DEEP EMBODIMENT THROUGH PRACTICE

OCTOBER 24, 2016

Image: from Forward Together
While we’re getting started, tell us via chat:

What is the geographic area of your work?

What is one way you practice living your values?

#transformativemovements
DEEP EMBODIMENT THROUGH PRACTICE
TRANSFORMATIVE MOVEMENT BUILDING
WEBINAR SERIES

1. What is Transformative Movement Building? September 20th
2. Leading with Vision & Purpose: October 4th
3. Deep Embodiment Through Practice: October 25th
4. Radical Connection: November 15th
5. Strategic Navigation: November 29th
6. Transformative Strategy: December 13th

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LEARNING OBJECTIVES

• Understand the strategic necessity of living our values and how this helps us get where we want to go.

• Introduce the difference between unconscious habits & conscious practices that help us access new capacity.

• Explore principles of Forward Stance and how they can be used to create transformative movements.
• Deep Embodiment Through Practice: Jeremy Lahoud
• Movement Stories: Nan Stoops, Washington Coalition Against Domestic Violence, and Cristy Chung.
• Movement Building Practice: Breath, Stance, and Awareness
• Questions
MOVEMENT BUILDING PRACTICE

BREATHE, STANCE, AWARENESS

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WHAT IS BELOVED COMMUNITY?
Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice. and justice at its best is power correcting everything that stands against love.

—Martin Luther King Junior
WHAT DOES IT FEEL LIKE TO EMBODY LIBERATION AND EQUITY?
HABITS
UNCONSCIOUS
REPETITIVE ACTS.

PRACTICES
CONSCIOUS &
REPETITIVE ACTION
THAT CULTIVATES
SPECIFIC QUALITIES
AND CAPACITIES.
FORWARD STANCE

60/40 STANCE

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**STANCE**
- Forward moving, directional
- On the offensive (not defensive)
- Aggressive, without aggression

**ENERGY**
- Strong
- Building (Rising)
- Sustain energy, restorative

**FORWARDSTANCE**

**AWARENESS**
- Non-reactive
- Broad: at least “180 degrees”
- Future awareness

**RHYTHM**
- Pace: sustainable, with momentum
- Supports alignment
- Resonance

Forward Stance was developed by Norma Wong in collaboration with Forward Together

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“Collective transformative practice is not some hippy dippy thing. It’s about how we are together and how we are successful as movements. This is how #Black Lives Matters thinks about transformative practice: It’s about transformative relationship building. It’s about practice as ritual.”

~Alicia Garza, #BlackLivesMatter & National Domestic Workers Alliance
MOVEMENT STORIES

NAN STOOPS & CRISTY CHUNG
QUESTIONS?
REFLECTIONS?
JOIN US FOR THE NEXT WEBINAR,
RADICAL CONNECTION
NOVEMBER 15, 2016

FOR MORE INFO, CONTACT:
www.movetoendviolence.org & www.movementstrategy.org

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