

Study Guide for *The Peaceful Revolution 2012* by Paul K Chappell

Prepared by Chris Mahon

For biographical info about Mahon, see <http://www.peaceliteracy.org/about>

Chapter 1 – The Muscle of Hope

Hope – Chappell distinguishes between “naïve hope” – such as thinking a leader can magically solve our problems – and “realistic hope” which is based on experience and evidence. Realistic hope depends on developing trust in oneself, in other people, and in one’s ideals. “Like a telescope, realistic hope gives us the vision to see, not only how the world is, but how the world can be,” he writes.

- What is the army’s hope training?
- Study figure 1.1 Realistic Hope
- Describe the muscle of hope and explain why it is important
- What is the higher expression of hope?
- What is the highest expression of hope?
- How can we cultivate these?
- What is your favorite quote from this chapter on hope and why?

Peace Literacy Concepts for Chapter One—The Muscle of Hope

- Literacy in Our Shared Humanity (the importance of understanding what it means to be human, the human mind is both our greatest strength and greatest weakness, the difference between naive hope and realistic hope, the three forms of trust that create a foundation for realistic hope, how the three forms of trust require evidence and experience, the difference between naive idealism and realistic idealism, the struggle to become fully human, how hope promotes action and ethical behavior)
- Literacy in the Art of Living (cultivating trust in our lives, surviving trauma and betrayal, how suffering can make us very bitter or very gentle, why living is the most difficult art-form, strengthening our muscle of hope)
- Literacy in the Art of Waging Peace (the need for realistic hope when waging peace, the dangers of naive hope, participation in waging peace as a higher expression of hope, peace is not passive but active, how peace is more than just the absence of war, the role of social movements in pressuring political systems, the importance of protecting the victories that have been gained for justice, why realistic idealism is needed to effectively wage peace)

Keywords: hope, human condition, nonviolence, progress, trauma, waging peace

Chapter 2 – The Muscle of Empathy

Empathy – Empathy is the most powerful force in the world, argues Chappell. While armies create camaraderie by instilling genuine bonds of empathy among soldiers, they ready their soldiers to fight by dehumanizing the enemy. “When empathy is reserved for only a few, it furthers our self-destruction, but when it embraces all people, it gives us the power to solve our national and global problems,” Chappell says.

Discuss the concept of empathy in war. Does this surprise you?

- Study Figure 2.1 Three Forms of Dehumanization in War.
- How can dehumanization lead to war?
- Paul defines dehumanization as “a type of manipulation that blocks empathy and hides the truth that we are all human beings.” Does this resonate for you?
- Can you name some examples of the Three Forms of Dehumanization for Exploitation as shown in Figure 2.2?
- Describe the muscle of empathy and explain why it is important
- What is the higher expression of empathy?
- What is the highest expression of empathy?
- How can we cultivate these?
- What is your favorite quote from this chapter on empathy and why?

Peace Literacy Concepts for Chapter Two—The Muscle of Empathy

- Literacy in Our Shared Humanity (why empathy is the most powerful force in the world, how being loving allows us to be brave, the many faces of dehumanization, the power of unconditional love and solidarity, the difference between self-interest and community-interest, the ultimate sin in the military and what it reveals about the human condition, how empathy promotes action and ethical behavior)
- Literacy in the Art of Living (what warrior philosophy can teach us about living well, how West Point’s philosophy of “cooperate and graduate” applies to other areas of life, how suffering can increase our empathy, how love is a skill and an art, cultivating strong friendships, strengthening our muscle of empathy)
- Literacy in the Art of Waging Peace (Gandhi’s realization that the warrior ideals must be channeled toward waging peace, the strategic power of empathy, seeing through the illusions of dehumanization, how war propaganda is like a magic trick, the role of love in creating a healthier society)

Keywords: dehumanization, empathy, human condition, martial arts philosophy, nonviolence, propaganda and manipulation, racism, trauma, unconditional love, waging peace, war

Chapter 3 – The Muscle of Appreciation

Appreciation – “A strong muscle of appreciation allows us to savor the present moment,” writes Chappell. Moreover, appreciation profoundly changes our behavior. Honing our appreciation of humanity and of the earth will lead to a true stewardship of the planet that will create the future necessary for humanity’s survival.

