

## My Mentors

### ***Marshal Rosenberg "What you say next will change the world."***

Growing up in an inner-city Detroit neighborhood Marshall Rosenberg was confronted daily with various forms of violence. Wanting to learn what he could about the causes of violence and what could be done to reduce violence he chose to study clinical psychology and received his Ph.D. in Clinical Psychology from the University of Wisconsin.

In addition to his studies in Clinical Psychology, he also studied comparative religions, the lives of peacemakers throughout history, and other research to identify what human learning contributes to violence and what human learning contributes to compassionate giving and receiving. From his research, he identified thinking, language, communication skills and means of influence that reduced violence and supported compassionate relationships. He integrated what he learned into a process he named Nonviolent Communication.

Offering Nonviolent Communication to others and seeing how it empowered people to create change nonviolently and its to contribute to compassionate ways of living, he founded the Center for Nonviolent Communication. Marshall and members of the Center for Nonviolent Communication organized and trained teams of people in the following countries to apply Nonviolent Communication where it can best support compassionate ways of resolving conflicts and fulfilling the needs of all.

Chapter One: Giving from the Heart, the Heart of Nonviolent Communication

<http://www.cnvc.org/node/393>

### ***Dominic Barter "Empathy is a condition that clears the blocks that impedes action, connects one to themselves and to others, and creates a doorway to powerfully transform a situation that is inclusive of everyone's needs."***

Restorative Circles is a process that offers communities a way to compassionately handle conflicts, heal from these conflicts, and learn what conflicts have to teach us. Dominic's Barter's work has been informed by his experience in the Restorative Justice movement, his exploration of NVC and his work in opening dialogue between Brazilian institutions and gangs.

When Dominic Barter enters the favelas that are home to the gangs that control about 25 percent of Rio de Janeiro, he doesn't do it wearing riot gear and a megaphone. He does it armed with questions.

Barter introduced restorative justice to the government and the gangs of Brazil in 2004, and the encounter has opened up possibilities for both that once seemed unthinkable.

Home to two of the most dangerous cities in the world, Brazil is infamous for its gangs. A crackdown on crime in the 1990s flooded prisons to almost three times of the capacity that the prison system could handle. And the prisons themselves have become the base of gang operations.

Gangs have always posed a particular problem for law enforcement. To counteract gangs' advanced organization and constant streams of resources, policing gang activity often looks more like guerrilla warfare than police work.

Rampant poverty in countries such as Brazil makes turning to gang activity for protection and support seem like the only option for countless children. Today, most of the deaths of Brazilian adolescents are caused by murder, which is usually gang-related.

The work Barter has initiated with restorative circles brings victims, offenders, community members, and the justice system together to address crimes that occur. After intensive preparation ensuring all parties feel heard, a facilitated circle takes place. It is based on carefully designed, penetrating questions that recognize the needs of all participants, and results in agreements based on consensus.

<http://www.youtube.com/watch?v=-olm.JVxNyYo&feature=quicklist>

***Moshe Feldenkrais "Trust yourself to work out what is right for you."***

The Feldenkrais Method® is named after the man who developed it, Dr. Moshe Feldenkrais (1904-1984). Moshe was intensely curious, and had a way of awakening in others an enthusiasm and passion for learning. He was a physicist, engineer, author, judo master, avid soccer player, and educator. As a scientist and explorer of the human condition, Moshe studied many things, including anatomy, biology, language, hypnosis, and judo. He synthesized a coherent system of beliefs about health, which he taught by pragmatic and experiential methods.

Due to a sport-related injury to his knees, Moshe began looking for an alternative to surgery to improve his ability to walk painlessly and to alleviate his difficulties. In his personal exploration, he discovered that we all have an innate ability to overcome our challenges and live healthy lives by paying attention to, or becoming aware of, the way we move. Thus, the name for one of the modalities of the Feldenkrais Method® is "Awareness Through Movement.®"

As with many great discoveries, necessity was the motivating force that pushed Feldenkrais® to invent a profound process. Chance, effort, and attention guided Feldenkrais through the door of invention and on a path to discover a process of healing through learning. He was an expert at creating conditions that allowed learning to happen organically--as a natural consequence of the students' own actions. That way, the students discovered something for themselves. They were not taught: they learned.

Feldenkrais deciphered the language of movement and touch, thereby creating a new and precise way to dialogue in a native tongue common to all of nature. He vigorously developed his personal teaching style of movement lessons, imbedded in stories of human achievement and failure, art and science, biological development, and evolutionary progress. **Moshe believed his greatest achievement was turning abstract ideas like balance, integrity, and beauty into concrete actions:** actions that could be sensed, and would be instrumental in helping us realize our full potential.

He believed that through a dialogue of movement and touch, a person could discover and integrate a new and better physiological, psychological and emotional balance. As a social artist and inventor of a new human technology, he witnessed the emergence of a newly transformed human, not just a newly transformed body. Even beyond that, he envisioned a newly structured society because of his influence.

This short video explains the Feldenkrais Method in clear precise terms and how the use of this method improves your overall physical ability, sense of health and increase your awareness

[http://www.youtube.com/watch?v=e\\_i5QuIqcQo&eurl=http://www.houfeldenkrais.com/about\\_feldenkrais.htm](http://www.youtube.com/watch?v=e_i5QuIqcQo&eurl=http://www.houfeldenkrais.com/about_feldenkrais.htm)

For information on the Feldenkrais Method and to find a practitioner go to. <http://www.feldenkrais.com/>

