

Starting Points for Nonviolence

1. We don't have to be perfectly nonviolent! Nonviolence is something we grow into.
2. Nonviolence does not assume that the world is nonviolent.
3. Active nonviolence takes the reality of evil very seriously. But it takes the reality of good even more seriously.
4. Nonviolence begins with taking responsibility for our own state of mind, feelings, and actions.
5. Active nonviolence can be used to respond to every level of violence.
6. We need support to put active nonviolence into practice.
7. Active nonviolence is a spiritual journey.

Taken from the book *From Violence to Wholeness*.