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Your donation can be made on our secure website,

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_____ please charge my credit card

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One-time Monthly Annual

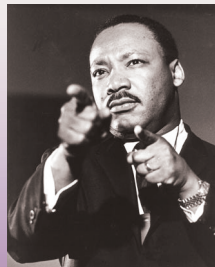
Please mail this form to:

**Metta Center
for Nonviolence Education
2330 Durant Avenue
Berkeley, CA 94704**

www.mettacenter.org

“We will take direct action against injustice without waiting for other agencies to act. We will not obey unjust laws or submit to unjust practices. We will do this peacefully, openly, cheerfully because our aim is to persuade. We adopt the means of nonviolence because our end is a community at peace with itself. We will try to persuade with our words, but if our words fail, we will try to persuade with our acts. We will always be willing to talk and seek fair compromise, but we are ready to suffer when necessary and even risk our lives to become witnesses to the truth as we see it.”

Martin Luther King, Jr



METTA CENTER
NONVIOLENCE EDUCATION

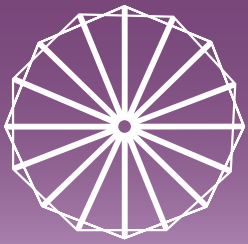


“the greatest force at the disposal of humanity”



METTA CENTER
NONVIOLENCE EDUCATION

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METTA CENTER

NONVIOLENCE EDUCATION

OUR MISSION

To inspire, educate, and support the practice of nonviolence.

OUR VISION

Nonviolence is spreading throughout the world. The Metta Center, through its visionary and innovative programs, is supporting the increasing number of people who find themselves in a position to offer nonviolence but have not yet learned how to use it safely and effectively in their situation. By this direct support, and through general education, Metta plays a central role in shifting the prevailing paradigm to one of nonviolence.

We work with anyone who wants to understand and use nonviolence, with an emphasis on educators, activists, and the media.

OUR CORE VALUE

To live by the principles we teach: unconditional respect for all persons, honesty, compassion, courage and wisdom.



The **charkha**, or spinning wheel, is the physical embodiment and symbol of Gandhi's constructive program. It represents localism, self-sufficiency, the dignity of labor, equality and unity.

OUR PROGRAMS

The Metta Website

www.mettacenter.org includes a wealth of resources on the theory and practice of nonviolence, including the complete video and audio podcasts of Dr. Michael Nagler's courses, *Introduction to Nonviolence* and *Nonviolence Today*, course readers and syllabi, a glossary of nonviolence terms; our blog discussing nonviolence in the contexts of education, activism, and journalism, news from around the progressive movement, and more. Metta Center continues to produce additional resources on an ongoing basis and welcomes your feedback.

Consultation

We provide one-on-one consultation with activists or others who want to try their own "experiments with truth."

Nonviolence and Social Justice Internship

An experiential service learning model that matches summer interns with partner organizations to explore the contribution of nonviolent principles in their work.

Educators for Nonviolence (EFNV)

A project of Metta and the Dalai Lama Foundation providing resources for educators wishing to teach the history and principles of nonviolence and/or conduct a more peaceable classroom.

Publications

Books and pamphlets by Michael Nagler can be ordered at our website:

- ☉ *The Search for a Nonviolent Future*
(Winner of the 2002 American Book Award)
- ☉ *The Steps of Nonviolence*
- ☉ *Hope or Terror: Gandhi and the Other 9/11*

OUR STORY

Metta was founded in 1982 by students of Sri Eknath Easwaran, founder of the Blue Mountain Center of Meditation (www.easwaran.org). In addition to our ongoing programs, some of our more recent projects include:

- ☉ A training video and other resources for LaOnf, the network promoting nonviolence in Iraq.
- ☉ A proposed framework for more unified and effective progressive action founded on Gandhi's Constructive Programme.
- ☉ A significant documentary film on the nature and uses of nonviolence.
- ☉ A nonviolence film and lecture series in Berkeley, California.

OUR TEAM

In addition to our governing and advisory boards Metta has a lively team of volunteers and staff who meet weekly in our "Hope Tank" to share ideas and inspiration, meditation and meals, analysis and action. Visitors are welcome. Please email info@mettacenter.org if you would like to join us, or to sign up for email about our news and events.

You may also request **Love In Action**, our semi-annual newsletter, covering the latest developments at



Metta Center and nonviolence worldwide.

The Metta Team

"Nonviolence is the greatest force at the disposal of humanity" -Mohandas K. Gandhi

