Helping people practice nonviolence safely and effectively, and working toward a nonviolent culture.

www.mettacenter.org

Roadmap

Unity, Strategy, and Nonviolent Power for an unstoppable movement

Some Strategic Guidelines

• Practice nonviolence in deed, word, and as far as possible even thought. Be constructive wherever possible, really leverage change.
• Focus on “keystone” issues that will be concrete, whereas possible.
• Don’t rely too much on symbols; be concrete, wherever possible.

Roadmap

• Some Strategic Guidelines

New Story Creation

Person Power

Constructive Program

Nonviolent Resistance (Satyagraha)

Peace

Democracy and Social Justice

Restorative Justice (replace the prison industrial complex)

Alternative communities (transition towns)

“Gross National Happiness”

Economies

Vibrant and Need-based Economies

Climate Protection

Environment

Urban planning

Local farming and consumption

Protecting wild areas

Reforestation

Alternative agriculture

Blue economy

Renewable energy

Map your place in the movement

Person Power

Start from within

Constructive Program

Build alternative institutions.

Confront remaining issues strategically with nonviolent power

Nonviolent Resistance (Satyagraha)

Preparation

Direct action

Nonviolent leadership models

Negotiation

Nonviolent struggle

Resisting

Dissent

Appropriate action

Moral suasion

Protesting

Disobedience

Protecting

Poverty

Women

Children

People Power

Constructive Program

New Story Creation

Creating the New Story (research)

Changing the narrative (media)

Sharing it (special events)

Unlock the power of the person. Start anywhere to embody the goals we want to help us toward the world we want. Use our key values and more effective at bringing that world about. Here are the things we can do to clear our minds of the violence and low human image that stalks the commercial mass media.

We learn from the violence in the commercial media (what may mean all of it).

Get personal when we interact with others.

Find your passion and tell the “new story.”

How to Use this Model

This flow from the personal to the political is important but not necessarily chronological.

Locate your project(s) on the map: sense your solidarity with everyone in this work.

Think of constructive alternatives first and then:

Address all conflicts through creative nonviolence.

How to Use this Model

This flow from the personal to the political is important but not necessarily chronological.

Locate your project(s) on the map: sense your solidarity with everyone in this work.

Think of constructive alternatives first and then:

Address all conflicts through creative nonviolence.

Some Strategic Guidelines

• Practice nonviolence in deed, word, and as far as possible even thought. Be constructive wherever possible, really leverage change.
• Focus on “keystone” issues that will be concrete, whereas possible.
• Don’t rely too much on symbols; be concrete, wherever possible.

Roadmap

• Some Strategic Guidelines

New Story Creation

Person Power

Constructive Program

Nonviolent Resistance (Satyagraha)

Peace

Democracy and Social Justice

Restorative Justice (replace the prison industrial complex)

Alternative communities (transition towns)

“Gross National Happiness”

Economies

Vibrant and Need-based Economies

Climate Protection

Environment

Urban planning

Local farming and consumption

Protecting wild areas

Reforestation

Alternative agriculture

Blue economy

Renewable energy

Map your place in the movement

Person Power

Start from within

Constructive Program

Build alternative institutions.

Confront remaining issues strategically with nonviolent power

Nonviolent Resistance (Satyagraha)

Preparation

Direct action

Nonviolent leadership models

Negotiation

Nonviolent struggle

Resisting

Dissent

Appropriate action

Moral suasion

Protesting

Disobedience

Protecting

Poverty

Women

Children

People Power

Constructive Program

New Story Creation

Creating the New Story (research)

Changing the narrative (media)

Sharing it (special events)

Unlock the power of the person. Start anywhere to embody the goals we want to help us toward the world we want. Use our key values and more effective at bringing that world about. Here are the things we can do to clear our minds of the violence and low human image that stalks the commercial mass media.

We learn from the violence in the commercial media (what may mean all of it).

Get personal when we interact with others.

Find your passion and tell the “new story.”

How to Use this Model

This flow from the personal to the political is important but not necessarily chronological.

Locate your project(s) on the map: sense your solidarity with everyone in this work.

Think of constructive alternatives first and then:

Address all conflicts through creative nonviolence.