

Workshops offered on Friday 28th April

The blue room (entrance from outside)

The POD Effect – the Power of Seven

When the power of the individual (ME) works in collaborative PODS of seven (WE), we can link up to create societal shift (US).

We will be exploring the individual roles within a powerful circle of seven individuals, mainly women, to create a collaborative initiative, which can support and grow communities everywhere. The roles will be defined, such as vision keeper, storyteller and others, all of which can be interchanged, and shaped to fit skills and experience. We will work together to identify an initial project, which we can work on and grow together during and after the conclusion of Spirit of Humanity.

Lynne Franks

Founder of SEED

(Sustainable Enterprise and Empowerment Dynamics), UK

Lynne Franks founded the UK's best-known public relations consultancy in the early 1970s, created SEED (Sustainable Enterprise and Empowerment Dynamics) women's leadership platform in 2000, and led global advocacy campaigns on human rights, HIV-Aids, the environment, and sexual violence on women and girls. She is currently developing a new concept of leadership, where pods or circles of seven create community initiatives which, when joined together, can create a societal shift – Me, We, Us.



Cinema Hall 4 (downstairs)

The Significance of our Moment in History

**At the extremes of separation and individuality,
what does reconnection to the Earth and to each other look like?**

This workshop aims to create a participatory space to explore the deeper meaning of the widely perceived crisis of our time. Framing this are both the ecological crisis and the 'crisis' of human ideas in postmodernity. We will explore the significance of our moment in terms of the evolution of consciousness, discussing what narratives participants find helpful (or not) in understanding and navigating it. Relatedly, in the face of the apparent loss of meaning and connection in modernity, we may ask what the spiritual significance of the postmodern turn is, and what becomes of knowledge and power. I will suggest how the ideas of Nietzsche, Steiner and Jung are both challenging and helpful in this regard. I hope to deepen collectively our sense of how we may rise to our time, exploring in the context of these ideas what is it that we fear, that we hope and that we care about.



Dr Tom Stedall

Research Fellow at The Schumacher Institute of Sustainable Systems, UK

Tom Stedall's background is in the sciences, and he holds a degree and PhD in physics. Tom Stedall's PhD, in nanophysics, lay at the interdisciplinary interface of physics, computing, biology and medicine. Subsequently Tom was a visiting scholar in philosophy and religion at the California Institute of Integral Studies. Tom Stedall is a research assistant to Rupert Sheldrake and he undertakes his own research into astrological phenomena. He is a Research Fellow at the Schumacher Institute of Sustainable Systems, and runs a company providing web services to the sustainable food and energy sectors. Tom Stedall is involved in a wide range of social and environmental activism.

Forgiveness: a Ceremony of Healing and Transformation

Forgiveness, an essential spiritual discipline for being at peace, enlightens the way of leadership by releasing relational tensions and restoring respect among people.

Caring for and leading a world in transition asks that we become facile in letting go of what no longer serves the greater good. It asks that we attend to how our ways of being help or hurt others, how our institutions and actions create vitality or suffering, and how we lift others up or leave them lacking – by our words and actions. A loving and peaceful world is constituted by relational reflection and forgiveness as a way of letting go with grace and compassion for oneself and for others.

During this session, Diana will gently guide participants through a ceremony of forgiveness, of self, of others and of global injustice. She will begin with a discussion of forgiveness as a leadership practice by inviting stories of personal and international forgiveness. Diana will then lead the group in a forgiveness ceremony. The session will end with a discussion of the benefits of forgiveness for the restoration of respect, reverence and wholeness.

Dr Diana Whitney

**Founder and President Emerita, Corporation for Positive Change,
Co-Founder and Director Emerita, Taos Institute, USA**

Dr Whitney is an inspirational keynote speaker, whose messages of the heart of positive change and the call for appreciative leadership offer practical guidance for spiritual ways of living, organising and working. She has authored 20 books, and dozens of articles and chapters on Appreciative Leadership, Appreciative Inquiry and Spiritual Resonance. Her Appreciative Inquiry consulting practice spans the globe with clients including British Airways, Verizon, Johnson & Johnson, Novartis, Merck SA, UVA Health System, Idaho Department of Education and the Sisters of the Good Shepherd. She is a Fellow of the World Business Academy and a founding advisor to the United Religions Initiative.



The Contagion of Loving Courage: an Indigenous Perspective for remembering our Oneness

A solution to the imbalance in the world exists in how we lived for most of human history before human-centredness alienated us from the oneness we had with the Natural Universe.

