

# Metta Center for Nonviolence

*“Nonviolence is the  
greatest power at the  
disposal of humankind.”  
-M.K. Gandhi*



## Annual Report 2012

### *Dear Metta Community,*

It has been an exciting year for the Metta Center. We've made a great amount of progress toward our organization's highest aspiration: linking the great paradigm shift toward oneness to the realization of that unity embodied through the practice of nonviolence. This progress was nurtured in no small measure by the inspiration and positive encouragement we received from our financial supporters and volunteers. We are truly experiencing the benefits of deepening our relationship with other individuals and organizations striving to uphold the consciousness of unity through upstream, nonviolent action. These positive developments were reflected in the enlivened spirit of our work and can perhaps be best seen in the following examples highlighted in our 2012 Annual Report.

2013 promises growth and expansion of our capacities based on the successes from the 2012 year. We work on a small budget, but we are able to do so much because of the dedication of our staff and volunteers. This is more than a job, it is a vocation and the expression of a deep commitment to bringing light to the study and practice of the power of nonviolence.

If ever you have any suggestions for how we could be doing our work even better, please do not hesitate to contact us. We would love to hear from you.

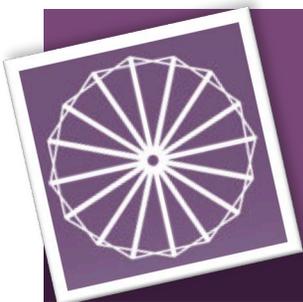
*In heart unity, Stephanie Van Hook, Executive Director*

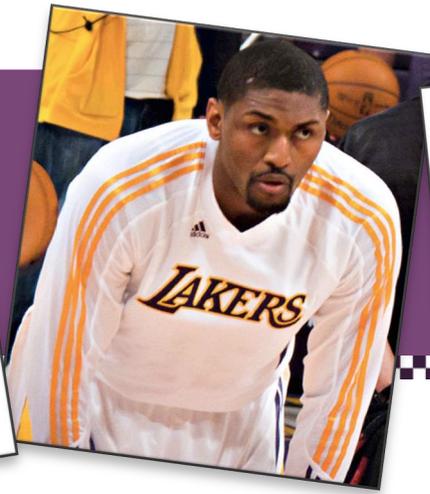
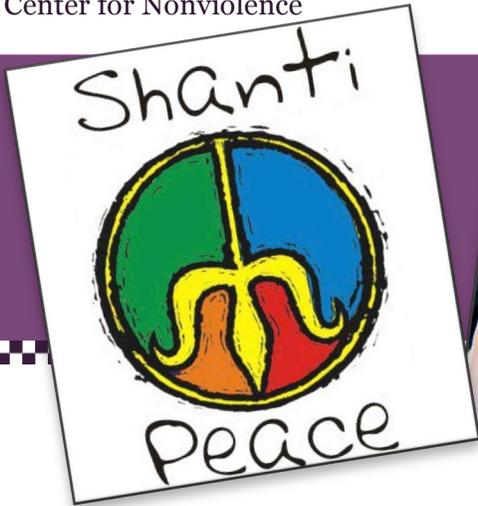
### Accomplishments in 2012!

This year **Metta welcomed a research fellow roughly every two months**, offering modest stipends and guidance to deepen understanding of the great power of nonviolence. Together **we've created over 100 content-rich resources for nonviolence hosted on our newly upgraded and reformatted website**. Materials include lectures, writings, podcasts, online self-study guides, interviews, videos, as well as the **Metta Certificate in Nonviolence Studies**.

The **Metta Center has become the home base for the coordination of the Shanti Sena Network (SSN)**, a network of peace teams and nonviolence trainers from the US and Canada; an **continued...**

**Our mission** is to promote the transition to a nonviolent future by making the logic, history, and yet-unexplored potential of nonviolence more accessible to activists and agents of cultural change. We focus on root causes to help people in any walk of life discover their innate capacity for nonviolence and use it more strategically for long-term transformation of themselves and the world. We work to challenge and replace the prevailing worldview with a much higher image of humanity informed by nonviolence and its implications for the meaning of life and value of the person.





essential component for constructively addressing violence in our communities. We help individuals learn about the movement for unarmed intervention as well as find trainings and encouragement to create local peace teams.

**Working with NBA basketball champion, Metta World Peace, we created a workbook and video series for high school students,** bridging positive mental wellbeing and nonviolence. Metta World Peace first made a lot of waves in the world of sports as a “violent” player from a hard upbringing. Now he commits his life to youth who have had the same types of difficulties that he experienced growing up. With this partnership we are able to reach a younger population and more diverse demographic with the message that it takes courage to be yourself, it takes courage to practice nonviolence, and

we can train our minds for well-being just as we can train our bodies to become a basketball champion.

**We piloted Peace Paradigm Radio,** bringing nonviolent vibrations to the airways across Marin and Sonoma Counties as well as our website where it is archived. PPR is “what you can tune into when you tune out from the corporate mass media,” as we maintain that the first thing we should do as individuals to begin raising the image of who we think we are is to boycott mainstream media and its message.

**We have formed a Strategic Advisory Council of highly motivated and diverse young people,** enabling us to reach new and broader communities around the world. We will come together as a team once a year and three other times virtually, to advise the creation of material to reach the audiences they

work with and to explore the unifying potential of nonviolence movements worldwide.

Roadmap is part of our “grand strategy” for movement building. **We hired a professional designer to design the Roadmap Strategy Mandala that moves actors from personal empowerment to constructive program to nonviolent resistance.** We are actively working to find ways of bringing this “new” narrative forward through research, meetings, and eventually what we hope will become a document or manifesto. **We recently put on a weekend retreat for New Story Development** (a sector of the mandala) and will be attending or sending representatives to similar meetings in New York and Paris in the months to come.

## "ROADMAP: Unity, Strategy, and Nonviolent Power for an Unstoppable Movement!"



### SUPPORT AND REVENUE

Individuals & Donations.....	26,894
Grants.....	60,975
Other.....	3,496
(reimbursement, rent, interest, etc.)	
Program Income.....	13,425
In-kind gifts.....	1,124
<b>Total Support.....</b>	<b>105,914</b>

### EXPENSES

Programs.....	72,086
Administration.....	12,421
Fundraising.....	4,482
<b>Total Expenses.....</b>	<b>88,989</b>