

The Metta Pledge

OF PROTECTION & NONVIOLENT RESISTANCE

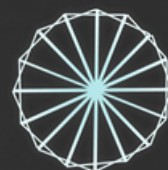
To ensure continued progress toward a world of peace, justice, and dignity for all, I **HEREBY PLEDGE** with love and determination that, for as long as required and as long as I am able, I will:

PROTECT my home, Planet Earth, by **RESISTING** attitudes and actions that compromise the living systems that sustain all Life;

PROTECT the social fabric of my country by **RESISTING** attitudes and actions that marginalize others through prejudice, scapegoating, or other forms of hatred and division;

PROTECT and strengthen the security of my country by **RESISTING** violence and militarization, especially in the mass media and our cultural and educational institutions; and

LEARN nonviolence principles and practice them in all available forms, constructive and obstructive, as a guiding principle in my own life and the way to resolve these issues permanently and well, for all concerned.



METTA CENTER
for **NONVIOLENCE**