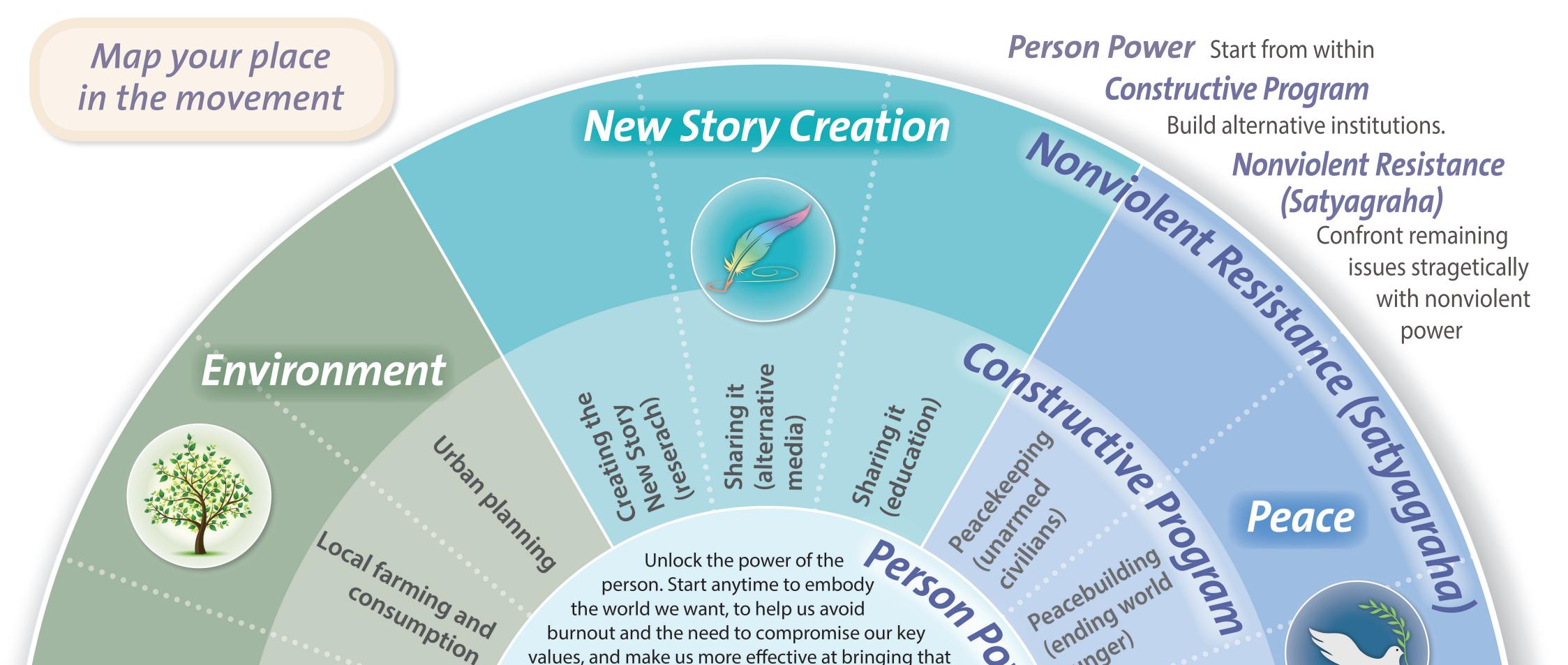


Unity, Strategy, and Nonviolent Power for an unstoppable movement



Climate Protection Reforestation

transportation and

Alternative

manufacturing

Protecting

wild areas

consumption

Unlock the power of the n. Start anytime to embody nt to help us avoid moromise our key hringing that our person. Start anytime to embody the world we want, to help us avoid burnout and the need to compromise our key values, and make us more effective at bringing that world about. Here are 5 things we can do to clear our minds of the violence and low human image that stalks the

commercial mass media, give us a good working knowledge of the dynamics of nonviolence, and help find where our talents match the world's needs:

Gandhian

 Distance ourselves from the violence and vulgarity of the commercial mass media (which may mean all of it!) • Learn everything we can about nonviolence • Get a spiritual practice if we don't already have one • Be personal when we interact with others; look for relationships of trust and service Restorative justice Solerenewable (replace the prison • Find your passion! And tell the eneroy industrial complex 'new story'

"Gross

economics National Happiness"

Alternative communities (transition towns)

hungerl Peacemaking er (creative dispute resolution)

> Functioning democratic institutions

Nonviolent

leadership models

Democracy and Social Justice

Vibrant and Need-based Economies

How to Use this Model

This flow from the personal to the political is important but not necessarily chronological.

- Locate your project(s) on the map; sense your solidarity with everyone in this work
- Never neglect your own development
- Think of constructive alternatives first and then:
- Address all conflicts through creative nonviolence.



Helping people practice nonviolence safely and effectively, and working toward a nonviolent culture.

www.mettacenter.org

Some Strategic Guidelines

- Practice nonviolence in deed, word, and as far as possible even thought.
- Be constructive wherever possible, obstructive when necessary
- Focus on "keystone" issues that will really leverage change
- Don't rely too much on symbols: be concrete wherever possible (the Salt March was about real salt!)