



Experimenting, Learning, and Moving to a World Without Violence: An  
Introduction to the Resonance Network  
Thursday July 11<sup>th</sup>, 11 AM-12:30 PM PT/2 PM -3:30 PM ET

---

AKJ (TV): Good morning everyone! This is Tori VandeLinde with CALCASA, I'm logged on to Ashleigh's account. If you have any needs with technology, please feel free to send me a private chat message.

AKJ (TV): You can download the PowerPoint slides for this session here: [http://www.preventconnect.org/wp-content/uploads/2019/06/Experimenting-Learning-and-Moving-to-a-World-Without-Violence\\_final.pdf](http://www.preventconnect.org/wp-content/uploads/2019/06/Experimenting-Learning-and-Moving-to-a-World-Without-Violence_final.pdf)

AKJ (TV): For audio over the phone, please call 866-866-2244, passcode 9053509#.

KMcG: I think I want to become a free radical in my next life. :)

AKJ (TV): Contact Adobe Connect support at <https://helpx.adobe.com/adobe-connect/connect-support.html>

DS: We just claimed free radical - we will self-define what that means (with Beth and Cathy)

AKJ (TV): Text Chat Question: What does a world without violence look like?

JLLJr: equitable

ML: Climate catastrophe has been addressed

EL: utopia

RP: just

RP: fair

EP: a productive and healthy society

RP: equal

KVS: A world of understanding and acceptance

SRP: For me it looks like peace

CB: No fear

SMcP: less anxiety and depression

SO: peaceful calm happy

MB: Respectful and kind

DD: all people can live up to their potential

LK: A world where people feel free and safe from harm

AT: Equality!

SE: Equitable

KC: Loving

AJ: Anyone can walk through any space and feel safe

SA: Victim blaming would not exist

SS: respecting others, not feeling scared

VD: everyone feels valued

RJ: social justice and equality

KP: liberation for all!

WJ: pervasive kindness

LS: It looks like an end to all abuse, a world where love doesn't hurt

AP: collaborative, equitable

RM: Loving, healthy and equal

EMF: fearless, collaborative, equitable, opportunity

RW: consent & support

CB: Egalitarian, empathic and equal

SZ: people feeling safe

ED: Happy Healthy Families

ML: Imperialism is ended

KP: One where everyone can assume that they will be safe and affirmed within society and that assumption is full-filled

DD: labels are gone

ML: female president

EF: Black trans women will live with safety and dignity

ML: justice prevails

YY: Freedom for all of us. Everyone has everything they need. No poverty.

AS: systems of oppression are dismantled

CP: Leaders think about how to help, instead of divide.

AKJ (TV): Resonance Network: [Resonance-Network.org](http://Resonance-Network.org)

SRP: Her voice starts out strong and then it sounds like she is in a hole.

EF: Yes! So Emergent Strategy! So needed

AKJ (TV): Text Chat Question: Why is it useful to be in a community of people with a common vision?

AT: To get things done.

CS: Easier to merge resources

CB: support

AW: strength in numbers

EP: synergy

HW: shared resources

KVS: these people will work together willingly and openly

AP: amplify voices

JR: We are stringer together

SRP: Work together to meet the end goal

CR: To have hope

NP: encouragement & sustained hope

KC: To have a common purpose and gain a sense of community

ED: to spread the vision far and wide.

CB: Diverse populations with a common goal can move mountains

MH: It is easier to achieve a goal when everyone agrees on the goal.

KMcG: Working toward a common vision allows you to leverage resources and prevents conflicting or counterproductive activities

EP: also to change from an individualistic society to a communal society

LS: to be able to gain partnerships to help all

MB: Better chance of success

KP: Prevent burnout - support each other. Know the end goal and know that we are all fighting towards that and have each other's back

RC: strength in unity

VJ: nourish each other

SO: together we can create a tipping point to shift cultures

AG: collaborate and work to shift community mindset

VJ: leverage strengths and skills

VD: don't feel alone, lift each other up

AS: When you are in a room with people with a common vision, you feel like you're home. It gives us hope, support, and encouragement.

SMcP: feeling OK when someone needs to step back for self-care; that person doesn't feel as much guilt about having to step back

SA: So we're not working in silos...overworking the same community problems- there's power in numbers!

DS: There are things we miss without everyone at the table; we are all connected

SW: movement, ideas, creativity, people fulfilling various roles needed and perspectives

CR: critical mass to shift systems and norms

ML: Being able to fight about the ways imperialism lives in us in a supported and transformative way

BA: to be reminded that a non violent society is possible

EMF: sustainability in the work, to continue the work over time

ML: It's way easier said than done. We are not good about undoing the mechanisms of power and control and imperialism in our brains

ML: It is impossible to change and transform ourselves in isolation and separated from people who don't agree with us or who do agree with us.

VJ: build trust with one another to be able to take risks, be bolder

DS: Agreed @Maria!

ML: @Debra Seltzer, how do we overcome the ways we let each other down? Joining together is challenging, and all the power and control that lives in society lives in me!

AS: I'm going to be honest, I've never heard of medicine wheels.

DS: It requires active, intentional and challenging effort. Robin Diangelo wrote "receive, reflect, and work to change the behavior". (White Fragility)

RP: ML, I agree. We need to model ways to work together. Not easy because we are well schooled in society.

ML: I've recently had to grapple with the fact that by the year 2050, Latinx people will be in the majority. A researcher and activist working on police killings talked about how we as Latinx people are being primed to become the next white people--the next cops who kill people of African heritage. We are already doing this along our borders. Many border patrol agents are Latinx.

SH: has audio gone out for anyone else?

SA: Maria thank you for bringing this to the forefront! This is something I have also struggled with!

