

# Transforming Conflict through Hip-Hop

Mark Katz and Konshens the MC

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“You can’t  
fight when  
you’re dancing  
together.”

Andjelko  
“Angelo”  
Pavlovic



“Knowledge of self is the most important element of hip-hop. If you don’t know yourself how can you represent a people?”

D.S. Sense



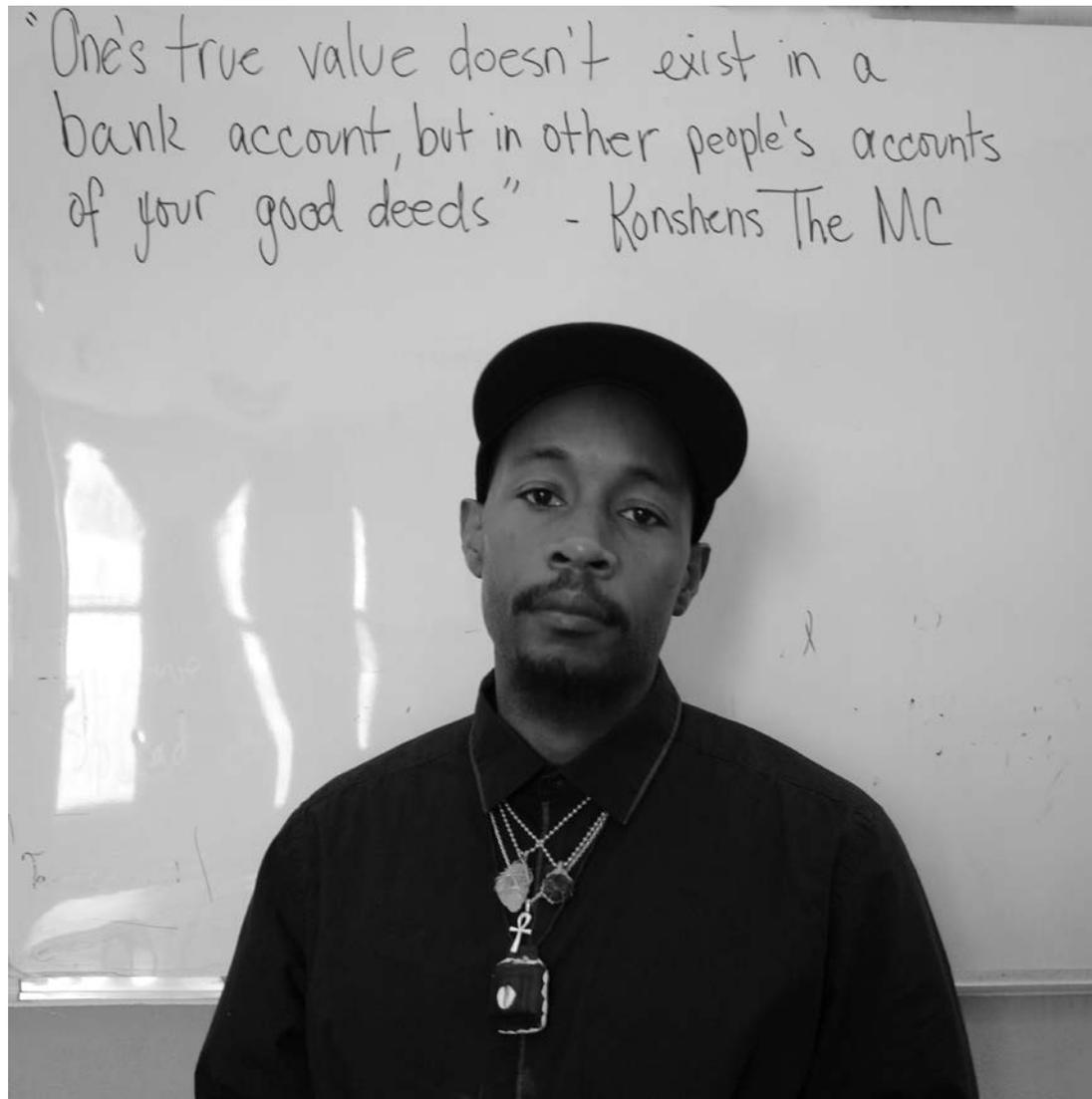
“Once you feel more comfortable with what you’re putting your energy towards in life, conflict is reduced. You can face conflict because you know yourself, you know the direction you want to go in in life.”

Frankie Perez



“As opposed to getting mad and wanting to retaliate, I would write about it. I literally would lose myself in writing. I notice that a lot of my writings early on were so angry. I killed so many people in a lot of my early writings.”

Konshens the MC



“It’s easier for people to be vulnerable through artistic expression. “If you lose yourself in the creative aspect of it, the expression almost comes secondhand. You’re not focusing on whether or not people are going to judge you.”

Konshens the MC

