

## **OPEN-ENDED DISCUSSION QUESTIONS AND WRITING PROMPTS FOR INTEGRATING THE FILM MATERIAL FOR WORKSHOPS:**

1. What line or scene brought you the most hope in this film?
2. Share a personal story of a time when you experienced the humanity of another person you had previously dehumanized in some way. Similarly, share the story of an experience when a connection was formed with someone who had previously not been treating you well. Consider details such as: What took place in the interaction? How did it feel? How did it change the way you interact with others or feel about yourself? Now, relate that experience to a new story of our human nature.
3. Consider the claim that ' nonviolence is a form of power.' Discuss how you have been raised and conditioned to understand power and violence. What biases did it instill in you about the nature and reality of nonviolence? How has that played out in your relationships with yourself and others?
4. What does 'harmony ' mean to you? Have you experienced a sense of harmony within yourself? What kind of work does it take to touch into that sense of harmony? How does harmony within oneself support harmony in other spheres of life and existence?
5. What is the most important lesson you have ever learned that emphasizes the reality and power of nonviolence for you?
6. What are some of the outcomes of a belief or story that each individual is totally isolated and separate from the rest of humanity and the rest of life? What are some of the outcomes of a belief or story that each individual is fundamentally part of everyone and everything else? What leads one to relate to one worldview more than another?
7. When we love and care for a person deeply and it' s mutual, we tend to find our separate sense of self merging with theirs. Your pain, your joy, your experiences, in some sacred sense, become shared. What prevents us from experiencing this kind of awareness in wider and wider spheres? What would be the outcome of living that awareness in a more conscious and intentional way?
8. Gandhi said, "The impossible is ever becoming possible." Putting aside any fears of "the impossible, " what is your highest vision for humanity in relationship with itself and the rest of life? What should a human being strive toward or know?
9. Gandhi called himself a ' practical idealist.' What does that mean to you? Similarly, what is cynicism? What are some of the things that make us cynical about human nature and the power of nonviolence these days? What are some ways to get past that cynicism and see ourselves and others in a better, truer light?
10. After watching this film, what is one thing -at least- you will do to learn more about nonviolence or to get involved in shifting the way we view human nature through nonviolent action?