



Annual Report 2019-2020

Fiscal Year: April 1, 2019 thru March 31, 2020



Dear Metta Friends,

It was a year of gathering darkness in the world and Metta doing its best to surge toward light. In particular: we made great progress toward the completion of our film “The Third Harmony: Nonviolence and Human

Nature”. Great progress. On the film itself, the other two ‘limbs’ of the project, the book and board game, and – last but not least – the in-gathering of wonderful people to work with us in one capacity or another, but become part of the ‘family’ in any case. Having met, thanks to Tom (just about everything’s been thanks to Tom Eddington these days!) many filmmakers and friends at two screenings, first at the Berkeley home of Daniel and Patricia Ellsberg and then that of Shelly Thigpen in Mill Valley, with two more on the horizon, and more friends gained as we go, we truly feel blessed. In house, meanwhile, I and Sarah Gorsline became (if I may say so) a great editing team, having learned when to trust one another’s judgment and work long hours together as we watch this film surge to completion. Very much like the last, finally pleasant stages of writing a book. I’m constantly impressed that Sarah can be so technically competent in what has become an extremely complex and technical field, film making, and yet have such artistic sensitivity to the mood, the flow, and the impact in every way. When we showed the version we had so far, not quite the ‘locked cut,’ to a good friend who was when I met her the ED of the most venerable peace organization in the U.S., and almost in the world, she had tears in her eyes. And when she could speak she said, “I just want to watch it over and over.” May there be many like Kristin.

Let me share *one* of the miracles that unfolded on the journey: I first met Jim Schuyler (“Sky”) as a highly skilled computer person who was also active with the Dalai Lama Foundation (where we actually met). As the film unfolded I discovered that for several years now his passion has been writing music for films! And he loved this one. So here he is hard at work on an original score. So far, it’s sounding just perfect; and we could never have afforded someone of his talent, which he’s giving us as a donation to Metta. A highly prized one.

Speaking of the book, however: *The Third Harmony* will be out in March and we’ve been working with Michael Crowley of Berrett-Koehler to get it truly *out* there. B-K had all of us in for the “author’s day” in June, where you spend a whole day meeting everybody who’ll be working with your book, from production to publicity. It was upbeat and informative for all of us, and after lunch we showed them the film. Needless to say, they love the film and love that the book will come with such a ‘bundle’. The book’s reception so far is not unlike that of *The Search for a Nonviolent Future*; it moves slowly but has sticking power.

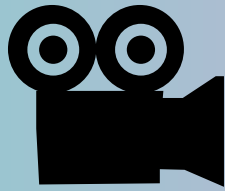
Meanwhile, Derek and Stephanie have not been idle! “Cosmic Peaceforce: Mission Harmony 3,” board game extraordinaire, lags not behind. They have hosted a series of play-tests and worked constantly to improve the game itself, the board, and the pieces. The game is complex, fun, and instructive; whenever we discuss the project with professionals, with potential consumers, with anyone else they are enthusiastic about the book and the film. But their eyes really fly open when they hear there’s a board game!

2020 should be a “wonderyear” for Metta.

While creating resources like these has occupied most of our time, we found time to do what’s very dear to my heart: furnish advice and support directly to an important nonviolent campaign, none other than the successful ouster of long-time dictator of Sudan, Omar el Bashir, which took place in April. This event will stand out among the increasing episodes of nonviolent insurrection that are becoming increasingly common, because while the process is far from complete a cooperation has developed between the main popular organization of Sudanese professionals and the military. This will not be one of those overthrows that quickly falls into backsliding, like Egypt, etc.

I know it sounds a bit cliché to say this, but it seems to be only truer with each passing year: “Your work is more needed than ever.” So until that great day when we become irrelevant, it’s very, very good to be on this journey with you.

