

NonKilling Arts Research Committee (NKARC) Letter: August 2016

Dear NKARC members and friends,

In troubled times when it comes to change we have tendency to tell others to change forgetting the golden rule about changing oneself first. In all the works you send me what gets noticed and admired is often not a critique of the other, but our courage to stand up and point to our own warts, 'warts and all' of the cultures we live in and come from and in our hope to be able to correct and accomplish needful transformation. In Gandhi, King, Russell, Mandela, Tutu, Sakharov, Gorbachev, Chomsky....the spirit of changing themselves and their own has been more important than pointing fingers elsewhere.

While desperate acts to kill innocents and those in line of the duty continue, it is interesting to see how hope, decency and common humanity being shown and seen in the acts of empathy in the material you sent me or pointed for this month's letter. I've filed them in the Nonkilling Arts categories of Poetry, Music, Literary writing, Youtube videos, Peace Exhibit, Meditation and Journalism.

As one of the correspondents writes:

"There is only Love in this Universe.

If I didn't believe this, I couldn't possibly make sense of this world. but that's my paradigm.

My first act is to stop the judging and the labeling. I work on changing the narrative in my mind about who this "other" is. I envision the light and awakening arising in him, in the same way that it is in me. I see him changing in every moment, in every moment becoming more and more filled with wisdom, with light, and acting in consequence."

### **1. Poetry and Nonkilling**

Sometimes when the world seems to be falling apart with missiles, bombs, grenades taking lives of the innocents, a poem comes along like a soothing ointment to heal the wound, reminding us the importance of life. Two such reminders below:

#### **(1) "The World Has Need of You"**

by Ellen Bass.

It was published in 25 June 2016 Writer's Almanac

everything here  
seems to need us

Rainer Maria Rilke

I can hardly imagine it  
 as I walk to the lighthouse, feeling the ancient  
 prayer of my arms swinging  
 in counterpoint to my feet.  
 Here I am, suspended  
 between the sidewalk and twilight,  
 the sky dimming so fast it seems alive.  
 What if you felt the invisible  
 tug between you and everything?  
 A boy on a bicycle rides by,  
 his white shirt open, flaring  
 behind him like wings.  
 It's a hard time to be human. We know too much  
 and too little. Does the breeze need us?  
 The cliffs? The gulls?  
 If you've managed to do one good thing,  
 the ocean doesn't care.  
 But when Newton's apple fell toward the earth,  
 the earth, ever so slightly, fell  
 toward the apple.

"The World Has Need of You" by Ellen Bass from Like a Beggar. © Copper Canyon Press, 2014.

**(2) "Gun Violence"** - a new poem by David Krieger, wanting us to see ourselves in a mirror

GUN VIOLENCE  
 We are in a race between decency  
 and death.  
 Suicides, homicides, infanticides,  
 genocides.  
 Mass killings, terrorist killings, gang  
 killings, police killings.  
 Why such fearful insanity?  
 Each new slaughter holds up to us  
 a mirror.  
 Daring us to see who we've become.  
 Decency is overdue.  
 -- David Krieger

**Comment from Metta Spencer about terror and terrorists:**

Peace colleague Metta Spencer who is editor of the Peace Magazine last month wrote in her blog about terrorists:

"...a message that had not been absorbed yet: that we cannot win a war against terrorism with military action. Governments keep trying to "wage a war against terrorism" as if there were lines of soldiers wearing red uniforms preparing to shoot muskets at each other. Terrorism is done by nondescript individuals with grievances (imaginary or real), using whatever they can access that will kill strangers in large numbers. There is no battlefield. Arms control will make no difference. There will be no negotiations and no treaty. Terrorists all have cars, and obviously many have access to big trucks. You cannot kill them until they have killed someone else—usually several people—so mathematically it is certain that you will lose more of your own people than the terrorists you manage to kill. What is the alternative? I see only one: talk people out of becoming terrorists. Which basically means talk to lots of unpleasant people. Start today."

