

CREATING PEACEFUL RELATIONSHIPS:

PERSONAL POWER & EFFECTIVE COMMUNICATION

- TO REDUCE STRESS & BUILD EQUALITY, EMPOWERMENT, FULFILLMENT & EMOTIONAL INTIMACY IN LOVE, FRIENDSHIP, FAMILY, SOCIAL ACTION & WORK RELATIONSHIPS
- AS A STRATEGY FOR PEACE, JUSTICE & ENVIRONMENTAL SOCIAL ACTIVISM

Attend a Weekend Workshop Led by Bill Moyer In Either Lismore or Byron Bay

Who can Participate: Men & women, individuals, couples, friends, co-workers and members of groups and organizations who want to increase their personal power and equality, while reducing stress in their relationships, including at those times when they usually "lose it." The workshop is also for socially concerned people who want to live each moment of *all* their relationships according to their deepest human values and spiritual ideals. To achieve peace in the world, we need to create peace within ourselves and in our relationships and organizations.

YOU CAN LEARN:

- * What an equal, empowered and peaceful relationship is & how to achieve it.
- * Why we cycle around being powerless victims, rescuers and angry controllers, and what to do about it.
- * How to act on the inner wisdom of your body, mind and emotions, without reacting from fear or anger.
- * To develop a powerful and peaceful spirit of serenity, inner-peace, compassion and inter-personal competence in daily relationships, even during distressful incidents that usually "set you off."
- * To apply the theory & methods of *verbal Aikido*, the nonviolent martial art, to your daily encounters.
- * To reduce your emotional stress stemming from relationships and daily "trigger event" incidents.
- * Specific techniques to apply the teachings of the workshop to your daily life.

The workshop models equal, safe, empowering and emotionally intimate relationships, while participants support each other to change without giving advice & judgements. Each participant's innate value is honored, while avoiding guilt, blame & shame.

Lismore: Saturday & Sunday, November 27 & 28, 1999

Byron Bay: Saturday & Sunday, November 20 & 21, 1999

9:30 am - 5 pm (Reg.: 9:15 am Sat.) Bring food to share, Bag lunch or eat out. Snacks & beverage provided

Cost: \$75 - \$200 (Sliding Scale)

BILL MOYER has been an organiser and trainer in social and personal change for 35 years in the U.S., Canada, Eastern & Western Europe and Australia. He has worked in the civil rights, anti-Vietnam War, anti-nuclear energy and weapons, & domestic violence movements, among others. He was also on Martin Luther King's staff and the national trainer for the American Friends Service Committee (Quakers). 15,000 people have attended his workshops and his publications are in many languages. (He is not Bill Moyers of PBS-TV)

FOR MORE INFORMATION OR TO REGISTER:

Call (02) 6688 6269 or mail the form below to: Bill Moyer, 1 Ross Road, The Channon, NSW 2480

I Want to Attend the Workshop in (check one): Lismore _____; Byron Bay _____; Enclosed is my registration of \$ _____ (\$40 minimum, paid to "Bill Moyer") to reserve a place. The total rate that I want to pay is: \$ _____

Name..... Tel.:..... Email.....

Address Town State

OVERVIEW

The Dalai Lama reminds us that the purpose of life is happiness. Yet, it is difficult to attain, especially in the place where we often look for it most -- in our relationships with others. Humans are social beings; we need close, connected, cooperative and loving relationships. Consequently, we are naturally peaceful, compassionate, loving, cooperative, caring and friendly.

However, these natural needs and capacities of ours have been drastically undercut with the advent of the Dominator Model of human relationships, about 5-10,000 years ago, as the predominate basis for human societies. In this model, control and power *over* others are the norm, instead of cooperation and power *with* others. We're now so steeped in the dominator culture that our own coercive behavior, e. g., arguing, competition, unwanted judgements and opinions, put-downs, sulking, withdrawing and blaming, is often invisible to us (but not to others), because it is considered "normal."

This creates unnecessary deep emotional hurts, depression, confusion, and separation. Even though we might seek a nonviolent peaceful culture and desire close and fulfilling relationships, we are often

like fish in water, unable to see that we're swimming in a dominator culture, when it comes to our subtle relationship patterns.

The Creating Peaceful Relationships in a Dominator Culture workshop helps participants to learn practical perspectives, methods and techniques for "being peace" and "doing peace" throughout each day and to skillfully adopt behaviors of empowerment, cooperation, self-fulfillment, equality and emotional intimacy.

At the same time, it helps participants to recognize their emotional, verbal and physical controlling behavior patterns at increasingly subtle levels. It shows how we carry these out by playing, in turn, the persecutor, victim and rescuer roles -- **all** of which are dominator behaviors!

Participants learn how to identify and to stop doing their (often unconscious) controlling behaviors and replace them with a new level of awareness & actions of a peace culture. And they learn how to be a powerful human being without controlling others or being controlled by them.

"No problem can be solved using the same consciousness that caused the problem." Albert Einstein.

COMMENTS FROM PARTICIPANTS

"This workshop is a must! Its ideas reach far beyond those of current human psychology, providing new tools and insights for communication at any level. I absolutely recommend it for anyone interested in improving their communication and relationship skills." **Nancy Condry, Bolinas, California.**

"The workshop had a profound effect upon my husband and I. Our relationship has not only been dramatically improved, but our interactions with our children have greatly improved. We are simply more conscious of our behaviour and try not to fall unthinkingly into the dominator role, which we've learned from childhood. The kids respond well to respect and non-coercive behaviour." **Carol Brouillet, Palo Alto, California**

"The on-going class is one of the most worthwhile learning experiences I've had in a long time. I believe this is cutting edge work to free ourselves from the effects of patriarchy and a necessary step in recreating a partnership culture." **Fred Cook, San Francisco**

"In order to survive at this point in our evolution, we humans are challenged to veer away from the self-destructive path we are on. However, we are like fish unaware of the water in which we swim, when it comes to perceiving our culture of violence acted out in everyday normal life. Bill Moyer's process is absolutely essential to creating a new culture. Only

by seeing what we are doing, both to others and to ourselves, can we consciously choose to transcend our embedded dominator patterns and exuberantly create a peace culture of cooperation and co-creation." **Mary Beth Brangan, Options 2000, Bolinas, CA**

"As a social activist for 47 years, I would highly recommend Bill Moyer's workshop on personal and political relationships. It opened my eyes and heart into the depth of my behaviour in social change groups and in personal relationships in ways that can transform my work and relationships" **Jean McLoren, Raging Grannies Nanoose Conversion Campaign, B.C., Canada**

"I wish all my friends and family could take this course! We all want to have peace in the world and the skills Bill teaches are essential to being able to actually create peace in our relationships and ultimately, hopefully, a peaceful world." **Martine Algler, Bolinas, California.**

"The class has been a transforming experience for me and my relationship. Every week my partner & I spent several hours after class applying it to our relationship. Also, as training staff for Peace e Bene, I will include the material from the class in my workshops for activists in three Western states. This needs to be included as standard training for activists." **Ken Butigan, Peace e Bene, San Francisco**