

# King's Six Principles of Nonviolence

Fundamental tenets of Dr. King's philosophy of nonviolence described in his first book, *Stride Toward Freedom*. The six principles include:

**PRINCIPLE ONE:** Nonviolence is a way of life for courageous people.

It is active nonviolent resistance to evil.

It is aggressive spiritually, mentally and emotionally.

**PRINCIPLE TWO:** Nonviolence seeks to win friendship and understanding.

The end result of nonviolence is redemption and reconciliation.

The purpose of nonviolence is the creation of the Beloved Community.

**PRINCIPLE THREE:** Nonviolence seeks to defeat injustice not people.

Nonviolence recognizes that evildoers are also victims and are not evil people.

The nonviolent resister seeks to defeat evil not people.

**PRINCIPLE FOUR:** Nonviolence holds that suffering can educate and transform.

Nonviolence accepts suffering without retaliation.

Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

**PRINCIPLE FIVE:** Nonviolence chooses love instead of hate.

Nonviolence resists violence of the spirit as well as the body.

Nonviolent love is spontaneous, unmotivated, unselfish and creative.

**PRINCIPLE SIX:** Nonviolence believes that the universe is on the side of justice.

The nonviolent resister has deep faith that justice will eventually win.

Nonviolence believes that God is a God of justice.