
MARTIN LUTHER KING, JR.'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.