

## Principles of Active Nonviolence

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice, not people.
4. Nonviolence holds that suffering can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.

*Martin Luther King, Jr.*

1. All are wounded, and all are sacred and deserving of respect.
2. Everyone has a piece of the truth.
3. Conflict is normal and through it we seek to determine the Truth.
4. The means we use to address conflict must agree with the ends we seek.
5. Nonviolence is the power of the people.
6. Self-discipline, control and respect are necessary.

*Pace e Bene Nonviolence Service*

## Active Nonviolence

Transformative nonviolence is an ongoing process of personal and social transformation that is a way of being and acting rooted in the power of love, in the desire for the well-being of all, and in the longing to end the cycle of personal, interpersonal, and social-structural violence.

*Pace e Bene Nonviolence Service*

“Nonviolence is a respect for life and for the individual. That is to say, nonviolence is not a method of non-aggression (as it is often considered) but rather a way of life, and a way of understanding the relationship of human beings to their fellow beings and with nature.”

*Adolfo Perez Esquivel, Nobel Peace Laureate*

“Satyagraha” means “truth force” or “love force.”

*Mahatma Gandhi*

“Nonviolence is the constant awareness of the dignity and humanity of oneself and others; it seeks truth and justice; it renounces violence both in method and in attitude; it is a courageous acceptance of active love and goodwill as the instrument with which to overcome evil and transform both oneself and others. It is the willingness to undergo suffering rather than inflict it. It excludes retaliation and flight.”

*Wally Nelson*

---

*Janet Chisholm, Nonviolence Training*  
***Fellowship of Reconciliation***

POBox 271, Nyack, NY 10960  
845/358-4601 [www.forusa.org](http://www.forusa.org)

---

Janet Chisholm, Nonviolence Training  
***Fellowship of Reconciliation***

POBox 271, Nyack, NY 10960  
845/358-4601 [www.forusa.org](http://www.forusa.org)