

BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"It takes four generations to recover from every act of violence."
— Rebecca Adamson

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MAKE A DIFFERENCE



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"...regardless of how complicated the problems might appear... it is possible to work through them and find solutions that do not multiply suffering to many generations in the process. Most of our problems in this world are created by us and therefore we have the capacity and the obligation to overcome them."
— Helen Beeth

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"That's all nonviolence is - organized love."
— Joan Bass

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"The world condemns those who take up arms to defend their causes and calls on them to use nonviolent means to change their government. But when a person chooses the nonviolent path, it is all too often for the sake of their family or pay attention."
— Sherry Carlos Dale

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"We must look towards societies that set a high value on nonaggression and noncompetitive ways, and therefore handle conflicts by nonviolent means. We can see how child rearing patterns promote nurturing adult behaviors."
— Ellen Baubling

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What's Your BetterWorld Issue:

NONVIOLENCE

...make a difference...

Be a hero for a better world.
Every act of compassion
makes a difference!
Start a BetterWorld Club.
Join the BetterWorld Movement.

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"Nonviolence is something very powerful, and the power behind it is not weapons, but the support of the people."
— Aron Ganssli

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"There is the alternative to war, and nonviolence should be seen as the antidote to violence, not simply as its opposite. Nonviolence is more concerned with ending life than with saving life."
— Jesse Jackson

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"At the center of non-violence stands the principle of love."
— Martin Luther King

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"Nonviolence is the power for the questions of our time. Love will conquer and every time."
— Barbara Williams

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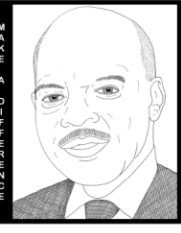
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"There is no hope for the acting world except through the narrow and straight path of nonviolence."
— Martin Luther King

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"Non violence is not optional... it is not for the timid or weak. Non violence is hard work. It is the willingness to sacrifice. It is the plan to live."
— Cesar Chavez

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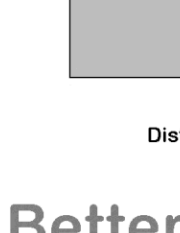
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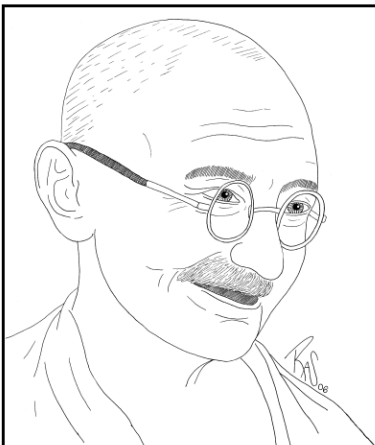
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— Cesar Chavez

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WHAT'S YOUR BETTERWORLD ISSUE?

NONVIOLENCE



"There is no hope for the aching world except through the narrow and straight path of nonviolence."
-- Mohandas K. Gandhi

Nonviolence is both a philosophy and a strategy that is based on striving to attain social or political change without the use of violence. It does not advocate passively accepting an unjust situation. Instead, nonviolence presents techniques to bring about change without the use of force. Civil disobedience and nonviolent resistance are two powerful tools of those who practice nonviolence. Nonviolent movements have used many specific techniques such as protests, pickets, petitions, vigils, hunger strikes, sit-ins, tax and draft refusal, blockades and many other methods.

Mahatma Gandhi and Martin Luther King, Jr. are two of the most inspiring leaders who utilized nonviolent methods to successfully lead movements for change. In 1997, to commemorate the 50th and 30th memorial anniversaries of these great leaders, A Season for Nonviolence was organized from January 30 to April 4.

Since then, each year this global grassroots campaign has continued to commemorate their legacies and raise awareness about the healing and transforming power of nonviolence. The Season For Nonviolence has become an important educational and media opportunity to bring communities together, empowering them to envision and help create a nonviolent world, one heart and one day at a time.