- Consider what you appreciate in your own life.
- Has your perspective ever changed?
- How might you gain more appreciation?
- Does Figure 3.1 on Perspective resonate for you?
- Describe the muscle of appreciation and explain why it is important.
- What is the higher expression of appreciation?
- What is the highest expression of appreciation?
- How can we cultivate these?
- What is your favorite quote from this chapter on appreciation and why?

Peace Literacy Concepts for Chapter Three—The Muscle of Appreciation

- Literacy in Our Shared Humanity (how appreciation enables happiness, how appreciation creates the foundation for stewardship, how humility is a vein in the muscle of appreciation, how appreciation promotes action and ethical behavior)
- Literacy in the Art of Living (how to broaden our perspective on life, how broadening our perspective on life can increase our appreciation and joy, reasons to be grateful that we often take for granted, how appreciation improves our daily lives)
- Literacy in the Art of Waging Peace (how appreciation and a sense of stewardship can motivate us to wage peace, never taking for granted the progress that has happened, committing ourselves to continuing this progress)
- Literacy in the Nature of Reality (how appreciation allows us to recognize how little we are entitled to when reality is concerned)
- Literacy in Our Responsibility to Creation (how appreciation creates a strong psychological foundation for protecting our planet)

Keywords: appreciation, environment, human condition, nonviolence, progress, waging peace

Chapter 4 – The Muscle of Conscience

Conscience – When we recognize differences in fairness, the human conscience adjusts our behavior to correct that inequity. In PEACEFUL REVOLUTION Chappell describes how “moral fury” –what he calls the highest expression of conscience – can be channeled to strike at injustice in a meaningful and constructive way. “If we unlock full power of our moral fury, we can become the kind of warrior protectors our world needs now more than ever,” he writes.

- How is conscience vital to human survival?
- Paul discusses the “mirror of conscience.” Does this metaphor seem appropriate?
- How can a developed conscious be deceived? Consider whether you have seen this happen.
- Paul explains three ways that oppression can be sold to people (Figure 4.1). Have you experienced any of these three ways or seen these three ways promoted on television, radio, or the internet?
- What is the higher expression of conscience?
- What is the highest expression of conscience?
- How have we seen this higher and highest expression in our communities and in the media?
- Within the highest expression of conscience, Paul introduces the concept of “moral fury.” Does this resonate with you? Have you experienced this? What was the outcome?
- What is your favorite quote from this chapter on conscience and why?

Peace Literacy Concepts for Chapter 4—The Muscle of Conscience

- Literacy in Our Shared Humanity (why our conscience is vital for human survival, how intelligence is the great equalizer, how the human conscience can be impaired, the pressure of resentment, our human need to rationalize and justify our actions, how people use mental gymnastics to deceive their conscience, why conscience requires self-awareness, the nature of moral fury, how apathy can result from helplessness, how conscience promotes action and ethical behavior)
- Literacy in the Art of Living (the importance of looking in the mirror of conscience for our own self-development and the improvement of our world, the importance of self-awareness)
- Literacy in the Art of Waging Peace (how half-truths are more dangerous than outright lies, the power of stories and art to humanize people, understanding how oppression is sold to the masses, how moral fury can motivate us to wage peace)

Keywords: conscience, empathy, human condition, nonviolence, propaganda and manipulation, self-worth, slavery, truth, waging peace, war

Chapter 5 – The Muscle of Reason

Reason – Emotions like fear and hatred strangle our ability to reason. Pointing out how fear and hatred can be used to manipulate people, Chappell argues that, once people understand how this “trick” is done, they can become appropriately skeptical when leaders and others try to instill negative emotions. “We must use reason to question and refute the myths that keep the war machine running,” he urges.

- Chappell discusses fear and how it can be used to motivate people. His examples include Chicken Little and Nazi Leader Herman Goering. What can we learn from these two examples?
- Paul writes that “manipulation is like a magic trick.” Have you seen this happen in your own life? Why is instilling fear so effective?
- What is the universal human phobia? Consider whether this has ever applied to you.
- What is the higher expression of reason?
- What is the highest expression of reason?
- Paul discusses Thor’s Hammer, Phaeton’s Chariot, and Frankenstein’s Monster. What current issues makes these stories relevant for today?
- What is your favorite quote from this chapter on reason and why?

