While we’re getting started, tell us via chat:

What is the geographic area of your work?

What is one way you practice living your values, even in the midst of conflict or change?
DEEP EMBODIMENT THROUGH PRACTICE

Image: from Forward Together

#transformativemovements
1. What is Transformative Movement Building?
2. Leading with Vision & Purpose
3. Deep Embodiment Through Practice
4. Radical Connection
5. Strategic Navigation
6. Transformative Strategy
Learning Objectives

• Understand the strategic necessity of living our values and how this helps us get where we want to go.

• Introduce the difference between unconscious habits & conscious practices that help us access new capacity

• Explore principles of Forward Stance and how they can be used to create transformative movements.
A G E N D A

• Deep Embodiment Through Practice: Jeremy Lahoud

• Movement Stories: Nan Stoops, Washington Coalition Against Domestic Violence, and Cristy Chung.

• Movement Building Practice: Breath, Stance, and Awareness

• Questions
MOVEMENT BUILDING PRACTICE

BREATHE, STANCE, AWARENESS

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WHAT IS BELOVED COMMUNITY?
Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice. And justice at its best is power correcting everything that stands against love.

—Martin Luther King Junior
WHAT DOES IT FEEL LIKE TO EMBODY LIBERATION AND EQUITY?
UNCONSCIOUS REPEETITIVE ACTS.

HABITS

PRACTICES

CONSCIOUS & REPEETITIVE ACTION THAT CULTIVATES SPECIFIC QUALITIES AND CAPACITIES.

Photo: 2009 Willie Davis

#transformativemovements
STANCE
- Forward moving, directional
- On the offensive (not defensive)
- Aggressive, without aggression

ENERGY
- Strong
- Building (Rising)
- Sustain energy, restorative

FORWARD STANCE

AWARENESS
- Non-reactive
- Broad: at least “180 degrees”
- Future awareness

RHYTHM
- Pace: sustainable, with momentum
- Supports alignment
- Resonance

Forward Stance was developed by Norma Wong in collaboration with Forward Together
#transformativemovements
“Collective transformative practice is not some hippy dippy thing. It’s about how we are together and how we are successful as movements. This is how #BlackLivesMatters thinks about transformative practice: It’s about transformative relationship building. It’s about practice as ritual.”

~Alicia Garza, #BlackLivesMatter & National Domestic Workers Alliance
MOVEMENT STORIES

NAN STOOPS & CRISTY CHUNG

#transformativemovements
QUESTIONS?
REFLECTIONS?
FOR MORE INFO, CONTACT:
www.movetoendviolence.org & www.movementstrategy.org

JOIN US FOR THE NEXT WEBINAR,
RADICAL CONNECTION

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