Throughout the 64-day campaign, events and activities for peace and nonviolence take place all around the world, highlighting existing peacebuilding initiatives, and inspiring new year-round activities for a more peaceful, nonviolent, just and sustainable world.



"At the center of non-violence stands the principle of love."
-- Martin Luther King, Jr.

Be A Hero For A Better World!

1. Find out more about Gandhi, King & other nonviolent heroes
2. Find out more about nonviolent methods
3. Do an act of nonviolence, kindness and compassion daily
4. Support organizations working for nonviolent social change

- Alternatives to Violence Project (avpusa.org)
- Association for Global New Thought (agnt.org)
- Center for Nonviolent Communication (cnvc.org)
- Nonviolence.org
- Nonviolent Peace Force (nonviolentpeaceforce.org)

For more information: www.betterworld.net/nonviolence.htm

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**"It takes four generations to recover from every act of violence."
-- Rebecca Adamson**

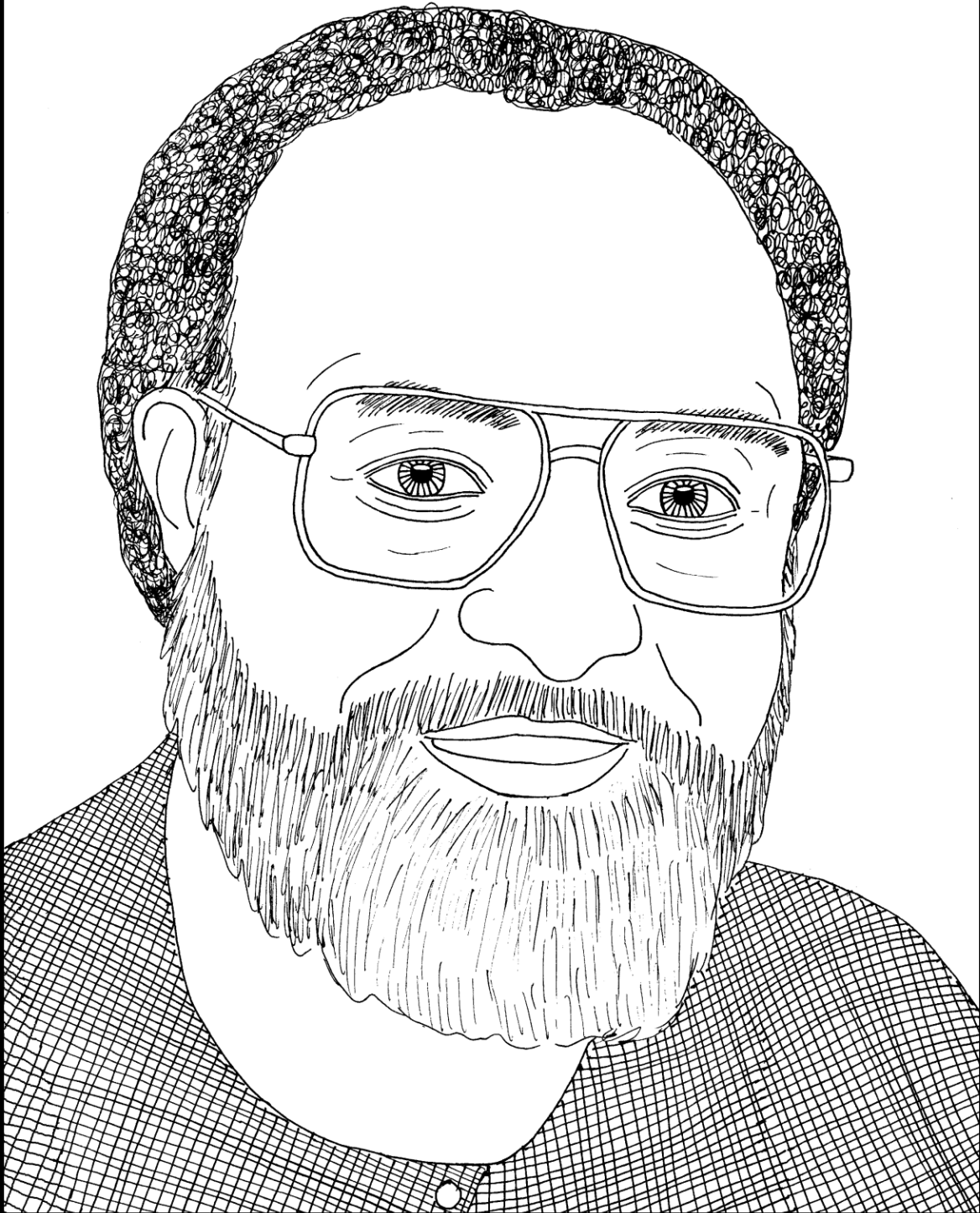
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"...regardless of how complicated the problems might appear, it is possible to work through them and find solutions that are mutually satisfactory to every stakeholder in the problem... most of our problems on this earth are created by us and therefore we have the capacity and the obligation to unmake them."

