

A Sampler of the Soul Force Principles *of Jesus, Mohandas Gandhi, and Martin Luther King, Jr.*

We will succeed in our struggle for justice ...

1. ... by believing that God* is on the side of justice and truth
2. ... by believing that God is pleased each time we, too, take our stand for justice and for truth (or against injustice and untruth)
3. ... by believing that within everyone (even our “worst” adversary) there is an amazing potential for positive change
4. ... by seeing our adversary not as an evil person, but as a victim of misinformation as we ourselves have been
5. ... by trying to win our adversary’s friendship and understanding
6. ... by persuading our adversaries on the basis of truth alone (without half-truth, exaggeration, or lie)
7. ... by speaking the truth in love
8. ... by speaking the truth in love relentlessly
9. ... by refusing to break off negotiations (speaking the truth in love relentlessly) even with our most “hopeless” adversary
10. ... by attacking the false idea, not the person who holds that idea
11. ... by believing that it is as much a moral obligation to refuse to cooperate with evil as it is to cooperate with good
12. ... by insisting the means must be as pure as the end
13. ... by creating a network of allies and by insisting that the spirit of “soul force” (love, truth, humility and forgiveness) guide our relationships with our allies as with our adversaries
14. ... by refusing to participate in any form of physical violence
15. ... by avoiding internal violence of the spirit (hatred) as well as physical violence
16. ... by accepting and absorbing suffering without retaliation
17. ... by not fearing death

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* You may substitute another word to describe the “soul force” at the center of the universe.

We will succeed in each Soul Force action only when we ...

1. ... commit and recommit ourselves to the nonviolent Soul Force principles
2. ... research the case against our adversary carefully, in print, audio, and video
3. ... negotiate with our adversary first: amicably, carefully, relentlessly
4. ... educate the media, our allies and the allies of our adversary
5. ... confront our adversary (picket, fast, etc.) only to move negotiations forward
6. ... reconcile with our adversary, which is the ultimate goal of Soul Force

This sampler of the “soul force” principles can start you on your own journey of discovery.
Read books by and about Gandhi, King, and others. Study the theory and practice of nonviolence.