiritual implications, but the concepts are there.



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Zestful Zakhe: it's really amazing to realise how much of diversity do we have in presenting Transforming Power, now it's the Keys, well, i have never heard about these its my first time and it's worthy bringing variate.

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Mystic Margaret: My friend Jackie LaBatte-Simon in New York has another way of presenting Transforming Power for the first time. This is after "sharing a conflict I solved non-violently". She has people stand and face the outside of the circle, looking down at the ground, and leads the following meditation.

We all have experience solving a problem non-violently, but this is not always the case.

Sometimes, in our past, things have gone the wrong way and gotten violent. I want you to think of a time when that happened, when you were involved in a violent situation. (pause) Think of how the day began. The setting. The people you were with. Think of the progression of events that led up to the violence. Mentally take yourself toward the violence, but stop before you get there. 5, (pause) 4, (pause) 3, Stop. don't go to 1 or zero.

(while speaking and people are looking outward, scatter the five pieces of the outer two rings of the Transforming Power circle on the floor in the center of the circle)

Now, holding that image of moments before the violence, turn back toward the center of the circle. Look at the pieces on the floor. (facilitator may read them aloud, especially if not everyone is fluently literate) One person at a time, pick up one or more pieces, and explain how if you or someone else had used that, the violence could have been avoided.

Participants are usually quick to pick up piece and share.

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Zestful Zakhe: In order to enhance the participants understanding we usually have two sessions of Transforming Power in the program. We have it on the first day and on the second day we will have revisit the session linking it with role plays and "I messages"

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Mystic Margaret : During role plays, I sometimes hand each participant a Transforming Power card right before the action begins, and remind them that each character has access to Transforming Power. Or in the middle of the action I have the "actors" freeze and invite the "audience" to read suggestions from their Transforming Power cards.

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TRANSITION to DISCUSSION- Attractive Anu divided the "audience" into small groups (6-10 people) Within your group, discuss the following questions:

1. What other ways do you share Transforming Power?

2. How do you develop confidence to introduce TP in Basic workshop?
3. How do you present Transforming Power in Advanced workshop?

Closing: "Transforming Power" by Authentic Allison read aloud and given on a bookmark.

Transforming power is...

Power without dominance

Strength without violence

Peace without passivity

Love without coercion

Respect without reason

Speech without fear

Trust without prejudice

Risk without threat of punishment

Transforming power is...

Belief in the value of every person and every life.

Belief in the right of every individual to have a voice.

Belief in the opportunity for nonviolent solutions.

Transforming power is...

Faith in an outside power greater than ourselves.

Faith in ourselves and our capacity for good.

Faith in others and their capacity for good.

Transforming power is...

Commitment to community.

Commitment to empowering ourselves and others.

Commitment to allowing our lives to be continuously transformed.