-- Hizkias Assefa

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"That's all nonviolence is - organized love."
-- Joan Baez

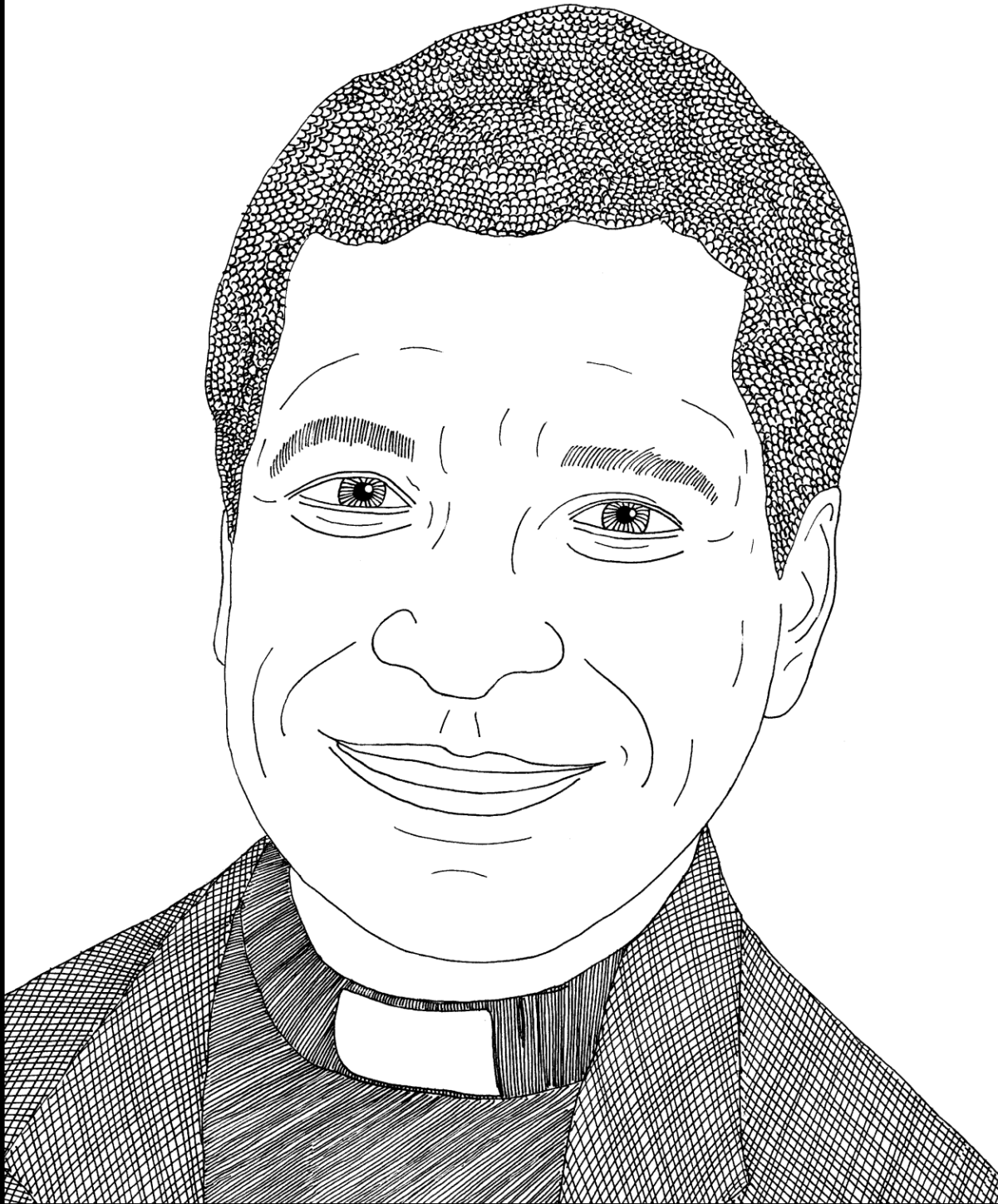
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"The world censures those who take up arms to defend their causes and calls on them to use nonviolent means in voicing their grievances. But when a people chooses the nonviolent path, it is all too often the case that hardly anyone pays attention."

