



How things change:

Key Texts & Videos Resources

Social Movement Theory

'This is an Uprising' Paul Engler & Mark Engler

- The traditions of mobilisation (mass protest and structure-based organising)
- The power of hybrid models – e.g. Martin Luther King, Gandhi
- The need to polarise public opinion and use momentum escalation

'Blueprint for a Revolution' Srdja Popovic

- How the Serbian revolution succeeded
- Use of "dilemma actions"
- Use of humour and appealing to younger people

'How to win. Successful procedures and mechanisms for radical campaign groups' Roger Hallam

- Radical Think Tank text
<https://radicalthinktank.wordpress.com/2015/12/08/how-to-win-successful-procedures-and-mechanisms-for-radical-campaign-groups/>
- Use of conditional commitment ("I will if you will")
- Attrition and swarm actions
- Investment and Olympic principles

'The End of Protest: A new blueprint for Revolution' Micah White

- A complete theory of revolution
- Voluntarism, Structuralism, Subjectivism and Theurgism
- The need for multiple tactics

'Don't think of an Elephant' George Lakoff

- Use the “nurturing parent” frame rather than the “strict father” frame
- Use framing rather than arguing your point and “being right”- trigger emotion
- Recognise there are 6 different types of progressives and appeal to them all

‘From Dictatorship to Democracy’ Gene Sharp (PDF Available free online)

- Need for a grand strategy and sub strategies, also a grand narrative
- Focus on the key pillars holding a system in place
- Be “above ground” and say what you want (as well as what you don’t want)

‘Counterpower’ Tim Gee

- There are four stages to change - the four C’s
- Consciousness raising then Coordination
- There is always a Confrontational stage (then you need to Consolidate the win)

‘The More Beautiful World our Hearts Know is Possible’, ‘The Ascent of Humanity’ & ‘Climate:A New Story’ - Charles Eisenstein

- Grounding struggles in compassion – moving away from blame
- Separation from ourselves, each other and nature as root causes of issues
- Rooting our new story in “inter-being”, “miracles” can flow from this

Webinars on escalation/momentum organising: Ayni Institute (Carlos Saavedra et al)

- Making culture specific - train people in your movement DNA:
- Story, Strategy and Structure https://www.youtube.com/watch?v=4VMyg_TnMXEWatch

Why civil resistance works – Erica Chenoweth

- Ted Talk <https://www.youtube.com/watch?v=YJSehRIU34w>
- A revolution needs up to 3.4% of the population to rise up
- Non-violent struggles are more successful and more stable

Rules for Revolutionaries - Zack Exley and Becky Bond

Hegemony How-To: A Roadmap for Radicals - Jonathan Smucker

Emergent Strategy – Adrienne Maree Brown

- Organising with a regenerative culture
- Building critical relationships as a key to organising

Citizens' Assemblies

1. **Against Elections:** The Case for Democracy - by David Van Reybrouck
2. **Rebooting Democracy:** A Citizen’s Guide to Reinventing Politics - by Manuel Arriaga
3. **The End of Politicians:** Time for a Real Democracy - by Brett Hennig

4. **Democratic Innovations:** Designing Institutions for Citizen Participation - by Graham Smith
5. **When citizens decide:** Lessons from citizen assemblies on electoral reform - by Patrick Fournier, Henk Van Der Kolk, R. Kenneth Carty, André Blais, Jonathan Rose

Films & Programmes

- [Nonviolent civil resistance - Must Watches](#)
- Aluna
- Freedom Riders - Youtube
- The Children's March - Youtube
- BBC iPlayer William Morris's utopian story "News From Nowhere"
- Key Elements in Radical Political Mobilisation
 - [Part 1](#)
 - [Part 2](#)
- [Nonviolence for Change](#)

Organising

1. The 7 Habits of Highly Effective People - Stephen Covey
2. The Psychology of Persuasion - Robert Cialdini
3. The Radical Think Tank - [How to organise public meetings](#)

Inspiration

- Viktor Frankl - Man's Search For Meaning
- Nelson Mandela - Long walk to Freedom
- Wild Geese by Mary Oliver
- Vandana Shiva
- Robin Kimmerer - Braiding Sweetgrass
- Tatterdemaalion
- Ursula K Le Guin - Earthsea
- Tao Te Ching
- Thich Nhat Hanh
- John Michael Greer
- Dark Mountain Manifesto