## 2. Music and Nonkilling

Like poetry, a genuine nonkilling music/sound is created when it's imbued with a nonkilling spirit (not prescribed by a formula). Here are two beautiful examples one by a 109-year old lady on piano and the other by an 8-year old child singing a Nonkilling tribute. Two wonderful videos about beauty of music and life forwarded by NKARC colleagues Margaret Gaffney and Rashida Khanam. Can music be God? Nonkilling music is Nonkilling God. Too often music has been misused to inspire and disguise killing.

**(a) The 11.3 minutes video of music and interview with 109 year old Alice Herz Sommer**, a Holocaust survivor shows how music can be Divine. Nonkilling Music is Nonkilling God. For this inspiring video, click on: <https://www.youtube.com/watch?v=8oxO3M6rAPw>

Note at end, a link providing more of Alice Herz story and music: [www.nickreedent.com](http://www.nickreedent.com).

**(b) The 8-year old Samaaha's Nonkilling tribute in a song** to our colleague Glenn Paige on his 87th Birthday shows importance of goodness has to be taught early, in our childhood. . See iTune attachment with Samaaha's uncomplicated nonkilling song.

Lyric of Samaaha's Nonkilling Song:

"Ha Ha Nonkilling, Ha Ha Nonkilling, Ha Ha Nonkilling"  
 Ha Ha.  
 You are Mom's Love  
 Ha Ha,  
 You are Dad's Hug  
 Ha Ha.

You are Aunt's Joy  
 Ha Ha.  
 You are Grandpa's Love and Grandma's Hope  
 And you are my Great Grandpa's Dream  
 A Nonkilling World.

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### 3. Fiction and Nonkilling - "Art on the Human Heart" by Paul C. Ho M.D.

I was sent last month an interesting novel about a cardiologist's (a heart doctor) personal journey about what matters most to the heart. A bio novel set in Alaska USA is not about the wars that go on in the outside world, it deals with battles within us, a world of which we know so little of and are yet so intimate with. Heart -we have left to specialists who know how to fix it as science and art. It is about a cardiologist, his personal growth from an immigrant child to a successful doctor, a wizard at non-invasive procedures in putting stents in patients' diseased arteries. Every case of life and death studied here is like a battle waged where different strategies have to be adopted to save lives. In a way Dr. Paul Ho's call and journey in cardiology is like what we have in CGNK emulated as our core approach, that is, to understand value of everyone's life - using medical research as an evidence based model from prevention to treatment to curb violence and killings. Very interesting the way the novel's protagonist has a crass materialist Peter and an idealist Lebon side by side as his two cases in the middle of narrative juxtaposing the cardiologist's dilemma how and which heart should he give priority to save, recognizing that a physician has no such choice but to save all lives. I saw some parallels in the dilemma of Dr. Paul with us in the Nonkilling movement, as like Dr. Ho we are also striving to give form and structure to the art of Nonkilling. The book is available on [www.Amazon.com](http://www.Amazon.com) .

### 4. Youtube videos and Nonkilling

Enclosed below are four short thoughtful videos seeking to point humanizing responses to anxieties created by terror, bombing and killings.

**(a) The 6 mins. video sums up succinctly in an interview with a Qatari professor Al-Ansari** what pundits and books on Islamic terrorist fighters, suicide terrorists and suicide bombers have been trying to explain over the past decade. Reminded me once again that the victims of ISIS and its extremism are not limited to West, but its prime victims have been Muslims in Afghanistan, Iraq, Saudi Arabia, Yemen, Syria, Turkey, Pakistan and Bangladesh...ISIS and Al-Queda are of a persistent concern than to anyone else. For Prof. Al-Ansari's interview click on: <https://www.youtube.com/watch?v=j7jZKQK7iHk&app=desktop> . .

**(b) NPR 8 min. video "Drinking the wine with the Robber" asks the question - can we respond aggression with kindness and get positive results?** It uses an innovative story-telling technique which combines story, discussion and a narrative. "She Offered The Robber A Glass of Wine, And That Flipped The Script", click on: <http://www.npr.org/sections/health-shots/2016/07/15/485843453/it-was-a-mellow-summer-dinner-party-then-the-gunman-appeared>>

> <<http://www.npr.org/sections/health-shots/2016/07/15/485843453/it-was-a-mellow-summer-dinner-party-then-the-gunman-appeared>>

By Alix Spiegel, in NPR, July 15, 2016.