-- Bishop Carlos Belo

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"One is called to live nonviolently, even if the change one works for seems impossible. It may or may not be possible to turn the US around through nonviolent revolution. But one thing favors such an attempt: the total inability of violence to change anything for the better."

-- Daniel Berrigan

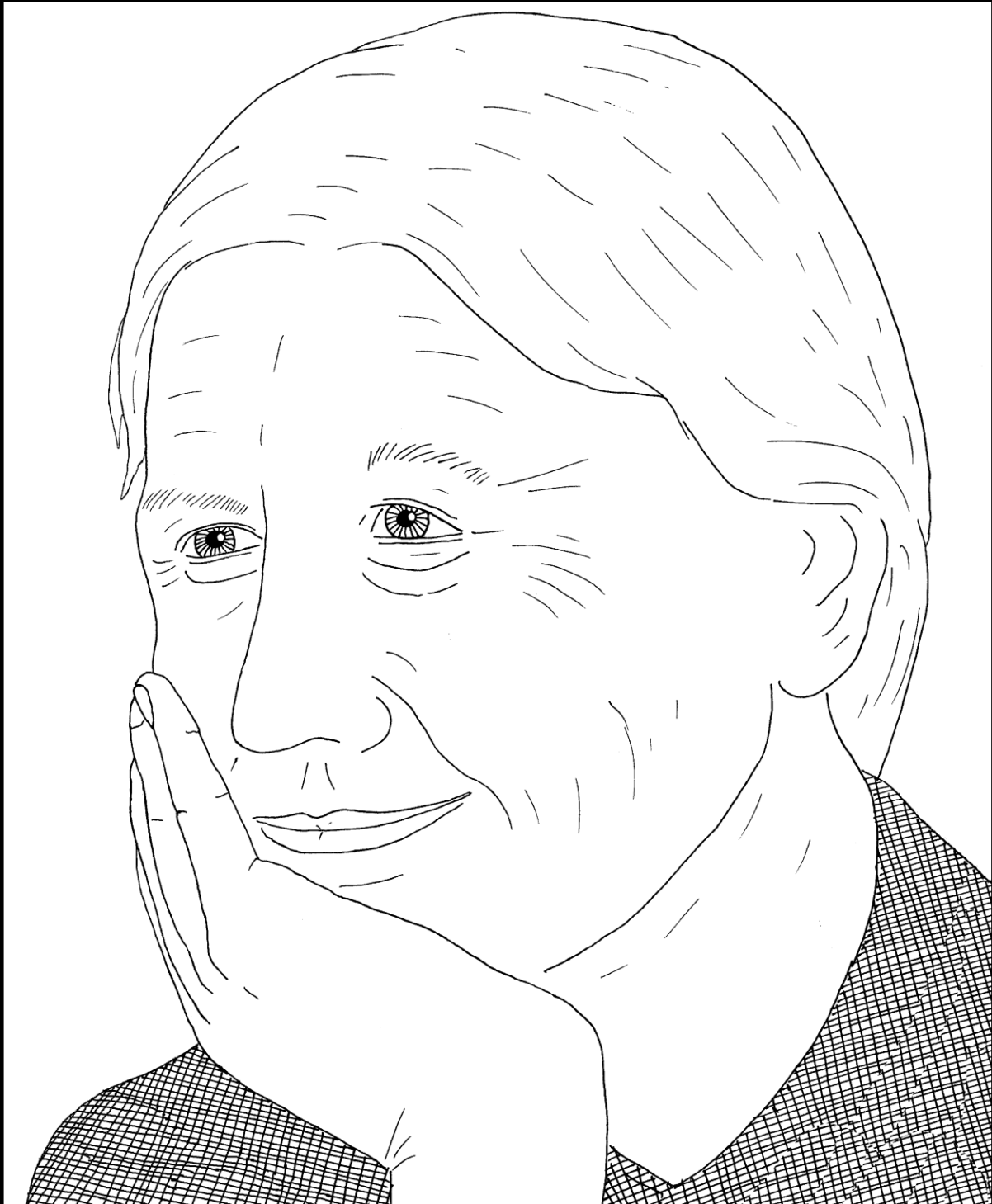
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"We must look towards societies that set a high value on nonaggression and noncompetitive ness, and therefore handle conflicts by nonviolent means. We can see how child rearing patterns produce nurturing adult behaviors."

