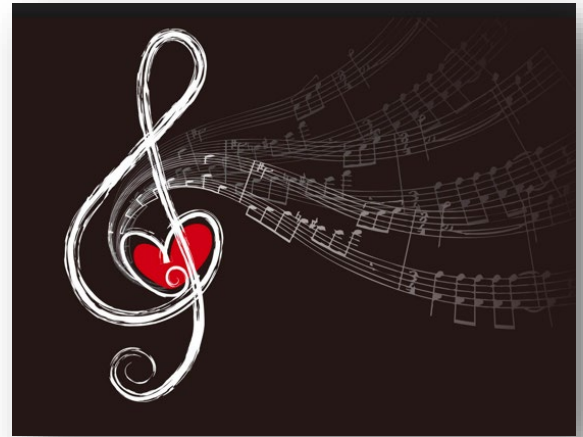


Moments of Awe and Wonder!

Music, Movement, and Poetry

Over the years, music, movement, and poetry have become essential experiences strengthening the connection and collaboration that unfolds at our *Workshop on Transforming Humiliation and Violent Conflict!*

Thank you so much for being part of our treasured circle of spontaneous music, movement, and poetry leaders! Your gift adds what Don Klein would call, “Moments of Awe and Wonder,” sustaining and revitalizing us throughout our days together!



Although we always have to adapt our plans to fit our workshop schedule, spontaneous ***Moments of Awe and Wonder*** have often worked well in the following ways:

1. Concluding a session and transitioning to another activity, e.g., before lunch.
2. Bringing people together after a break, session, lunch, or unexpected interruption.
3. Song and poetry often works well gathering people’s focus in the mornings and movement often seems to relax, reenergize, or renew people in the afternoons, yet we like to stay fluid and flexible when adding these moments.
4. Ideally, these moments are very brief (2-3 mins.), just long enough to bring people together in a spirit of unity in dignity.
5. **Thank you so much** for working with Linda, Evelin, and other workshop facilitators to find the right time for adding these special moments.

Rather than a performance, we think of these moments as “micro transformances” that add to the joy and flow of the workshop. Hannah Voss, who shared her voice in 2018, offers us a [remarkable example](#) of how these moments add so much to everyone’s experience.

Again, thank you for sharing your gifts that will enliven the warmth and loving spirit of our *dignicommunity!*

With a symphony of joyful gratitude,

Linda, Evelin, and everyone!

Human Dignity and Humiliation Studies

