

**(Expansive Version)**  
**Healing Violence at the Root**

**Emotional Sustainability → Environmental and Communal Sustainability**

Creative Integration by  
**Laura Murphy**

How does the removal of violence affect the individual/collective? If violence is removed what will replace it? What is emotional sustainability and how does it apply? The culture of the “dysfunctional family” and all that goes with it is as relevant to overall cultural malaise as violence in ghettos, as underlying and even blatant systematic violence which spawns socioeconomic inequalities, as militarization, etc. The “resource scarcity” spanning from emotional, spiritual, and financial poverty which are spoils of familial warfare limited my culture’s ability to access resources to live more sustainable lives taking advantage of opportunities, developing healthy, functional relationships of all kinds, and taking advantage of other positive opportunities that life has to offer those that are of the mental/emotional capability to grasp it and hold its preciousness. Damaged people have much difficulty in accepting and receiving that there are solutions and options to living in violence; they must seek recovery and learn new skills and how to use new tools to live in peace and abundance.

The Dysfunctional family produces a culture of violent, not necessarily BAD people suffering from adverse affects caused by a wide array of domestic violence, sexual abuse, addiction, and poverty. I choose to research and shine light on this culture through developing my personal creative integration of original theory as well as theories and methodology from esteemed leaders and teachers because this is the culture that spawned me into the world. I am collecting out sourced material as well as my original expression to support my connections between to the SAGE Handbook of Social Psychology I am using in my NCRP undergrad work. I will connect cognitive functions on the human brain, behaviors, concepts of identity both for the individual and the collective as well as tactics for restoring traumatized identities, and I will connect and demonstrated how emotional sustainability yields environmental and communal sustainability.

I am currently designing an I-Books Author textbook chapter which will be published in December of 2012. My plan is to continue with my research, extending it beyond the realms of Self, myself that is, and my experiences in healing the violence within me through creative experiences and in supportive communities, to incorporating more expansive information about other Selves and groups within various neglected communities, although the dysfunctional family has no biases and resides in the homes of the rich and powerful as well the poor and subordinated. This Project is my life’s work, one of the many endeavors I devote my precious time, energy, passion, and creative expression too. This text chapter will only be the beginning of published works and will correlate with classes and workshops in the future.

## Tolerance

- Tolerance vs. complacency
- Acceptance vs. endurance
- Goals and discrimination within minorities and majorities \*
- “The Five Mile Radius of Poverty”
- Violence and socioeconomics: Where We Draw the Line

## Revising Languages of Violence

- “Nonviolent Communication” Bill Stierle
- “Respectful Confrontation” Joe Weston
- “64 Ways to Practice Nonviolence” Eisha Mason and Peggy Dobreer for Common Peace Center for the Advancement of Nonviolence
- Interview with Candace Carnicelli of Common Peace Center...
- Mediators Beyond Borders
- Discourses by Gandhi, King, Thoreau, Buddha... Principles of nonviolence, “Civil Disobedience”, The Buddha’s *8 Fold Path*, *The 4 Noble Truths*, and *the 5 Precepts*
- “The Perfect 8 Points of Communication” by Jackie Mackay
- Confronting greed, hatred, delusion and fear

## Neuroscience and Cognitive Functions

- Mindfulness practices, forgiveness and reparations
- Trauma, biases and stereotypes, memory retrieval and collective social memory and identity \*
- Identity restoration/collective and individual \*
- Neuroscience and conflict resolution (Rebecca Saxe prof. at Mit)

## Reducing Uncertainty

- Resource scarcity and racism in urban environments
- Recognizing and Meeting Needs
- Socialized power structures: examining dominate/subordinate cultures \*
- Redistribution of wealth and Investing in Public Spheres
- Examining and deconstructing socioeconomic segregation and the privatization of Nature, open spaces, and natural resources
- Violence and socioeconomics: Where We Draw the Line
- Funding for equality, abundance

## **Exposure to Nature and Wellbeing**

- Race and class limitations to accessible natural environments
- Autonomy, proper nutrition, open community gathering spaces
- Peace in connecting to and grounding in nature (Amma Thanasanti Bikkhuni of Awakening Truth)
- Foraging and connecting with urban food sources as well as peace and well being which comes from connecting with the land (Dina Fisher, her website and LA collective)
- Education of urban or near by parks, forests, and natural settings

## **Intentional, Supportive Communities**

- Healing facilities and creative studios
- Creating safe places
- Recreational centers in natural settings
- Activism and conflict resolution
- Amma Thanasanti Bikkhuni
- “Why Do I Need a Meditation Teacher” –George Haas
- Insight on the Inside
- Prison Mindfulness Network (transforming the Prison Industrial Complex from the outside in)

## **Learning to Love Public Spaces**

- Urban Planning and sustainability in urban centers (Farmer’s markets in South LA, nutrition, sustainability, and rise of independent businesses by Cheng Rey Koo)
- Interview with organizers of South LA farms and community spaces
- Public Art and creative expression
- Community gardens
- Shared identities \*
- Stewardship for collective spaces
- Environmental factors tied to violence \*
- Solution oriented activism

## **Healing Transformation and Restoring Identities**

- Collective and individual restoration
- Coping skills in less than ideal situations
- “Art Heals: How Creativity Cures the Soul” Shaun Mcniff
- Healing violence at the root in the individual and collective through creative expression
- Nonviolent movements resisting violent status quo’s, video: “A Force More Powerful”

- Photography by Cat Gwynn
- Jamie Stokes
- Stephen Freedman
- Transitioning from victimization to empowerment