-- Elise Boulding

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**"Non-violence is not inaction... It is not for the timid or weak ...
Non-violence is hard work. It is the willingness to sacrifice.
It is the patience to win."**

-- César Chavez

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"Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life. Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence."

-- Anwarul Chowdhury

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"The main goal of the future is to stop violence.
The world is addicted to it."

-- Bill Cosby

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"I think the only choice that will enable us to hold to our vision. . .
is one that abandons the concept of naming enemies and adopts a concept
familiar to the nonviolent tradition: naming behavior that is oppressive."

-- Barbara Deming

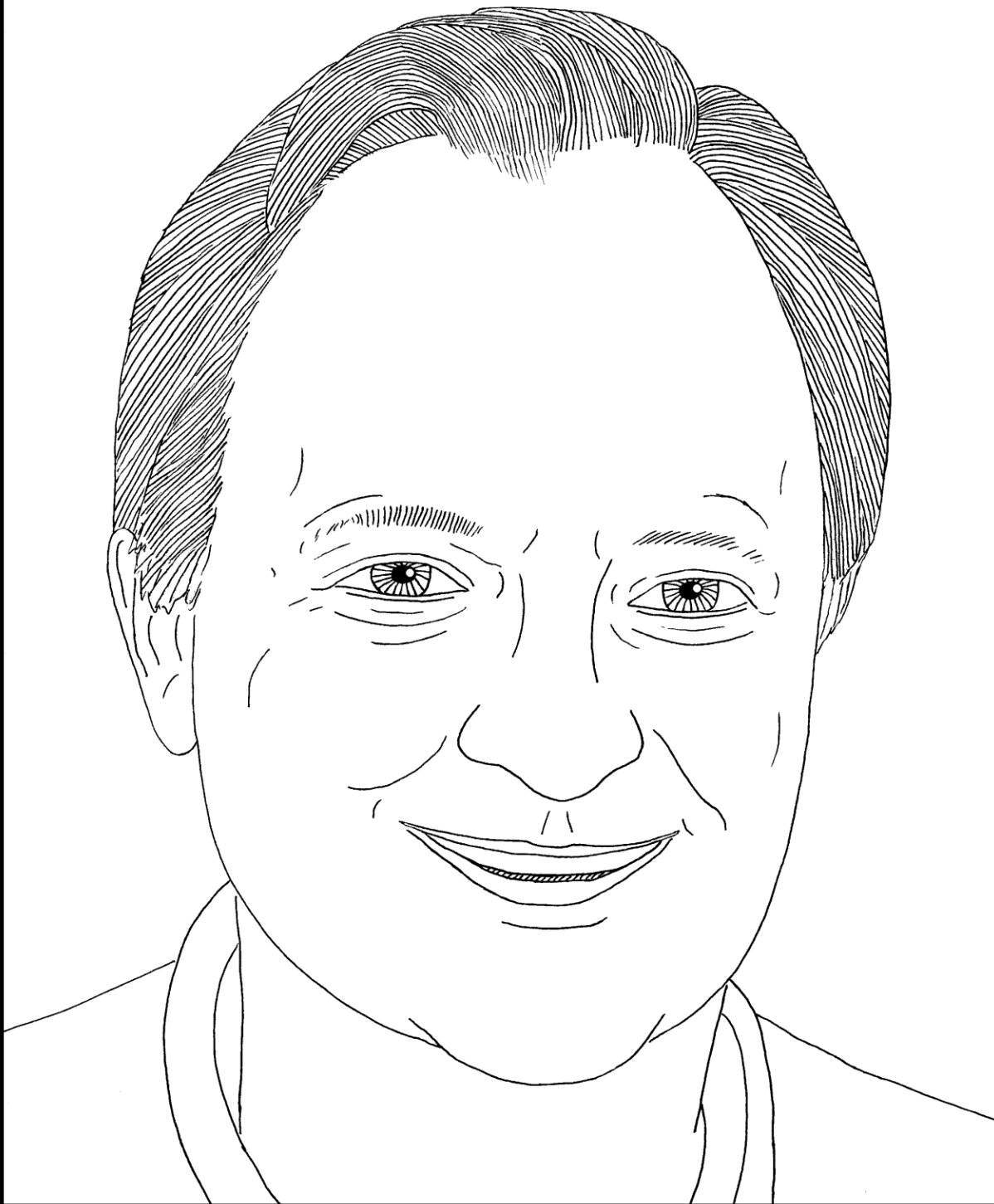
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"Nonviolent Peaceforce ...is building a large-scale professional force of well-trained unarmed peacekeepers ... This nonviolent peacekeeping provides an alternative to which we may say YES when we say NO to war."
-- Mel Duncan

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"We demand a non-violent world where human security is the basis of our common global security. People have the right to live in a world where the basic needs of all peoples are addressed. No more military attacks. No more war."

