

Integrity for Nonviolence®

Cultivating A Vibrant Spiritual Path For the Sake of the World

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What does living nonviolently mean? Each of you will determine your response in a unique way. You will grow and deepen your understanding by making applications in your personal and work life. These applications will have a wider impact on our world.

Culture of Nonviolence

It is important to create a culture of nonviolence because that makes it easier to have respect, honesty, justice and wholesome relationships. In a nonviolent environment you need to know what is acceptable and what is not. You are inspired and encouraged by the actions of others. Embracing the idea of promoting a common understanding among one another, you all know what the other person knows on important issues. You are encouraged to help form and support a culture of nonviolence in your personal life and in your organization.

Images

There are many experiences that are basic to all people. There is a great deal of energy and power around identifying and sharing these experiences. You can understand the depth of these experiences by creating an image or a symbol of what the experience means to you. In developing ***Integrity for Nonviolence***, images are used to help situate you in the creative and transforming movement. This means that as participants you are encouraged to re-imagine or re-view your "ordinary actions" in the context of *nonviolence* and to be open to changes that allow you to practice nonviolence in new ways.

The use of imaging provides a context in which to discuss the four basic values:

- Creating respect
- Practicing honesty
- Promoting justice
- Nurturing wholesome relationships

By attending to images, you may identify with the insights of one another even when you have different experiences. Connections can be drawn because the same image can engage a variety of experiences. Different experiences can also create similar images. Imaging also has a critical place in decision-making. Who you see yourself as, by and large, determines the decisions you will make. Whether you see yourself as in charge of your life or not influences how your decisions are made. Imaging helps you sort out what pathways you will take.

Inner work

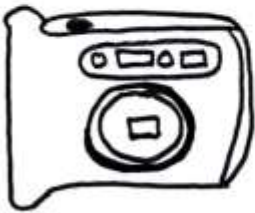
The process of working on values accentuates the need for you to continue your inner work. Honoring the images encourages you to make connections with what is going on inside of you, even as you listen to what others are saying. It is not unusual for participants in this safe environment to recognize that they need to do some additional personal work to practice nonviolence.

Practice of the Values

Creating Respect

This value considers two aspects: the acceptance of person and being in a non-threatening place. Beginning with this value, you establish the fact that how you treat and relate to yourself has an impact on how you relate to others. How you perceive the situation is also important.

The camera is such a good image for the perspective of acceptance of person. With the camera you carefully take pictures. You determine what you want to take a picture of and how you will do it. You position yourself and chose the particular photo angle. Sometimes you go through all sorts of contortions in order to find the best position for the shot. Often the pictures are expressions of you in one aspect or another. You take pictures of people and things that are important to you.



The lens of a camera is important because it allows you to frame your picture and blocks out everything else. Some cameras are very complicated and require professional expertise and others are simple disposables. Both can produce respectable pictures. You have to know your own capabilities when you select the camera. You also chose with whom you would share your pictures.

There is another image, which depending on the circumstances, may be appropriate and deal with a non-threatening place. There is the image of the dining table. There is a difference when there is plenty to go around and when there is not enough. When there is enough food for everyone, you don't need to judge what the other person takes or be defensive that there is not enough to go around. But when the food is scarce, there is a much different feeling. The dining table can be a symbol for both your organization and yourself. In the midst of plenty you are able to behave in respectful and non-threatening ways. However, when there is a scarcity of resources then insecurities set in. There is an either/or spirit of desperation, and if you don't grab it, you may not get it.



Practice of Honesty

This component stresses the importance of open and truthful communication and the freedom to discover the true self.



The sounds for ringing true are everywhere. A tuning fork is used to measure and give pitch on the piano. It is an objective source to judge whether or not the piano is in tune. You can tell if the sound of a machine is true or something is clunking or squeaking. You know how a car, a blender, or a vacuum should sound when it is running properly. You can tell if you ring true as well. You want a sound that is in harmony with yourself, not off key. The tuning fork has a certain value or pitch that the musician strives to have the keys of the piano be in tune with. It is a way of discovering whether particular keys are true sounds. There are many notes to a piano, so each key has to be played and measured separately. So too, you have many aspects of your life that need to be considered. In an effort to have the note ring true, you need to determine whether the current sound is above or below a desired pitch and then either loosen or tighten the strings. You need to experience yourself in many complex situations in order to discover your true self.

It is not unusual when you talk about mechanical problems to try to imitate the sound of what's wrong with the motor or device. You may even say to someone that they that don't sound good. With a mechanical problem, the sound often can lead you to the source of the difficulty. Comparisons can also be made to the tone of the workplace.

In many ways your journey involves stopping off points as in a labyrinth or maze. In ancient times the labyrinth, whose popularity is returning today, was a symbol for self-discovery. You had to fend off incredible odds to come to the center. The persons in the maze needed to be truthful and open within themselves to process their thoughts and feelings, despite the struggles they faced on the pathways. There were many unexpected turns and the pathfinders were only able to see a short distance. They couldn't see over the sides or in the back to the past pathway. The travelers were encouraged to take a thread that would mark off the journey and allow them to remain connected to the outside world. On the other hand, many persons who tell untruths say how difficult it is to keep track of their stories so that their particular story doesn't unravel.



