

HOW TO PRACTICE NONVIOLENCE

Nonviolence is a way of overcoming injustice, not of realiating for it. Basically it is rooted in the recognition that your opponent is human, he will probably react with fear if you threaten him, but in the long run he is likely to respond with good will if you go out of your way to encourage it. Your opponent's first reaction may be surprise that you have not answered injustice with injustice. He may then become exasperated that you are not "talking his language," and he may try to provoke you further, try to incite you to violence.

He will probably be very suspicious and think that you are planning to trick him in some secret way, or he may think that your nonviolent program, your opponent will gain respect for you. If your campaign succeeds it will not be by defeating him but by removing his hostility. You will not only have attained your objective but will have given it a firm foundation in good will to make it permanent.

FOUR BASIC GROUND RULES

1. **DEFINE YOUR OBJECTIVE.** There is much injustice around you. A single nonviolent campaign will not remove it all. Focus sharply on the immediate injustice: it must be fairly simple and easy to discuss in clear-cut terms. Other matters may be drawn into the struggle later, and other major objectives will call for a major campaign later on.

2. **BE HONEST.** Part of your goal is to win your opponent's respect. Conduct yourself in a way to encourage it; let him know by your own scrupulous care for truth and justice that you merit his respect. This may mean giving more than you get, but you will find that it is worth it in the long run. Remember, too, that you are not without guilt yourself. You may benefit greatly by examining your present and past conduct.

3. **LOVE YOUR ENEMY.** This sounds like a paradox, but it works. You are not up against a deep-dyed villain but only a man who has done wrong. Even though you are striving to undo that wrong, show good will to him no matter what he does. Do not vilify, ridicule or humiliate him at any time, in any way. Let him know at all times that you are out to establish justice, not to defeat him.

4. **GIVE YOUR OPPONENT A WAY OUT.** By using nonviolence, you are showing a kind of strength that shows up the weakness of injustice. Don't lord it over your opponent. Recognize his weakness and his embarrassment. Find a way to let him participate in your victory when it comes.

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FIVE STRATEGIC STEPS

1. **INVESTIGATE.** Get the facts. Be sure who is to blame for an injustice. A nonviolent campaign based on false or shaky assumptions is licked before it starts.

2. **NEGOTIATE.** Go to your opponent and put the case to him. Maybe a solution can be worked out at this point. Let your opponent know that you intend to stand firm to restore justice, and let him know that you are always ready to negotiate further.

3. **EDUCATE.** Keep your group well informed of the issues, and spread the word to the public. Always stick to the facts, avoid exaggeration, be brief and show good will.

4. **DEMONSTRATE.** Picketing, mass meetings and handing out leaflets must be conducted in an orderly manner. The people who are demonstrating should be able to withstand possible heckling and violence with-

5. RESIST. Nonviolent resistance is the final step. This means a strike, the defiance of an unjust law, or other forms of civil disobedience. Every Provocation must be answered with continuing good will and you must be ready for self-sacrifice that will leave no doubt as to your integrity and courage. But remember that suffering is to be endured, never inflicted.

4. DEMONSTRATE. Picketing, mass meetings and handing out leaflets must be conducted in an orderly manner. The people who are demonstrating should be neat, well-informed, able to withstand possible heckling and violence without panic, and without resorting to violence in return.

YOUR BASIC GUIDING RULES

1. DEFINE YOUR OBJECTIVE. There is much injustice around you. A single nonviolent campaign will not remove it all. Your strategy on the immediate injustice must be fairly simple and easy to discuss in clear-cut terms. Other matters may be drawn into the struggle later, and other major objectives will call for a major campaign later on.

2. BE HONEST. Part of your goal is to win your opponent's respect. Don't cheat yourself in a way to encourage it; let him know by your own honorable conduct that you are not without respect. This may mean giving more than you get, but you will find that it is worth it in the long run. Remember, too, that you are not without skill yourself. You may be able to win by examining your present and past conduct.

3. LOVE YOUR ENEMY. This sounds like a paradox, but it works. You are not up against a deep-dyed villain but only a man who has done wrong. Even though you are striving to make that wrong, show good will to him no matter what he does. Do not vilify, criticize or denigrate him at any time in any way. Let him know at all times that you are out to establish justice, not to defeat him.

4. GIVE YOUR OPPONENT A WAY OUT. By using nonviolence, you are showing him of strength that shows up the weakness of injustice. Don't lord it over your opponent. Recognize his weakness and his embarrassment. Find a way to let him participate in your victory when it comes.

FIVE STRATEGIC RULES

1. INVESTIGATE. Get the facts. Be sure who is to blame for an injustice. A nonviolent campaign based on false or shaky assumptions is likely to fail.

2. NEGOTIATE. Go to your opponent and put the case to him. Maybe a plan can be worked out at this point. Let your opponent know that you intend to stand firm to restore justice, and let him know that you are always ready to negotiate further.

3. DEMONSTRATE. Keep your group well informed of the issues, and covered by the public. Picketing, mass meetings and handing out leaflets must be conducted in an orderly manner. The people who are demonstrating should be neat, well-informed, able to withstand possible heckling and violence without panic, and without resorting to violence in return.