



METTA CENTER

for NONVIOLENCE

The Third Harmony: Nonviolence and the New Story of Human Nature Film Discussion Guide

Director's Statement:

THIS FILM is the fulfillment of a dream for me. It's a dream I have held for a long time, and which could not be fulfilled at a more opportune moment. It is not my dream alone, but I speak for many dear friends and colleagues who have shared it for many years: to bring the great gift of nonviolence to life in the modern world. "What if," as Paul Chappell says in the film, "people brought the same education and skill to the making of peace that they do to war. . ." It is precisely to bring the inspiration and the hope implied by that statement to audiences of all kinds today, many of whom have long been hungering for that vision, that we are so proud to release The Third Harmony.

~Michael Nagler

The Third Harmony is a documentary film that is part of our fourfold effort to bring the ancient art of nonviolence into the mainstream of public consciousness. The film will be accompanied by a companion book of the same title, a cooperative board game for adults that serves as a mini-training in nonviolence, and a multi-year, cross media impact campaign.

The Third Harmony is based on 30+ hours of interviews with prominent nonviolent activists and scholars, scientists, teachers, practitioners of restorative justice, and others, such as Congresswoman Pramila Jayapal, Bernard Lafayette Jr., Ph.D, and Erica Chenoweth, Ph.D. It tells the story of nonviolence, the greatest overlooked resource in human experience.

Act One: What is Nonviolence? Through the testimony of seasoned activists, including the highly dramatic story of how women and children were recently saved from death by unarmed international actors, part of a new institution in civilian protection, we get a glimpse of the power of the force that Gandhi called nonviolence, and its implications for a whole new "story" of what it means to be a human being.

Act Two: How Does It Work? Introduction to the hard science that explains something of the power of nonviolence and how activists are using training and strategy to bring it out in the social field. Again, we hear dramatic stories from participants themselves that start to fill in this inspiring picture. We also learn the eye-opening statistics, never before examined,

of the great success of nonviolent campaigns over the last century: What if people were as well trained in waging peace as soldiers are in waging war?

Act Three: What Can I Do? The payoff: Five tools by which any one of us can better prepare ourselves to be a part of this unfolding story; how it is emerging in everything from street protests, schools, to the U.S. government. And the final question: What are we waiting for?

Questions:

1. What attracted you to this film screening? What has happened in your life or is happening around you that drew you to it? What line or scene brought you the most hope in this film?

2. Share a personal story of a time when you experienced the humanity of another person you had previously dehumanized in some way. Similarly, share the story of an experience when a connection was formed with someone who had previously not been treating you well. Consider details such as: What took place in the interaction? How did it feel? How did it change the way you interact with others or feel about yourself? Now, relate that experience to a new story of our human nature.

3. Consider the claim that 'nonviolence is a form of power.' Discuss how you have been raised and conditioned to understand power and violence. What biases did it instill in you about the nature and reality of nonviolence? How has that played out in your relationships with yourself and others?

4. What does 'harmony' mean to you? Have you experienced a sense of harmony within yourself? What kind of work does it take to touch into that sense of harmony? How does harmony within oneself support harmony in other spheres of life and existence?

5. What is the most important lesson you have ever learned that emphasizes the reality and power of nonviolence for you?

6. What are some of the outcomes of a belief or story that each individual is totally isolated and separate from the rest of humanity and the rest of life? What are some of the outcomes of a belief or story that each individual is fundamentally part of everyone and everything else? What leads one to relate to one worldview more than another?

7. When we love and care for a person deeply and it's mutual, we tend to find our separate sense of self merging with theirs. Your pain, your joy, your experiences, in some sacred sense, become shared. What prevents us from experiencing this kind of awareness in wider

and wider spheres? What would be the outcome of living that awareness in a more conscious and intentional way?

8. Gandhi said, "The impossible is ever becoming possible." Putting aside any fears of "the impossible," what is your highest vision for humanity in relationship with itself and the rest of life? What should a human being strive toward or know?

9. Gandhi called himself a 'practical idealist.' What does that mean to you? Similarly, what is cynicism? What are some of the things that make us cynical about human nature and the power of nonviolence these days? What are some ways to get past that cynicism and see ourselves and others in a better, truer light?

10. After watching this film, what is one thing-at least- you will do to learn more about nonviolence or to get involved in shifting the way we view human nature through nonviolent action?

Additional Resources

- From the Metta Center for Nonviolence:
- Find Metta Center Courses: learn.mettacenter.org
- Educators for Nonviolence: educatorsfornonviolence.org
- The Science of Nonviolence: scienceofnonviolence.org
- Cosmic Peaceforce: Mission Harmony 3: mettacenter.org/cosmicpeaceforce

Metta Center Books:

- Gandhi Searches for Truth: A Practical Biography for Children by Stephanie Van Hook
- Nonviolence Daily: 365 Days of Inspiration from Mahatma Gandhi by Michael Nagler and Stephanie Van Hook
- The Nonviolence Handbook by Michael Nagler
- The Search for a Nonviolent Future by Michael Nagler
- The Third Harmony: Nonviolence and the New Story of Human Nature by Michael Nagler

Films for Peace and Nonviolence:

- <https://www.peacejusticestudies.org/films/>

Learn Passage Meditation:

- The Blue Mountain Center of Meditation: bmcm.org

Books by Interviewees in Film:

- Are We Smart Enough to Know How Smart Animals Are? by Frans de Waal
- Gaia's Dance: The Story of Earth and Us by Elisabet Sahtouris
- Healing Resistance by Kazu Haga
- In Peace and Freedom: My Journey in Selma by Bernard Lafayette
- Mirroring People by Mario Iacoboni
- Nonviolent Lives by Ken Butigan
- Sacred Instructions by Sherri Mitchell
- The Dandelion Insurrection and the Ari Ara Series by Rivera Sun
- Use the Power You Have: A Brown Woman's Guide to Politics by Pramila Jayapal
- Waging Peace by David Hartsough
- We Are All Part of one Another by Barbara Deming
- Why Civil Resistance Works by Erica Chenoweth and Maria Stephan

Some Nonviolence Organizations:

- Campaign Nonviolence: campaignnonviolence.org
- East Point Peace Academy: eastpointpeace.org
- Earth Quaker Action Teams: eqat.org
- GandhiServe: Gandhiserve.net
- Global Nonviolent Action Database: nvdatabase.swarthmore.edu
- International Center for Nonviolent Conflict: icnc.org
- Waging Nonviolence: wagingnonviolence.org
- Meta Peace Team: metapeaceteam.org
- M.K. Gandhi Institute for Nonviolence: gandhiinstitute.org
- Nonviolent Peaceforce: nonviolentpeaceforce.org
- Nonviolent Schools, Rhode Island: <https://nonviolentschoolsri.org/>
- Nuclear Age Peace Foundation: wagingpeace.org
- Peace and Justice Studies Association: peacejusticestudies.org
- Taygheer Movement, in Israel-Palestine: <http://taghyeerpal.ps/>
- Training for Change: trainingforchange.org