

Dr. Martin Luther King's Principles of Nonviolence

1) Nonviolence is a way of life for courageous people.

- * It is active nonviolent resistance to evil.
- * It is assertive spiritually, mentally, and emotionally.
- * It is always persuading the opponent of the justice of your cause.

2) Nonviolence seeks to win friendship and understanding.

- * The end result of nonviolence is redemption and reconciliation.
- * The purpose of nonviolence is the creation of the Beloved Community.

3) Nonviolence seeks to defeat injustice, not people.

- * Nonviolence holds that evildoers are also victims.

4) Nonviolence holds that voluntary suffering can educate and transform.

- * Nonviolence willingly accepts the consequences of its acts.
- * Nonviolence accepts suffering without retaliation.
- * Nonviolence accepts violence if necessary, but will never inflict it.
- * Unearned suffering is redemptive and has tremendous educational and transforming possibilities.
- * Suffering can have the power to convert the enemy when reason fails.

5) Nonviolence chooses love instead of hate.

- * Nonviolence resists violence of the spirit as well as of the body.
- * Nonviolent love gives willingly, knowing that the return might be hostility.
- * Nonviolent love is active, not passive.
- * Nonviolent love does not sink to the level of the hater.
- * Love for the enemy is how we demonstrate love for ourselves.
- * Love restores community and resists injustice.
- * Nonviolence recognizes the fact that all life is interrelated.

6) Nonviolence believes that the universe is on the side of justice.

- * The nonviolent resister has deep faith that justice will eventually win.