



METTA CENTER
for NONVIOLENCE

"We will take direct action against injustice without waiting for other agencies to act. We will not obey unjust laws or submit to unjust practices. We will do this peacefully, openly, cheerfully because our aim is to persuade. We adopt the means of nonviolence because our end is a community at peace with itself. We will try to persuade with our words, but if our words fail, we will try to persuade with our acts. We will always be willing to talk and seek fair compromise, but we are ready to suffer when necessary and even risk our lives to become witness to the truth as we see it."

Martin Luther King, Jr.



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It may be asked whether history at any time records such a change in human nature. Such changes have certainly taken place in individuals. One may not perhaps be able to point to them in a whole society. But this only means that up till now there has never been an experiment on a large scale in nonviolence... Things undreamed of are daily seen; the impossible is ever becoming possible. We are constantly being astonished these days at the amazing discoveries in the field of violence. But I maintain that far more undreamed-of and seemingly impossible discoveries will be made in the field of nonviolence.

Mohandas K. Gandhi



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NONVIOLENCE PRINCIPLES

- ✿ Fight injustice, not people. Everyone deserves respect; the point is not to “win,” but to build relationships.
- ✿ Nonviolence will always improve things down the line; violence—of any kind—will always make them worse.
- ✿ Basic human needs are universal; at the root of every conflict a “win-win” solution is possible.
- ✿ Each of us has a piece of the truth, none of us has the whole truth.
- ✿ Never show disrespect to another’s person—or accept it yourself. Nobody can degrade you without your permission.
- ✿ The willingness to take on suffering rather than inflict it and relentless persistence in a right cause bring out the power of nonviolence.

NONVIOLENCE STRATEGIES

- ✿ Nonviolence has two modes: in obstructive program we stand in the way of wrongdoing—in constructive program we lead the way in creating solutions.
- ✿ Never give up on another human being. If you assume people are rational, it helps to awaken their rationality.
- ✿ Cling to essentials (like your human dignity); be willing to compromise on anything else (especially if it’s just a symbol).
- ✿ Do not yield to threats. Ask yourself: “What are they holding over me?” Renounce that, and you are free.
- ✿ When nonviolence succeeds there are no losers; gloating over “victories” can actually undo what we have gained by nonviolent action.

Physical force is nothing compared to the power of truth.