Using interactive dialogue and pairing for some directed experimental experiences, Four Arrows is using the success of the water protection movement at Standing Rock to show how the precept that 'generosity is the highest expression of courage' connected people from all religions and walks of life in ways that led to the success of the movement to protect the Missouri River and its living spirit. In this workshop, participants will work with a metacognitive approach to overcoming fears that keep us separated from ourselves, one another and Nature. This metacognitive approach, the CAT-FAWN Connection, shows how 'Concentration-Activated Transformation' and Indigenous understandings about 'Fear-Authority-Words-Nature' can revitalise the deep realisation in all of us that 'we are all related'. Four Arrows will do exercises in CAT (trance-based learning) and participants will discuss the different ways they perceive the four forces of FAWN to see how dominant understandings of them can stifle our highest potential for oneness.



Wahinkpe Topa (Four Arrows)

aka Professor Don Trent Jacobs

Fielding Graduate University, USA and Mexico

Four Arrows is a professor with Fielding Graduate University and former Dean of Education at Oglala Lakota College. He was named as one of 27 visionaries in education by AERO for their book, *Turning Points*, and is the recipient of a Moral Courage Award from the Martin Springer Institute for Holocaust Studies for his activism on behalf of Indigenous Peoples. He is the author of 20 books and numerous other publications on peace studies, wellness, education and Indigenous worldview. He lives in Mexico with his artist wife.

Big Ideas for Social Change: Toward Ecological Civilization

Exploring big ideas for revolutionary change, transdisciplinary solutions to the environmental crisis and a relational worldview for the common good.

This workshop will be an exploration into some big ideas (alternative ways of understanding the most fundamental assumptions dominating society today), and how those big ideas can lead to revolutionary change toward an ecological civilization. Among the key themes to be explored are: high-impact philosophy, a relational worldview for the common good, the need for transdisciplinary solutions to the environmental crisis and the role of integrative systems thinking in developing an ecological civilization.

Dr Andrew Schwartz

Executive Director of the Center for Process Studies and Co-Founder and Executive Vice President of Toward Ecological Civilization (ecociv.org), USA

Andrew Schwartz, PhD, is Executive Director of the Center for Process Studies and Co-Founder and Executive Vice President of Toward Ecological Civilization (ecociv.org). He is a scholar, organiser and non-profit administrator. Andrew earned his PhD in Philosophy of Religion and Theology at Claremont Graduate University. Recently, his work has been focused on high-impact philosophy and the role of big ideas in the transition toward an ecological civilization.



Principles of Harmony

How can Nature's Principles of Harmony lead us to a healthier, happier, more sustainable future?

The workshop will be an opportunity to learn more about principles of Harmony and how they can be integrated into the way we learn. Part of the workshop will focus on geometry and how we can begin to understand the beauty of Nature's patterns through its geometry. If you are interested in learning more about these principles, and how they might inform and influence our lives and work, please come along!

Dr Richard Dunne

Head teacher, Ashley Primary School, Walton-on-Thames, UK

Richard has developed a curriculum of learning at his school that is founded on values and implemented through enquiry-based projects of learning. Each enquiry runs for a six week period and concludes with what is called a Great Work, a beautiful outcome of learning. All the school's learning is underpinned by principles of Harmony, and each week's learning begins with a specific focus on geometry and a deeper understanding of the patterns of Nature. Every enquiry is aligned to a particular principle of Harmony and through this approach the students develop a new way of learning about the world, as well as a new way of understanding their relationship to it. The hope and intention is that this way of learning will inform a more harmonious way of living.



Symphony Orchestra cellar (entrance from outside)

Self-compassion - the Heart of Caring

**Compassion is the need of our time and
self-compassion is at the heart of having compassion for others.**

The foundation of caring is the ability to connect with our own suffering and respond to it in a compassionate way. Through this we can cultivate the practice of kindness and being kind to others. The Dalai Lama said, “For someone to develop genuine compassion towards others, first he or she must have a basis upon which to cultivate compassion, and that basis is the ability to connect to one’s own feelings and to care for one’s own welfare... caring for others requires caring for oneself.” Through discussion and experiential exercises, this workshop will explore the three key components of self-compassion, which are self-kindness, a sense of common humanity and balanced, mindful awareness. Together they comprise a state of warm-hearted, connected presence.



Dr Sarah Egger

Vice Chair, Janki Foundation, UK

Dr Sarah Egger, Vice Chair of the Janki Foundation, is a consultant psychiatrist in London. Sarah is past chair and currently on the executive of the Spirituality Special Interest Group of the Royal College of Psychiatrists. She is also a trustee and past chair of the National Forum for Spirituality and Mental Health. She is vice-chair of the Janki Foundation and co-ordinating editor of ‘Values in healthcare’.



Professor David Peters

Clinical Director, Westminster Centre for Resilience, University of Westminster, UK

Professor David Peters is a medical doctor, researcher and writer with a career-long interest in non-drug therapies and psychotherapy. He is a former co-chair of the British Holistic Medical Association with Dr Sarah Egger and he edits the Journal of Holistic Healthcare. Professor Peters founded the Centre for Resilience at the University of Westminster in 2013 to develop research and resilience training for NHS practitioners and leadership teams in industry. He is particularly interested in heart rate variability and the heart-brain connection, polyvagal theory and their relevance to self-regulation and PTSD. On the Sussex Downs, where he lives with his wife and family, they are exploring circle-work and celebrations of earth-centred spirituality. Professor Peters has practised yoga and meditation for over forty years.

