

**We can all make a difference overcoming hate with love  
by stepping out in faith together.**

### **Six Principles for Non-Violent Direct Action**

Fundamental tenets of Dr. Martin Luther King, Jr.'s philosophy of nonviolence described in his first book, *Stride Toward Freedom*. The six principles include:

#### **PRINCIPLE ONE:**

**Nonviolence is a way of life for courageous people.**

It is active nonviolent resistance to evil.

It is aggressive spiritually, mentally and emotionally.

#### **PRINCIPLE TWO:**

**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.

#### **PRINCIPLE THREE:**

**Nonviolence seeks to defeat injustice not people.**

Nonviolence recognizes that evildoers are also victims and are not evil people.

The nonviolent resister seeks to defeat evil not people.

#### **PRINCIPLE FOUR:**

**Nonviolence holds that suffering can educate and transform.**

Nonviolence accepts suffering without retaliation.

Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

#### **PRINCIPLE FIVE:**

**Nonviolence chooses love instead of hate.**

Nonviolence resists violence of the spirit as well as the body.

Nonviolent love is spontaneous, unmotivated, unselfish and creative.

#### **PRINCIPLE SIX:**

**Nonviolence believes that the universe is on the side of justice.**

The nonviolent resister has deep faith that justice will eventually win.

Nonviolence believes that God is a God of justice.