**SIX PRINCIPLES OF NONVIOLENCE**

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

1. **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.

1. **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.

1. **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.

1. **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.

1. **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.

1. **PRINCIPLE SIX: Nonviolence believes that the universe is on the side of justice.**

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