



# Pace E Bene Nonviolence Service

[www.paceebene.org](http://www.paceebene.org)   [www.paceebene.org.au](http://www.paceebene.org.au)   [www.nonviolentinterfaithleadership.org](http://www.nonviolentinterfaithleadership.org)

*Pace e Bene (pronounced pah-chay-bay-nay) means "peace and all good" in Italian and was an expression used by St. Francis of Assisi as a greeting and as a means of proclaiming the way of nonviolence in the midst of a violent world.*

**Facilitated by Brendan McKeague**

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## Centering Meditations

### 1) Body Prayer: Receptivity and Gratitude

*To begin the day, at any time during the day, at night to conclude the day....*

- *Begin by standing in a comfortable position – at least arms width away from others*
- *Close hands with fingers interlocking tightly in front of closed eyes*
- *Focus on being closed – how it feels in your body, shoulders, neck, hands, eyes tightly closed*
- *Breathe in the Spirit of nonviolence, peace*
- *Breathe out the fear that shuts off the world (repeat)*
- *Open yourself up to whatever, whoever God provides you with today*
- *Slacken your grip, open up your eyes, fingers, hands, arms to trace a big circle of welcome above or in front of you, complete the circle at the base of your stomach*
- *Repeat the process twice – three times in total – creating words that express your own belief in the mystery of God's creation unfolding during the coming day...in relationships, in meetings, in events, in conflicts....*

### 2) Two Hands of Nonviolence

*Preparing to sustain commitment to nonviolence prior to a conversation, meeting, action*

- *Sit comfortably in a chair, facing an empty chair a few feet in front of you*
- *Breathe in the Spirit of nonviolence, peace*
- *Breathe out the fear that shuts off the world (repeat a few times)*
- *Imagine a person (or people) sitting in the chair(s) opposite you with whom you are currently having a conflict or will need to have a potentially difficult conversation*
- *Welcome them into the chair and into your space*
- *Push one hand towards them, at eye level, palm facing outwards, rigid and blocking, and use the words that will ask them to stop whatever they are doing that is hurting, harming, abusing you or others. This needs to stop!*
- *Pause*
- *Withdraw that hand slowly and reach out with your other hand, palm facing upwards towards them and use words that will invite them to tell you more about why they wish to behave this way towards you or others.*
- *Pause*
- *Be open for any responses*
- *Express your gratitude to the other(s) for showing up in your prayer space*
- *Welcome whatever you learn from this encounter and return to the present environment.*

### 3) Five Finger Turnaround

(adapted from the Work of Byron Katie [www.thework.com](http://www.thework.com) )

Sustaining a commitment to not demonising, scapegoating 'the other' in a conflict situation and to grow compassion for self and others

- *Sit comfortably in a chair, facing an empty chair a few feet in front of you*
- *Breathe in the Spirit of nonviolence, peace*
- *Breathe out the fear that shuts off the world (repeat a few times)*
- *Imagine a person (or people) sitting in the chair(s) opposite you with whom you are currently having a conflict or will need to have a potentially difficult conversation*
- *Welcome them into the chair and into your space*
- *Push one hand towards them, at eye level, palm facing outwards, rigid and blocking them out. Use your fingers and thumb to list some of their behaviours that are causing you to be angry towards them and why is this so...*
- *How do you want them to change? What do you want them to do?*
- *Slowly turn your hand around towards yourself and point the fingers back at yourself. Ask yourself: where do these behaviours, or desires to behave this way, show up in me?*
- *Pause to consider the implications*
- *What do I want to change? What do I want myself to do?*
- *Turn your hand back towards the other(s), move it around so that you are twisting your fingers towards them and you...*
- *Thank the other(s) for showing up in your life and initiating this learning process*

**Extension meditation:** repeat the process in reverse, hand pointing towards yourself - beginning with naming five positive qualities that you know are within you – acknowledge and affirm these. Then turn your hand/fingers towards the other(s) and name five positive qualities that you have noticed in them – acknowledge and affirm these.

### 4) Circuit Breaking Technique

(adapted from The HeartMath Institute [www.heartmath.org](http://www.heartmath.org) )

Interrupting assertively (through self-talk) any growing sense of aggressive attitude towards another by:

- a) focusing on breathing, slow down, breathe deeper*
- b) move out of mind towards heart, imagine your breath flowing through and around your heart*
- c) recall a positive, inspiring event (person, place) in your life;*
- d) draw on intuition/inner wisdom to create a more compassionate response in this current situation*
- e) re-engage with interaction*