Love,
Michael Nagler, President
For the Metta Center Team



The Third Harmony Project



The greatest power in the world is within you.
from The Metta Center for Nonviolence

Financial Report

To obtain a copy of our latest form 990, please visit www.mettacenter.org or email info@mettacenter.org

Statement of Financial Condition (April 1, 2019 - March 31, 2020)

Support and Revenue ... \$93,643.56

Expenses

Administration	\$23,809.00
Study	\$20,153.00
Practice	\$18,579.00
Research	\$19,088.00
Media (Board Game, Animation, Books, Radio)	\$28,073.00
Media-Special-Film	\$34,144.00
Total Expenses	\$114,513.34

Assets

Total Current Assets	\$91,368.96
Other Assets	\$2,025.00
Total Assets	\$93,393.96

Liabilities

Total Liabilities	\$40.04
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Equity

Net Assets - Unrestricted	\$11,575.89
Net Income	\$50,869.79
Retained Earnings	\$132,647.81
Total Equity	\$93,353.92
Total Equity and Liabilities	\$93,393.96

The Metta Center works with a small staff, all of whom share the tasks of work related to fundraising and administration, making every dollar that much more effective in terms of what it accomplishes. We are very proud to share that it is no exaggeration to say that most everything we do at the Metta Center is directly related to programs - from every letter we write to every material we create and every conversation we have. This is how the message of nonviolence spreads.

If you are interested in learning more about making a charitable donation or getting involved in our mission, please contact us at info@mettacenter.org.

What can we do about violence today?

At the Metta Center for Nonviolence, we're working on a campaign called 'The Third Harmony' to raise the human image and bring the ancient art of nonviolence into the mainstream of public consciousness.

This twin development is essential for the continuation of human progress, indeed for the survival of a meaningful human life on planet Earth.

In ancient India the sages spoke of "three sources of suffering," from the environment, from other beings, and especially from within ourselves. To be secure, happy, and free from suffering, we must establish three harmonies:

with the environment
and the universe
(the first harmony)

with others
(the second harmony)

and most importantly,
within ourselves—
the third harmony



Gandhi at the spinning wheel

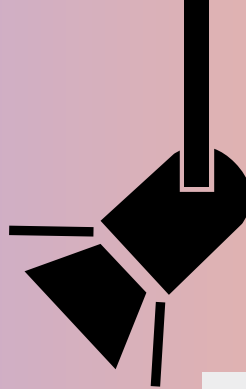
Those familiar with nonviolence history know that Gandhi instituted 18 projects to create his famous Constructive Program for the revitalization of India (represented by the spinning wheel in our logo).

Our humble effort to carry his work forward consists of weaving together three key projects in a similarly coordinated whole.

We are calling on you to get involved.

Our Mission

To promote the transition to a nonviolent future by making the logic, history, and yet-unexplored potential of nonviolence available to activists and agents of cultural change (which ultimately includes all of us). We help practitioners use nonviolence more safely and effectively, and anyone interested to understand and articulate its power more fully.



The Third Harmony campaign has 3 key assets



DOCUMENTARY



BOOK

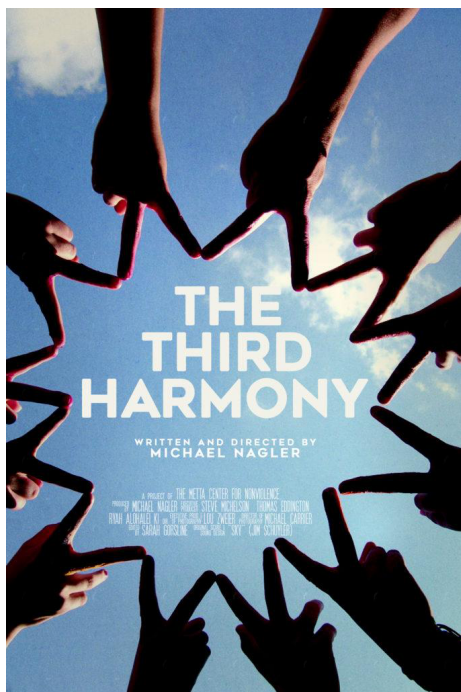


BOARD GAME



The Third Harmony

A film for high schools, colleges, and organizations



Learn more about the documentary and watch the trailer:

www.thirdharmony.org

The *Third Harmony* film tells the story of nonviolence, the greatest—and most overlooked—resource in human experience. The film, ready by 2020, will be first offered as a 44-minute version for community groups, as well as school and university classrooms. It is based on 35+ hours of interviews with prominent nonviolent activists and scholars, scientists, teachers, practitioners of restorative justice, and others.

A number of excellent documentaries have recounted the overlooked stories of particular campaigns, for example *Bringing Down A Dictator* (Serbia, 2000) and *Budrus* (Palestine, 2008). These films have paved the way for the approach of *The Third Harmony*, which is to highlight nonviolence itself: what is it, where it comes from, and how can we use it.