Glass corridor

Enacting New Paradigms to Shape our Shared Future

A Performance-Forum in Transformative Leadership.

Enacting Transformation: a Performance-Forum

You are invited to an electrifying artistic performance-cum-interactive forum to deepen the transformative leader in each of us. We will embark on a creative journey that activates our capacity to transform today's turmoil and build inclusive peace with care in a world in transition.

Leadership for the Future

Today, a new kind of leadership is needed with the power to inspire the best in us and transform our world. It is a leadership with the compassion, creativity and courage to shape new paradigms and co-create our shared future. It is a leadership based on inner power to guide and shape, rather than outer power to dominate and manipulate. It is a leadership that is grounded in the personal and draws on the collective. It creates a sense of shared ownership and belonging, rather than exclusive top-down control. This is the transformative leadership *we all* innately possess.

A Catalytic Art Form

Theatre of Transformation is a catalytic art-form and a transformative process that combines the power of art, story, drama, poetry, creative expression, co-creative collaboration and integral dialogue. It invites us to embrace our shared humanity and the inherent divinity of all life. It activates our human potential and ignites our innate creativity to shape our shared future on Earth.

A Transformative Process

The transformative four-stage process of 'Theatre of Transformation' consists of:

- **Witnessing what is:** seeing, hearing and understanding the world today with fresh eyes, expanded perspectives and deepened awareness, to generate higher capacities to act.
- **Awakening what can be:** rediscovering your inherent power and harnessing your full creativity to imagine and shape new possibilities to transform what is.
- **Envisioning Change:** articulating a compelling vision of what is needed in your life, your organisation, your community and our world; fully stepping into and embodying your vision, so that you can powerfully actualise this change.
- **Enacting Transformation:** co-creating and sustaining an ecology of transformation; creating transformative spaces; building strong eco-systems of allies to support your actions, and to realise your full potential as transformative leaders.

Creating Circles of Solidarity

The philosophy of the Theatre of Transformation Academy is to create circles of solidarity across people and cultures to nurture transformation simultaneously in our own life and in the life of others, while generating resources for our transformative peace and justice missions in countries in crisis. These missions support local partner organisations, and empower crisis-affected women, youth and local communities to initiate visionary change. Circles of solidarity thus ripple out across the world, as people everywhere realise that 'they' are 'us'. Together, we can all create circles of solidarity, empathy and connection in all dimensions of our lives, communities, organisations and societies. We can contribute to the transformation of others while we continue to transform ourselves, and shape a caring future for all life on Earth.

Dr Rama Mani

Dr. Rama Mani, Founder, Theatre of Transformation Academy, Convenor, Enacting Global Transformation, CIS, University of Oxford, France/Switzerland/India

Dr Rama Mani is a Peace and Security Specialist. She is a Senior Research Associate of the University of Oxford's Centre for International Studies, a Councilor of the World Future Council and Co-Founder of Rising Women Rising World. Based on her extensive experience in governance and peacebuilding across diverse cultures, she developed Theatre of Transformation which catalyses our capacity for societal and personal transformation, through a dynamic process of testimony, dialogue and creative interaction.



What is my responsibility for peace?

To understand how individual and collective memories of the past, influence our present identities and how we live and tell our lives.

Through individual in-depth reflection and feeling in a safe way, we may discover which aspects of ourselves are not fully contributing to peace and where these parts originate. We may then understand how best to align them and release the grievances which these parts carry, through forgiveness and surrender to the Divine or Great Life Force.

With inner compassion and understanding, old, inherited or ancient grievances against ourselves and others can be transformed, we can break the cycles of violence and become 'good ancestors!'

Alexandra Asseily

**Centre for Lebanese Studies - Healing the Wounds of History program,
UK and Lebanon**

Alexandra, Governor and co-founder of the Centre for Lebanese Studies Oxford University, Trustee of the Guerrand-Hermès Foundation for Peace, and practicing psychotherapist.

As witness of the civil war in Lebanon, Alexandra explored her own responsibility for war and peace. In 1997 a vision compelled her to begin the Garden of Forgiveness in Beirut.

In 2011, she initiated a series of training workshops in Lebanon on 'Healing the Wounds of History: addressing the roots of violence', which highlight the role of trans-generational trauma and forgiveness. This includes training teachers, both Lebanese and Syrian, to help the critical situation of Syrian refugees and to reduce inherited friction between these two peoples.

She is married to George Asseily OBE living between Beirut and London. She has five children and twelve grandchildren.

www.healingwoundsofhistory.org

