



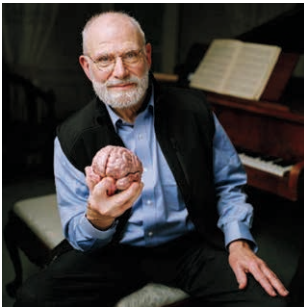
Provoking Flourishing Not-for-profits

Call forth your best, then play above that

Human Beings are Muscle, Motion and Music – That's It!

Brian Fraser

I love engaging with creatives, even if it's only in books or on a screen. People who are constantly exploring new ways of looking at things, new paths of moving forward, new connections to generate benefits in this world – they fascinate and provoke me.



Over the past several years, as I have begun to explore the impact of music on human dynamics, especially on conversations, I have returned over and over again to the wit and wisdom of Oliver Sacks, the neurologist who provoked recent generations to appreciate the potential of the human brain in the most challenging of situations. In one of the tributes I read immediately after his death in the early fall of 2015, there was a quote that went something like this:

*[Human beings are] muscle, motion, and music,
all inseparable and all in unison with each other.*

I'm just beginning to play with how my perception of my colleagues would change for the better if I saw them as 'muscle, motion and music.' Play along with me for a bit by exploring these questions:

What's the **music** of your organization? How does the music of the teams in that organization harmonize and provide rhythm for that melody to be heard powerfully? Are you all playing the same chord or core charts (the melody)? Are you offering harmonies and rhythms that complement and enhance the impact of that melody?

What **motion** is the music you've just explored generating? Is the discord leading to withdrawal of energy and talent? Is the concord drawing people into a safe space where everyone is freely and willingly contributing their best, then more? How do you move the substance and sound of your conversations further towards the concord end of the spectrum?

How well is the music and motion nourishing the **muscles** in your team? You are all physical beings. The sounds that flow within, around, and through have a powerful impact on what your muscles can do. Are you paying sufficient attention to that dynamic and tuning your conversations for companionship in doing the work of your not-for-profit?

I do hope you will download and print off this Provocation to share with the creatives who make up your teams in your organization. The intent in all these Provocations is to start a conversation that will tune you for companionship in making this world better.

If there are too many questions here, or if they seem too confusing together, just pick the one that fascinates you most and start the conversation there. Your dialogue will soon find its own melody, harmonies and rhythms, leading to new vibes, new paths, and new actions. Do let me know where you end up going.



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