-- Shirin Ebadi

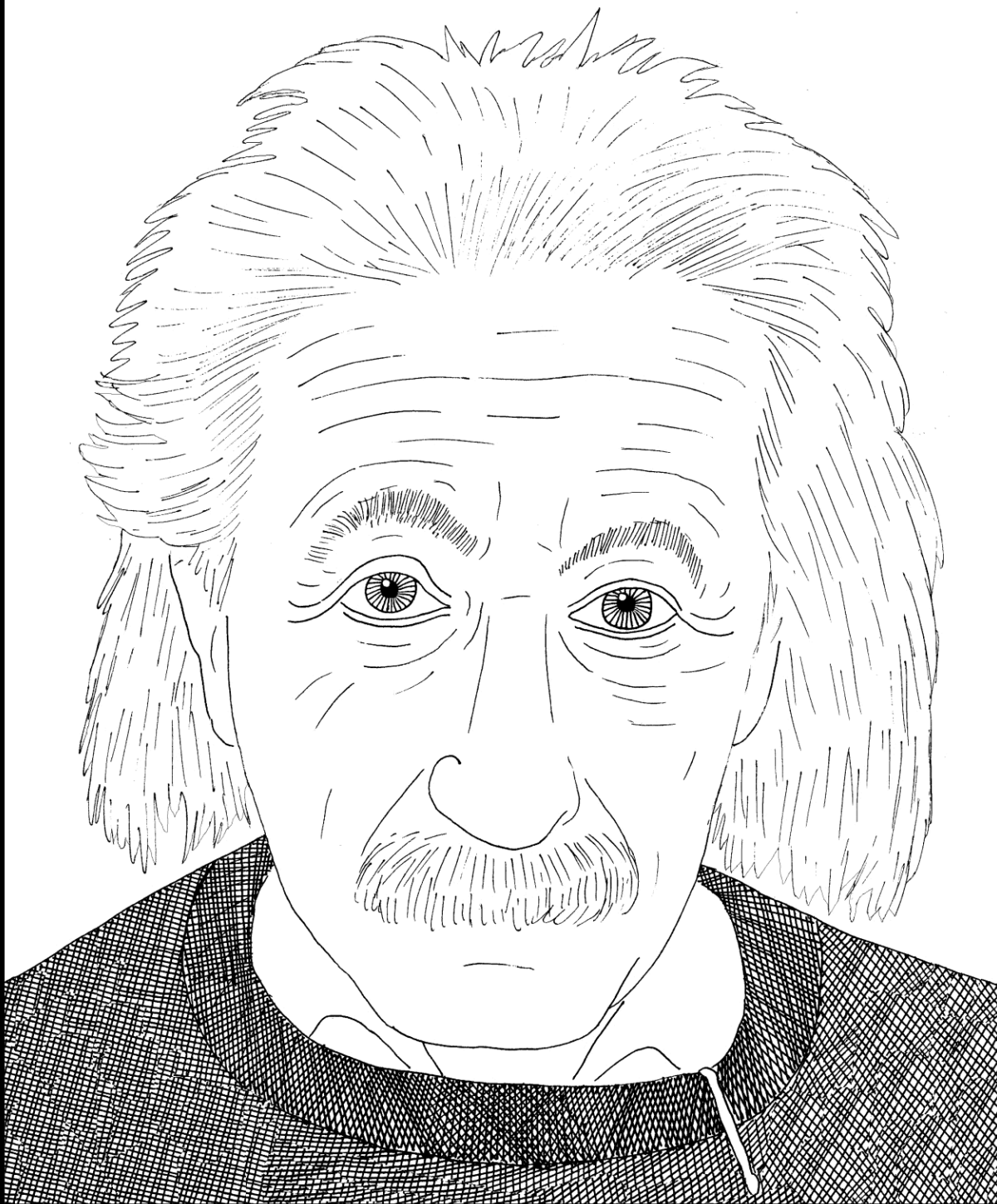
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**"Violence sometimes may have cleared away
obstructions quickly, but it never has proved itself creative."
-- Albert Einstein**