SH: never mind, we're back

AKJ (TV): If you continue to have audio issues, please call 866-866-2244, passcode 9053509#.

ML: We are interconnected; that's very true. My family was stripped of our indigenous heritage. It is a trauma that we have not recovered from that has left us feeling not only disconnected, but we also act out all of the anti-indigenous racism the rest of our society perpetuates.

ML: The more I work towards the vision of the world we seek, the more honest I have to be with myself.

SH: Thank you, Ashleigh!

MB: I'm interested in the web of life concept and graphic. I'm wondering where it came from as I'd like to credit it if I reference it

AKJ (TV): Text Chat Question: What is one thing you could do differently to bring your whole self to a collective effort to transform violence?

TP: To be transparent

KVS: be more intentional in all aspects of my life

NW: I am considering public, synchronized prayer and meditation.

SRP: practice self-care

MB: Commit to mindfulness

ML: Grapple with the ways that imperialism and colonization live in my brain and perpetuate my own disconnection and use of power and control in relationships

CP: To forgive

CR: I work to be fully human as an evaluator, \*not\* disconnected from the subject. That in and of itself is a way to resist white supremacy culture that values separation as "better knowledge"

SH: It's difficult to think about bringing our whole self when at the end of the day, the agency we work for sees us as employees

MH: Focus on being mindful about everything I do

LS: step outside your comfort zone and get educated

JV: embrace imperfection and be open to making mistakes and learning from them

AW: To do things with purpose.

KC: bring your hobbies, passions, and personal ambitions into your work to prevent violence

AP: Living with empathy

VJ: acknowledge my role as both survivor and someone who has caused harm

EF: to elevate relational connection about white supremacist habits of "productivity"

EF: \*above

Debra Seltzer: We are trying to use more art and other creativity in our work. (Thanks Beth!)

AP: for others AND for ourselves

SMcP: start therapy :)

MB: To apologize

CB: I try to constantly check my biases, my privilege and my background. I try not to project my thoughts and feelings onto others, but to embrace them and live with them while embracing others.

ML: Fight for the rights of the earth and all creatures

HW: recognizing your biases

SO: intentional forgiveness to self and others

ED: be empathic and authentic

EF: to work in service to the collective

EF: be in right relationship with the work, spirit, each other, and collective LIBERATION

SA: To acknowledge the privileges I hold

VJ: practice self compassion as well as compassion for others. Come to the work with an open heart.

DS: Beth says "intentional creativity in the workplace"

AP: The questions was interesting/limiting because at times it's not always about what I can bring but about the environment that limits how much of one's authentic self they can bring in

ML: The question for me is, how do I bridge the abyss between myself and those working against my civil and human rights? I know it's possible. It's the hardest work.

EF: thank you thank you

AKJ (TV): Text Chat Question: What are the risks that need to be taken to cultivate innovation?

EF: to decenter whiteness, with white people doing the heavy lifting

LS: talking about hard subject openly and honestly

EF: to be in solidarity means what am i willing to risk?

AP: white leadership needs to take a step back

KVS: to be brave with the people in our communities to challenge norms of inequity

KC: break out of your comfort zone

VD: think about where our funding comes from...

VJ: risk failure

AW: improve health equity

RP: for those of us who are white -- listening, listening, listening, and not thinking we know it all.

CD: fund it!

EF: say no to funding that drives irrelevant performance measures

DS: being willing to follow different types of leaders

AJ: Be vulnerable and grow edge

ED: open-mindedness and honest communication

KMcG: Hold leadership accountable at all levels

RP: bring it to the children also

EF: connection over competition

AT: ?

SRP: 7

DL: How many days can this fruit live in a cage?

Raven Dickerson: 4

LS: 3 days

AB: 2 days

DC: 3 days

ED: 3

AS: depends on the individual fruits....

MM: 4 days

RJ: 5

AP: Those bananas are going to start the process of rot and then others will quickly follow.  
Maybe 5

AW: depends how many times you drop the cage

DS: Beth says it depends if they are genetically modified

KC: not long, 3 or 4 days, the gases from the apple will spoil the bananas quick. we all have relationships and need to understand them

DC: once one goes it's over

SRP: 7

KC: 3 days

AW: and be a whole person? not long

LS: I can't fathom that

ED: 1 day

SRP: With no assistance 2 days

CB: 2

AP: Without nurturing, not long

KC: We are made of water, too

EF: blessings and protections for you and this work.

DC: "how do we amplify the absurdity of cages??"

DC: Arm us, not harm us.

EF: and you did this without electricity!

EF: but SO MUCH POWER

AKJ (TV): Text Chat Question: What possibilities arise when we take risks and make visible the absurd?

ED: eyes open and see.

AP: Thank you to all presenters!!

AKJ (TV): Join Resonance Network: <https://www.resonance-network.org/contact/>

AKJ (TV): Complete Resonance Network Influencer Survey (by July 12, TOMORROW): [https://survey.co1.qualtrics.com/jfe/form/SV\\_8DoD4UFwGqrxrXD](https://survey.co1.qualtrics.com/jfe/form/SV_8DoD4UFwGqrxrXD)

AKJ (TV): Text Chat Question: What actions are you going to take to be part of a network dedicated to creating a world without violence?

EF: sign up, survey

SA: Working on completing the survey right now! Definitely signing up!

EMF: Signing up & survey!

LS: continuing to do outreach and educate and communicate to our community partners.

MH: Complete the survey, work to create bold outcomes

EF: nurture interconnectedness and amplify the absurdity of cages

VJ: Thanks to all of the speakers and David and Alexis!

EF: THANK YOU FOR THIS

LS: thank you all

EF: so needed

RC: Thanks everyone!

DS: Thank you for this - really looking forward to more of this type of conversation

NW: bringing whole self to work