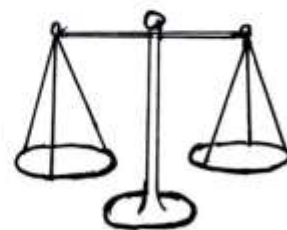
Promote Justice

The value of justice considers two aspects: accountability and responsibility and negotiation and fairness.

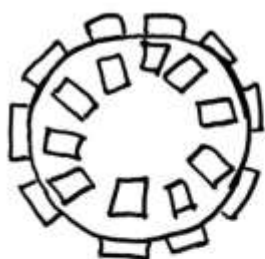
In an essential way, the transition from truth to justice is exemplified by the symbol of a scale. In the Egyptian ***Book of the Dead***, the dead person's life is judged by placing the feather of

truth on one side of the scale with the heart of the person on the other. In a real sense, by being true to yourself, by being a person of integrity, you are able to make a contribution for others. You need to be honest with yourself in order to give in a way that benefits others. It is important to be careful about ulterior motives and manipulations.

The scales of justice are also a symbol of how you try to be fair with others. It is a way of measuring your responsibility and accountability. You look at how you parcel out your goods and services. You also look at how you treat yourself in order to reach others. Once you take care of one aspect of your life without due consideration for others, you can be out of balance. If you become overly burdened about something, other areas of your life suffer. With the image of the scales, there is an effort to recognize that all aspects need to be considered in order to stay in balance.



Another image to promote justice is having a place at the table. In considering this image there is negotiation for who has what place and who will be sitting next to whom. There is the thought of what shape the table will be—rectangle with one person at the head, or a square or round table with all positioned equally in the relationship. Will everyone have a voice and be listened to? There is a consideration of what issues will be discussed and how they will be framed. You need to look at how everyone's rights are considered and that everyone has a voice. Thinking of the place at the table is a way to have all things considered. This could include your decision process on budget allocations, salaries and supplies.



Nurturing Wholesome Relationships

In nurturing wholesome relationships, you need to consider adequate resources and the demonstration of trust and support.

An image that helps to develop the need for adequate resources is gardening. In order to garden, you need to have the proper implements such as shovels, rakes and trowels. The soil must be fertilized and the seeds good and productive. The garden has to be properly cared for, cultivated and weeded. People are satisfied when the crops are nourishing and there is plenty of food to be passed around.



Another example of demonstrating trust and support is the work of advocates for social concerns. Advocates devote time and energy to establish credibility within their networks and with their legislators. They research and study their issues and develop a position. Advocates find ways to connect with others in order to increase the support for particular positions. They discern the ways that issues are interrelated in order to establish important linkages wherever possible.

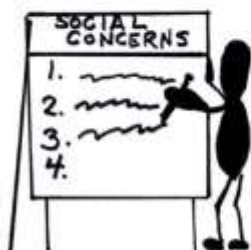


Image of Integrity for Nonviolence

The image of **Integrity for Nonviolence** is a compass. A compass provides the right direction when it is firmly oriented to its true North, which means true ethical sensibility. An inner compass helps you reflect on your directions and helps you discern what action you need to consider. The four values of the **Integrity for Nonviolence** process are directional points: creating respect, practicing honesty, promoting justice and nurturing wholesome relationships.

The conscious practice of nonviolence through integrity prepares you to be open to movement of the Spirit wherever there is an opportunity to confront the devastating effects of violence. Such a process offers balance—centering you in prayer and discernment while also moving you to engage others in the long-term work of justice and peace.

In this way you can come to social justice actions with a reflective spirit that nourishes social justice actions. By attending to compassionate responses, you can develop a discerning heart of what is yours to do.

Correlation of Story and Model

Stories: Conflict

Model: Mapping Journey

- | | |
|--|---|
| 1. Story of experience...to the image. | A. Conflict
B. Rationalization
C. Reality |
| 2. What happened as a result of this experience? | D. Sorting out
E. Testing options |
| 3. What are patterns as a result of experience? | |
| 4. What does the image tell you about God's value of you in your experience? | F. Meaning-making |
| 5. What does the story mean in light of the wisdom of your faith? | |
| 6. What does this process tell you about how you live your life? | G. Assimilation |

Sample Reflection: Story Processing Conflict Through Mandala Drawings



1. The Rock



2. Objective Look



3. Cracking the Rock



4. Looking



5. Opened Up



6. Moving Along



7. Perspective



8. Wholistic View



9. Pieces



10. On the Way



11. Included



12. Wholeness

Stories: Conflict

1. Story of experience... to the image.
2. What happened as a result of experience?
3. What are patterns as a result of experience?
4. What does the image tell you about God's value of you in your experience?
5. What does the story mean in light of the wisdom of your faith?
6. What does this process tell you about how you live your life?