If you found the above of interest, in the link below is an article elaborating upon the same theme, in this case involving a whole community in Denmark. It is entitled, "How A Danish Town Helped Young Muslims Turn Away From ISIS" <<http://www.npr.org/sections/health-shots/2016/07/15/485900076/how-a-danish-town-helped-young-muslims-turn-away-from-isis>>.

By Hanna Rosin, in NPR, July 15, 2016.

**(c) A 5 min. video about Pakistan's "Angel of Mercy" - Abdul Sattar Edhi** who passed away on July 8, 2016 at the age of 88. He once said: "I have become famous for becoming human." Introduction to the video states: "Amidst the violence and chaos of Karachi, there is a ray of hope: Pakistani philanthropist, humanitarian and a man of grit and strength, Abdul Sattar Edhi. Born in 1928 in Bantawa, Gujarat, India, migrated to Pakistan in 1947. His Edhi Foundation runs the world's largest ambulance service and operates free nursing homes, orphanages, clinics, women shelters, rehab centers for drug addicts and mentally ill individuals, to name a few of the many services. One of the most trusted men in Pakistan, Edhi's Foundation has modified the phrase "Live and Let Live" to "Live and Help Live.". For video click on: <https://www.youtube.com/watch?v=XiMv95Z-bow>

*NOTE: Terrorist killings like other killings from homicide to war are scientifically understandable and potentially preventable. The Center for Global Nonkilling offers evidence of progress toward that end. ([www.nonkilling.org](http://www.nonkilling.org)).*

Thank you Koozma Tarasoff, and Mony Dojeiji for pointing to these insightful videos.

#### **4. Nonkilling Peace Poles exhibit in Edmonton**

NKARC colleague Colleen Ring who organizes Annual Peace Festival in Edmonton, sent us the following on current Peace Poles exhibit in Alberta, Canada. She writes: "I was introduced to peace poles 20 years ago when I was invited to Japan as the Canadian representative to the World Kindness Movement. I fell in love with these peace symbols and have always had the intention of introducing them to Edmonton. For the past year a Gandhi Foundation colleague, Reva Joshee, and I have been working on this Edmonton Peace Pole Project. Working with young artists served by two inner city agencies, I'm happy to share that we now have 40 peace poles." She adds: "And we are thrilled that these 40 peace poles are a feature installation at Edmonton's renowned Works Art & Design Festival taking place right now in downtown Edmonton. Last week we had an Indigenous Blessing of the peace poles to kick off the Works Festival."

Here is the link with more information and pictures: <http://www.gandhifoundation.ca/peace-pole-project-2016.html>

#### **5. Meditation and Nonkilling**

NKARC colleague Mony Dojeiji sent the text on the meditation path she has used to sooth nerves after the tumultuous month we have witnessed globally. Different paths to the same goal of finding peace. Thought you might find it of interest. She writes:

"Dallas, Baghdad, Orlando.

I have seen all the news, and have kept quiet vigil, trying to decide how to respond.

The work of peace is often solitary and not lauded, but there are moments when its voice must be heard.

I hope I can do it justice.

Condemnation, fury, resentment, revenge, fear. they rule in abundance. And they are powerful tools of division.

And if those must rule in you, I encourage you to let them. Feel the emotions. Let them have their outlet.

But ONLY in your mind.

And ONLY for a while. Give them a time limit. Half an hour. Half a day. Whatever.

And once the time limit is up, put a big bracket around them. Take a deep breath.

Let it out.

And do it over and again, until you can find some measure of calm and stillness, in mind and in body.

Now, imagine a light so brilliant, so pure, so powerful, so loving, so wise. right in the very centre of your being beginning to grow and expand until it fills every atom of your being. Your physical body is filled with it. Your every thought. Your every emotion. Your very core vibrates with this light. It is the only force in action in your body right now. It sweeps over and dominates all other thought, feeling, emotion (especially the ones you put in those big brackets!)

