SIX PRINCIPLES OF NONVIOLENCE

1. **Nonviolence is a way of life for courageous people**
   It is active nonviolent resistance to evil.

2. **Nonviolence seeks to win friendship and understanding**
   The end result of nonviolence is redemption and reconciliation.

3. **Nonviolence seeks to defeat injustice not people**
   Nonviolence recognizes that evil doers are also victims and are not evil people.

4. **Nonviolence holds that suffering can educate and transform**
   Nonviolence willingly accepts the consequences to its acts.

5. **Nonviolence chooses love instead of hate**
   Nonviolence resists violence of the spirit as well as the body. Nonviolent love is active, not passive.

6. **Nonviolence believes that the universe is on the side of justice**
   The nonviolent resister has deep faith that justice will eventually win.

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