

physically. Interpositioners move themselves between the two forces with their bodies, nonviolently.

2. OBSERVING/MONITORING: Best known in elections where violence is expected, it's also used to maintain zones of peace and to monitor cease-fires.

3. PROTECTIVE ACCOMPANIMENT: Peaceworkers become nonviolent bodyguards in this technique for persons, groups, or locations such as villages. Usually international, they bring the spotlight of international attention to a situation.

4. PRESENCE: This technique influences a field of conflict by introducing a different behavior, by modeling behavior beyond what people might feel safe to do, by influencing the "energy field" around the conflict zone, by openly not cooperating with the dynamics of intimidation.

*From Training for Change's Third-Party Nonviolent Intervention workshop and trainer's manual.*

### **Nonviolent Response to Personal Violence — Nonviolence focuses on communication:**

1. Your objectives must be reasonable. You must believe you are fair and you must be able to communicate this to your opponent.
2. Maintain as much eye contact as possible.
3. Make no abrupt gestures. Move slowly. When practical, tell your opponent what you are going to do before you do it. Don't say anything threatening, critical, or hostile.
4. Don't be afraid of stating the obvious; say simply, "You're shouting at me," or "You're hurting my arm."
5. Someone in the process of committing an act of violence has strong expectations as to how his/ her victim will behave. If you manage to behave differently-in a nonthreatening manner you can interrupt the flow of events that would have culminated in an act of violence. You must create a scenario new to your opponent.
6. Seek to befriend your opponent's better nature; even the most brutal and brutalized among us have some spark of decency which the nonviolent defender can reach.
7. Don't shut down in response to physical violence; you have to play it by ear. The best rule is to resist as firmly as you can without escalating the anger or the violence. Try varying approaches and keep trying to alter your opponent's picture of the situation.

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8. Get your opponent talking and listen to what s/he says. Encourage him/her to talk about what s/he believes, wishes, fears. Don't argue but at the same time don't give the impression you agree with assertions that are cruel or immoral. The listening is more important than what you say- keep the talk going and keep it calm.

*ACTUP NY — Adapted from an article by Markley Morris of War Resister's League*

### **Ghandi's Soul Force - Satyagraha - truth service**

- o All life is one. Those who live in harmony with this law can become powerful personal and social forces for goodness. To actualize this force, one needs to "shed all fear."
- o The divine is in all human beings.
- o Being human means actively loving adversaries and identifying our blind spots.
- o Humans can't be reduced to the evil they perpetuate.
- o Being human means being ready to suffer rather than inflict suffering on others.
- o Satyagraha is a process by which our interiority, our inner decisions for truth, our sacredness deep within us, comes to be expressed in language, including body language.
- o It is a visible and public expression of our inner unity via which inner strength, love, compassion, desire for human wholeness, comes to be expressed in all ways we communicate, including in encounters with those who oppose us.

*Adapted from Pace e Bene's "From Violence to Wholeness"*

### **Six Steps for Nonviolent Social Change**

- \* Information Gathering: In order to understand and articulate the issue, problem or injustice facing the community, you must first research, investigate and gather all vital information that will increase your understanding of the problem. Know all sides of the issue, including the other party's position.
- \* Education: It is essential to inform others about your issue. This minimizes misunderstandings, and gains you support and sympathy.
- \* Personal Commitment: Eliminate hidden motives and prepare yourself to accept suffering, if necessary, in your work for justice.
- \* Negotiation: Using grace, humor and intelligence, confront the other party with a list of injustices and a plan for addressing and

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resolving these injustices. Nonviolent communication does not seek to humiliate, but to call forth the good in an opponent.

\* Direct Action: Used to morally force the opponent to work with you in resolving the injustices, direct action imposes a "creative tension" into the conflict.

\* Reconciliation: Nonviolence does not seek to defeat the opponent, but to seek his/her friendship and understanding. It is directed against evil systems, forces, policies and acts not against persons.

*MLKING CENTER – Rev. Dr. Martin Luther King Jr.*

### **Nonviolent Strategy**

\* Nonviolent protest and persuasion – identifying, naming and pointing to what we think is wrong; helping others understand. Tactics include petitioning, picketing, demonstrating, lobbying.

\* Nonviolent noncooperation – refusing to participate in the identified wrong. Tactics include boycotts, strikes, tax resistance.

\* Nonviolent intervention – Facing the wrong and stepping in the way, interfering. Tactics include physical obstruction, blockades, civil disobedience, sit-ins.

*-from Gene Sharp, The Politics of Nonviolent Action, as summarized in From Violence to Wholeness, Pace e Bene Nonviolence Center*

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**Contact us for a workshop or delegation opportunity**



## **WAYS OF NONVIOLENCE**

**– compiled by Nonviolent Ways Project**

*Nonviolence is a way out of the cycle of violence that is current and dominant in our world. In theory and practice, nonviolence is a way of life, and collectively, it is a method of transforming conflict and creating options for peace. It combines firm resistance with respect and regard for all people, including those involved in conflicts that already are or can be violent. Nonviolence connects to a deep spirit, with a key understanding that reconciliation among humans and between humans and creation is necessary and possible. It is a practice, and as such, is systematic, learned, applied, reflected upon in theory, and practiced again.*

*-- Wes Rehberg, Nonviolent Ways Project*



### **Six Principles of Nonviolence**

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

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

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

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

\* Nonviolence chooses love instead of hate. Nonviolence resists violence of the spirit as well as the body. Nonviolent love is active, not passive. Nonviolent love does not sink to the level of the hater. Love restores community and resists injustice. Nonviolence recognizes the fact that all life is interrelated.

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

*ML KING CENTER – Rev. Dr. Martin Luther King Jr.*

### **Four Nonviolent Intervention Techniques**

1. INTERPOSITION: Used when two forces are in confrontation. A third force intervenes to prevent or reduce the violence, often