**Quotes on non-violence**

“The use of peaceful means, not force to bring about political or social change.” ***Oxford English dictionary***

“A situation in which someone avoids fighting or using physical force, especially when trying to make political change.” ***Cambridge dictionary***

“Given a just cause, capacity for endless suffering, and avoidance of violence, victory is certain.” Mohandas K Gandhi

“Nonviolent action…works through social power and the human mind by use of appeals, manipulation, and nonviolent coercion. It is used to change relationships rather than to destroy opponents.” Kurt Schock ***Civil Resistance Today***, p. 5

“Disruptive and creative nonviolent intervention are mutually supporting and reinforcing; while disruptive nonviolent intervention (and non-cooperation) drains power from the opponent, creative nonviolent intervention generates power among the challengers.” Kurt Schock ***Civil Resistance Today***, p. 8

“As you press on for justice, be sure to move with dignity and discipline, using only the weapon of love. Let no man pull you so low as to hate him. Always avoid violence.” Martin Luther King Jr.

“The first step in nonviolence is that we cultivate in our daily life, as between ourselves, truthfulness, humility, tolerance, and loving kindness.” Mohandas K. Gandhi

"Nonviolent action is a technique by which people who reject passivity and submission, and who see struggle as essential, can wage their conflict without violence. Nonviolent action is not an attempt to avoid or ignore conflict. It is one response to the problem of how to act effectively in politics, especially how to wield powers effectively." Gene Sharp in ***The Politics of nonviolent action: Power and Struggle***, p. 64

“One of the principles of nonviolence is that you leave your opponents whole and better off than you found them.” Andrew Young <https://www.brainyquote.com/topics/nonviolence-quotes_2>

“I think a culture of nonviolence will help create the condition where poverty is unacceptable, where racism is way behind us and not something that we have to deal with on a frequent basis, and where militarism and violence are reduced almost to be non-existent.” Martin Luther King III  
<https://www.brainyquote.com/topics/nonviolence-quotes_2>

“Active nonviolence…is a route towards justice and peace. Sometimes, a situation may involve such structural injustice that reform is not the answer. In these situations active nonviolence demands that the situation be totally transformed. The aim is both dialogue and resistance – dialogue with the power-holders to communicate with them, and resistance to the structures that block progressive change.” ***Steve Whiting*** [***https://turningtide.org.uk***](https://turningtide.org.uk)

“That’s all nonviolence is – organized love.” Joan Baez

“We need in every…community a group of angelic troublemakers.” Bayard Rustin

“Nonviolence is the only credible response to the violence we’re seeing around the world.” Coretta Scott King

“Whatever you achieve through violence you have to defend through violence.” Archbishop Santiago, Chile

“Given a just cause, capacity for endless suffering, and avoidance of violence, victory is certain.” Mohandas Gandhi

“Throughout history, it has been the inaction of those who could have acted, the indifference of those who should have known better, the silence of the voice of justice when it mattered most, that has made it possible for evil to triumph.’ Haile Selassie

“Even one book, one pen, one child, and one teacher can change the world.”| Malala Yousafzai

“Freedom is, by definition, people realizing that they are their own leader.” Diane Nash