And with it, you know that everything is all right. You are safe. You are protected. You are infinitely loved. You are at peace.

If you can't do this for yourself, then it'll be tougher to do it for

another.

Now comes the hard part.

That person that you want to condemn for carrying out those terrible acts?

He's your brother.

Do you believe that the God-of-your-choosing looks at YOUR not-so-favourable actions and says, "That's it, I'm done with you! I'm so fed up with you inability to get this whole love thing, that I'm going to seek my revenge and do away with you?"

If that is your God, then please stop reading here. My next words will probably only frustrate you. Also feel free to remove me from your email lists. I won't be offended... :-)

But if you want to lift the world, you must begin by lifting yourself.

You must master your self.

That means: observing all events, but not judging them. Allowing the anger and fear to express, but not dominate. Looking at the person you want to blame, and doing the following:

That same light that dominates in you, you now witness rising in them.

They have it too. It is in every single one of God's creations.

You may only see it as a flicker in the darkness, but that's OK. It's still there.

You are now going to breathe life into that ember, blowing softly, insistently, gently. you watch it grow into that same powerful light that you feel in yourself. That light continues to expand until it fully dominates THEIR very being, THEIR every thought, THEIR every emotion.

That light fills them so completely that it directs their thoughts. It directs their actions. They can't help but act in consequence.

Just as you can't help acting in consequence either.

Because from this state of consciousness, any action that you take is powered by infinity.

If you can't imagine this "despicable" person capable of change, then perhaps your work in releasing your judgments isn't finished.. I'm not judging, just saying! :-D lol

If we can't see them capable of change, "they", or others like them, will remain in our collective reality.

I don't know the answers to every conflict in this world. I can't control what is happening outside of me.

But you can bet I can control what is happening inside of me, how I choose to see the world, how I choose to use my energies.

And I am choosing love over fear.

Blessings,  
Mony “

### **6. Journalism and Nonkilling:**

To cherish life, the four indicators/measures of Nonkilling CGNK uses are: number of lives saved from wars, homicides, capital punishment, and suicides. A nuclear war's possibility overrides all these. I selected a few articles below by NKARC colleagues published last month on related topics.

(1) **David Krieger - “10 worst acts of nuclear age”**. One of the most important issues of our times that has over the past decade remained neglected by the world leaders, is of nuclear disarmament; instead trillions of dollars are being allocated by nuclear weapons possessing nations for ‘modernizing’ their arsenal.

Prof. Krieger writes: "The ten worst acts of the Nuclear Age described below have set the tone for our time. They have caused immense death and suffering; been tremendously expensive; have encouraged nuclear proliferation; have opened the door to nuclear terrorism, nuclear accidents and nuclear war; and are leading the world back into a second Cold War. These “ten worst acts” are important information for anyone attempting to understand the time in which we live, and how the nuclear dangers that confront us have been intensified by the leadership and policy choices made by the United States and the other eight nuclear-armed countries." For more, click on:

<https://www.wagingpeace.org/ten-worst-acts-of-the-nuclear-age/>

(2) NKARC colleague **Bob Koehler in his weekly column writes about "Volatile America"** putting the USA Presidential campaign in the global context connecting the dots of terror, war and gun culture showing the links to 9/11, Iraqi war to present Jihadi terrorism. He describes the scene as follows: "What we have here is a toxic mixture of racism and militarism and guns. We're in the midst of an endless war against evil — or terror, or whatever — in the Middle East, a war that has pretty much been fought by low-income recruits who see military service as a way out of poverty. This war is a planet-wrecking disaster, though the raw horror created by our bombs and missiles overseas remains largely outside U.S. public awareness. Fifteen years in, it's simply

“war” — the background noise of American greatness. The consequences are somebody else’s problem.....

Indeed, the war — and the trillions of dollars it costs — go virtually unmentioned in the surreal race for the presidency that’s currently underway. Also unmentioned is the fact that the war is being brought home to our gun-saturated society by former soldiers fighting back against racist policing the way soldiers always fight back: They’re killing “the enemy.”