Peace Literacy Concepts for Chapter Five – The Muscle of Reason

- Literacy in Our Shared Humanity (the psychological oxygen for rational thinking, how fear impairs rational thinking, understanding the multipurpose nature of reason, understanding reflex training, the universal human phobia, further evidence that human beings are not naturally violent, the benefits and dangers of technology, why arrogance and technology are a dangerous combination, how reason promotes action and ethical behavior)
- Literacy in the Art of Living (the importance of questioning, how reason makes it harder for people to manipulate us, becoming more empathetic and rational)
- Literacy in the Art of Waging Peace (questioning the myths of war, appealing to people’s compassion and hope rather than their hatred and fear, why ideals are necessary to improve our world)
- Literacy in Our Responsibility to Creation (understanding how the nuclear chariot threatens our planet, using reason to protect our planet)

Keywords: empathy, environment, hope, human condition, nonviolence, nuclear weapons, propaganda and manipulation, universal human phobia, waging peace, war

Chapter 6 – The Muscle of Discipline

Discipline – To succeed in any pursuit, we must have discipline. Discipline is also a key ingredient in the recipe for human survival, says Chappell. “Self-control is necessary to solve problems such as war, environmental destruction, and overpopulation,” he writes. “We must choose between nearsighted decisions that will lead to our extinction or long-term planning that will protect our survival.”

- Paul discusses Warrior Discipline and Mike Tyson. While many consider Mike Tyson a controversial character, is there anything new that you have learned about Mike Tyson? What can we learn about discipline from Mike Tyson?
- How does discipline give us options?
- How does discipline help us make better decisions?
- What is the higher expression of discipline?
- What is the highest expression of discipline?
- How do these higher and highest expressions of discipline create a more peaceful world?
- Paul explains, “Discipline is a cherished ideal in the East and West, and it is crucial for the well-being of all people.” How have you seen this in action?
- How has the muscle of discipline “liberated” Paul? Has it liberated other people you know?
- What is your favorite quote from this chapter on discipline and why?

Peace Literacy Concepts in Chapter Six—The Muscle of Discipline

- Literacy in Our Shared Humanity (the pain of rage, violence as a form of expression, how suffering can be a curse and a blessing, how rage can short-circuit conscience, empathy, and reason, what martial arts and Sun Tzu teach us about the power of discipline and the danger of losing our temper, how self-control improves cooperation, how discipline promotes action and ethical behavior)
- Literacy in the Art of Living (how discipline helps us succeed in any endeavor, the benefits of self-control and inner-freedom, how short-term sacrifices can produce long-term rewards, the importance of discipline for leadership, resisting temptation)
- Literacy in the Art of Waging Peace (why waging peace requires discipline, how self-control can help us solve our national and global problems, a disciplined approach to peacemaking)

Keywords: discipline, empathy, human condition, leadership, martial arts philosophy, nonviolence, rage, trauma, waging peace

Chapter 7 – The Muscle of Curiosity

Curiosity – Human beings are natural explorers, contends Chappell. To solve our problems at their root, we must strengthen our muscle of curiosity. “Curiosity was vital for the survival of our ancestors, because it allowed them to explore and understand the world around them. A strong muscle of curiosity is just as vital for our survival in the 21st Century,” Chappell writes.

- Chappell discusses how he has strengthened this muscle of curiosity. Are you satisfied with your level of curiosity? If not, how might you strengthen this muscle?
- What is the higher expression of curiosity?
- What is the highest expression of curiosity?
- How can you reach the higher and highest level of this muscle?
- The author concludes the chapter with the rising phoenix. Does this resonate with yourself or anyone in your own life? How do the people you know experience rebirth?

Peace Literacy Concepts in Chapter 7—The Muscle of Curiosity

- Literacy in Our Shared Humanity (how our natural human curiosity is repressed, the strength of curiosity and adventure, how curiosity promotes action and ethical behavior)
- Literacy in the Art of Living (healing our psychological wounds, how books can help us strengthen our humanity, the power of philosophy, three stages of human life, combining the strength of childhood and adulthood)
- Literacy in the Art of Waging Peace (waging peace in the form of a peaceful revolution that confronts the root causes of our problems, the importance of changing our paradigm of understanding)
- Literacy in the Nature of Reality (how every scientific discovery leads to deeper mystery, the deep mystery underlying reality)

Keywords: curiosity, empathy, nonviolence, progress, rage, trauma, truth, waging peace

Peaceful Revolution Summary Questions

- What was your favorite muscle and why?
- What kind of world do you think we would live in if everyone developed these seven “muscles”?