- Seeds of Dhamma
- Adrienne Maree Brown - Emergent Strategy
- Octavia Butler
- Charles Eisenstein
- bell hooks

Resilience:

- Eckhart Tolle - **The Power Of Now, A New Earth**
- Joanna Macy - **The Work That Reconnects / Active Hope**
 - <https://workthatreconnects.org/>
- Joanna Macy & Chris Johnstone: **Active Hope, How to Face the Mess We're in without Going Crazy.**
- Hillary Rettig: **The Lifelong Activist, How to Change the World Without Losing Your Way.**
- Laura Van Dernoot: **Trauma Stewardship, an Everyday Guide to Caring for Self While Caring for Others.**

Grief, Loss & Regenerative Culture:

- Stephen Jenkinson: **Die Wise**
- **Sustaining All Life**
 - <https://www.rc.org/publication/environment/sustainingalllife>
- Francis Weller - **Five Gates Of Grief**
- Martin Prechtel
- Sobonfu and Malidoma Some - **Healing Wisdom of Africa: Grief & Recovery**

The Big Picture:

- Jean Paul Sartre - **Nausea, Existentialism and Humanism**
- Camus - **The Stranger, Myth of Sisyphus**

Earthy Projects, Courses & Resources:

- Eco Dharma, <http://www.ecodharma.com/>
- The Ulex Project, <http://ulexproject.org>
- The Art of Mentoring / 8 Shields, <http://8shields.org/>
- Noddfa Dawel is a retreat centre for activists in Wales, more information here: www.noddfadawel.com

- Embercombe, (will reopen in 2019), <https://embercombe.org>
- There is an ongoing peer support group in **London** for wellbeing around the ecological crises, based on work of Joanna Macy. It's at Meadow Orchard Community Garden Crouch End N8 see <http://www.meadoworchard.org/>
- **Bath** and **Bristol** - The Work that Reconnects (Joanna Macy) run by Psychology for Ecology, <https://www.facebook.com/Psychologyforecology/>

Additional texts:

- Aftershock - Patrice Jones
- Hope in the Dark - Rebecca Solnit
- Chris Johnstone: Find Your Power, a toolkit for resilience and positive change.
- Grace Lee Boggs: The Next American Revolution, Sustainable Activism for the Twenty-First Century.
- Bill Moyer, JoAnn McAllister, Mary Lou Finley, and Steven Soifer: Doing Democracy.
- Andrew Boyd, and Dave Oswald Mitchell: Beautiful trouble, a toolbox for revolution.
- Wheatley, Margaret: So far from home.
- Glendingen, Chellis: Hello my name is Chellis and I'm in recovery from western civilization.
- Miriam Greenspan: Healing through the dark emotions.
- Mary Watkins & Helene Shulman: Toward psychologies of liberation.
- William Bloom: Power of Modern Spirituality.
- Carolyn Baker: Navigating the Coming Chaos: A Handbook for Inner Transition.
- Cristien Storm: Living in liberation, boundary setting, self-care and social change.
- Victoria Law & China Martens: Don't Leave Your Friends Behind,
- Concrete Ways to Support Families in Social Justice Movements and Communities.
- Starhawk: The Empowerment Manual, a Guide for Collaborative Groups.
- Katrina Shields: In the Tiger's Mouth, An Empowerment Guide for Social Action.
- Arnold Mindell: Sitting in the fire, large group transformations using conflict and diversity.

Some articles/videos along this theme:

Joshua and Hilary; Organising cools the planet
<https://organizingcoolstheplanet.wordpress.com/>

Resilience in activism, Kevin Buckland: "Organizing Cultures of Resilience: Activism in the Anthropocene"
<http://longreads.tni.org/state-of-power/activism-in-the-anthropocene-organizing-cultures-of-resilience/>

Joy Arises, Rules Fall Apart, Rebecca Solnit (2013):
rebeccasolnit.net/essay/joy-arises-rules-fall-apart

What It Takes To Be A Rebel In Modern Times Chris Hedges/Vice:

bit.ly/1NcGM0b (Video, 15 mins)

NEON's Power & Privilege Guide:

<https://neweconomyorganisers.org/wp-content/uploads/2016/02/NEON-Power-and-Privilege-Guide.pdf>

The Dark Mountain Project: <http://dark-mountain.net/about/manifesto/>

Leticia Nieto: Beyond Inclusion, Beyond Empowerment, A Developmental Strategy to Liberate Everyone. Addressing Power and Privilege:

www.beyondinclusion.files.wordpress.com.