The potential volatility of this barely noticed situation is enormous.”

For Bob's full article, click on: <http://commonwonders.com/world/volatile-america/>

Robert Koehler is an award-winning, Chicago-based journalist and nationally syndicated writer. You can contact him at [koehlercw@gmail.com](mailto:koehlercw@gmail.com) or visit his website at [commonwonders.com](http://commonwonders.com).

**(3) Mairead Maguire - Chilcot Report** ( Colleague Mairead is a Sponsor of CGNK)

FYI - comment on the UK government inquiry about Iraq war by Nobel Peace Laureate Mairead Maguire points to complicity of political leaders itching for going to that war. In a way it provides insight into the state of world which began around 9/11. <http://blog.transnational.org/2016/06/the-chilcot-inquiry-must-tell-the-truth/>

**(4) Nonkilling and Death Penalty in the Philippines**

NKARC colleague and a CGNK Board member Jose "Pepe" Abueva in an article for the Philippines Bohol Chronicle explains the state of death penalty in the Philippines, criticizing country's new President-elect Duterte decision to restore death penalty. Today 140 nations have abolished death penalty as compared to only 16 countries in 1977. Currently, the death penalty is prevalent mainly in Asia and the Middle East, with Pakistan, Saudi Arabia and Iran responsible for 89 percent of recorded executions in 2015. China, Iran, Iraq, Saudi Arabia and the USA are the five biggest executioners in the world. For more, click on

<http://boholchronicle.com.ph/2016/06/26/the-state-of-the-death-penalty/>

Dr. Abueva is the founder of Nonkilling movement in the Philippines.

**(5) Anger management and gun violence:** One thing that connects killings from Kabul to Orlando is the assailants’ rage and anger towards other people and state of the world etc. In USA alone every year 30,000 people are killed by gun violence, this is six times the casualties from war. Rich Panter forwarded the following article by Alex Yablin from the Trace on the subject. For more click on:

> <https://www.thetrace.org/2016/06/angry-mass-shooter-profile-gun-violence-prevention/>  
<<https://www.thetrace.org/2016/06/angry-mass-shooter-profile-gun-violence-prevention/>>

**(6) "What is going wrong in the world, my friend" - by Mony Dojeiji**

Peace colleague Mony in her blog piece writes:

"There so many ways to answer this, and on so many levels, but fundamentally, to me, it's this.

The world is going through a magnificent transition, so many people are waking up to the lives they wish to live and how they choose to BE in this world. And with every change, personal or collective, the hidden needs to come out. Our hidden biases, prejudices, judgments. all of it. And it's now staring us in the face.

And we stand at a crossroads, trying to choose how to BE and ACT in light of all that we see."

For more, click on:

<http://monydojeiji.blogspot.ca/2016/07/what-is-going-wrong-in-world-my-friend.html>.

## 6. Last Word:

Rhymed Reflection from Francisco Gomes de Matos on Literary Creations

### **“Nonkilling Visual Literacy for the World : A Plea”**

by Francisco Gomes de Matos, a peace-nonkilling linguist,Recife,Brazil

Why is there so much violence in today`s visual fiction ?

Is it because it has become a form of visual addiction ?

Why can so much killing be seen in today`s visual art ?

Is it because many people do not create it with a peaceful heart?

Why is there so much imagined destruction in today`s scenes of fictional creation?

Is it because an imaginative nonkilling visual literacy has not yet been introduced globally in all-curricula education ?

When will the use of visual art /entertainment predominantly for the good of Humankind be globally required ?

When across all cultures, by a Nonkilling Approach to Visual Literacy all educators and parents be inspired.

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My profound gratitude to all who contributed or pointed to the material for this month`s letter.

Looking forward to your further inspirations and comments as always.

Nonkilling Regards,  
Bill

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*"Nonkilling Culture crosses all the lines."* - Glenn D. Paige

*"Nonkilling art explores the spirit and practice of how to prevent, respond to, and to improve individual, social, and global well-being beyond killing."* - Glenn D. Paige

== Nonkilling is THE measure of Human progress==