

## **SIX PRINCIPLES OF NONVIOLENCE — Martin Luther King Jr.**

1. **Nonviolence is a way of life for courageous people.** It is active nonviolent resistance to evil.
2. **Nonviolence seeks to win friendship and understanding.** The end result of nonviolence is redemption and reconciliation.
3. **Nonviolence seeks to defeat injustice not people.** Nonviolence recognizes that evildoers are also victims and are not evil people.
4. **Nonviolence holds that suffering can educate and transform.** Nonviolence accepts suffering without retaliation. Unearned suffering is redemptive and has tremendous educational and transforming possibilities.
5. **Nonviolence chooses love instead of hate.** Nonviolence resists violence of the spirit as well as the body. Nonviolent love is spontaneous, unmotivated, unselfish and creative.
6. **Nonviolence believes that the universe is on the side of justice.** The nonviolent resister has deep faith that justice will eventually win. Nonviolence believes that God is Just.

## **SIX STEPS OF NONVIOLENT SOCIAL CHANGE: Love in Action**

1. **Information Gathering:** Increase your understanding of the problem. Become an expert on your opponent's position.
2. **Education:** Inform others, including your opposition, about your issue. This minimizes misunderstandings and gains you support and sympathy.
3. **Personal Commitment:** Check and affirm your faith in nonviolence. Eliminate hidden motives and prepare yourself to accept suffering, if necessary, for justice.
4. **Discussion/Negotiation:** Using grace, humor and intelligence, confront the other party with a list of injustices and a plan for addressing and resolving them. Look for what is positive in every action and statement the opposition makes.
5. **Direct Action:** Taken when the opponent is unwilling to enter into, or remain in, discussion/negotiation. Impose a "creative tension," with moral pressure on your opponent to work with you.
6. **Reconciliation:** Nonviolence seeks friendship and understanding, not to defeat the opponent. Nonviolence is directed against evil systems, forces, oppressive policies, unjust acts, but not against persons. Through reasoned compromise, both sides resolve the injustice with a plan of action.

*Source: The Martin Luther King Jr. Center For Nonviolent Social Change*