The film will be supplemented by a media campaign drawn from interviews not in the film, as well as a discussion guide, and curriculum for teachers.



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for NONVIOLENCE

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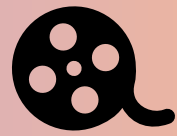
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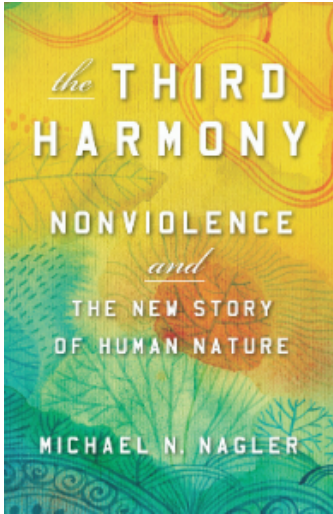
Lorin Peters

Design by [mika-art](#)



The Third Harmony: Nonviolence and the New Story of Human Nature

A book to explore Third Harmony concepts in-depth



Michael Nagler's latest title, *The Third Harmony: Nonviolence and the New Story of Human Nature*, to be published by Berrett-Koehler in 2020. The book complements *The Third Harmony* documentary by focusing on the "new story," with its emphasis on nonviolence (the film centers on nonviolence with its emphasis on the new story). It provides the opportunity to go deeper into the revolutionary significance of nonviolence, the new story, and the relationship between them.

Michael draws on his long experience of teaching and writing on this subject, or double subject, to reach a hopeful conclusion: that the new story cannot be completed without focusing on the human being (the third harmony), and in so doing coming to the realization that Gandhi was exactly correct: "Nonviolence is the law of the humans."

Nonviolence rounds out the new definition of human nature toward which the new story has been making its way. This is true because only nonviolence can really bring the new story to fruition. Nonviolence is the only way to "move the heart," as Gandhi said. It is the only method that could bring about a great paradigm shift without creating a violent backlash.

Learn more about the book, and download a sample chapter: www.michaelnagler.org



Cosmic Peaceforce: Mission Harmony Three

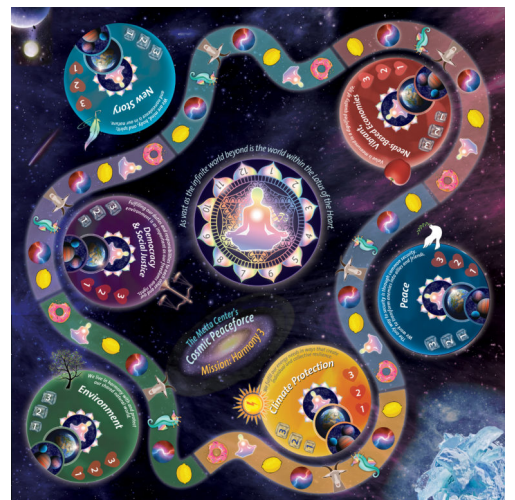
A cooperative board game for teens and adults

Cosmic Peaceforce: Mission Harmony Three is a cooperative game designed for people 15+ and optimized for 3-5 players. Currently in the final stages of production, the game sets players on an adventure:

Here's your mission, if you choose to accept:

The Disharmony Yuga, a galactic wave of negative forces, is freezing hearts and minds across the galaxy and it is headed directly towards us. Violence is escalating on all sides. Realizing each of us has a part of the solution to transform this massive wave of despair and separation, and with the courage to face conflict and de-escalate violence wherever we find it, the Cosmic Peaceforce embarks on a sacred mission to discover the root of the problem—and its most transformative solution.

Our intrepid team heads out across the cosmos toward the recently discovered planet, Harmony 3, in order to meet the Ancient One and recover a near-lost ancient wisdom that will heal and transform our world, granting freedom from fear and separateness once and for all.



Cosmic Peaceforce is much more than a fun game. It also serves as a mini-training in the new story and nonviolence. This is not a game of me against you or "us vs. them": players work together to establish a greater harmony for everyone. Cosmic Peaceforce Mission Harmony Three launches in May, 2020.

Learn more about the game, and find out how to obtain a copy: www.mettacenter.org/cosmicpeaceforce

To learn more or to be of service to any of these projects, including the overall campaign, please write to us at thirdharmony@mettacenter.org.