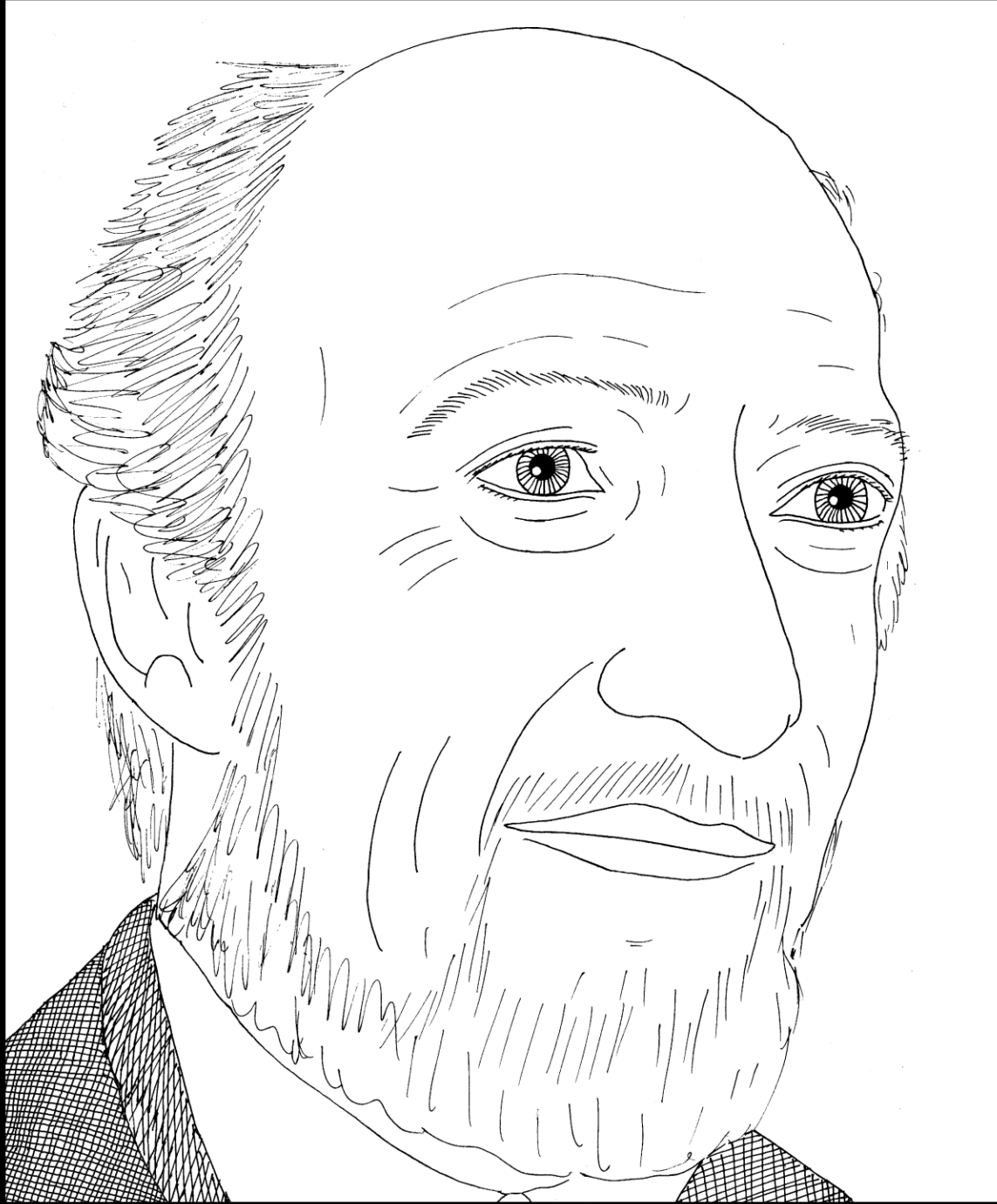
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"If the Gandhian moment is to be realized, then it must encompass both concerns with the violence of weapons and the violence of inequitable structures of domination and exploitation. Perhaps, unwittingly, the visibility of this violence due to the globalization of media coverage, especially TV, will hasten the process by which the peoples of the world sick from violence and the suffering entailed, will hasten the awakening of conscience and commitment needed to carry forward the struggle for a nonviolent world order. This is as much as we can hope for at present, but such a hope will certainly prove vain if we do not also act to the fullness of our individual and collective capacities to rid the world of war and violence." -- Richard Falk

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"Nonviolence is something very powerful, and the power behind it is not weapons, but the support of the people."

-- Arun Gandhi

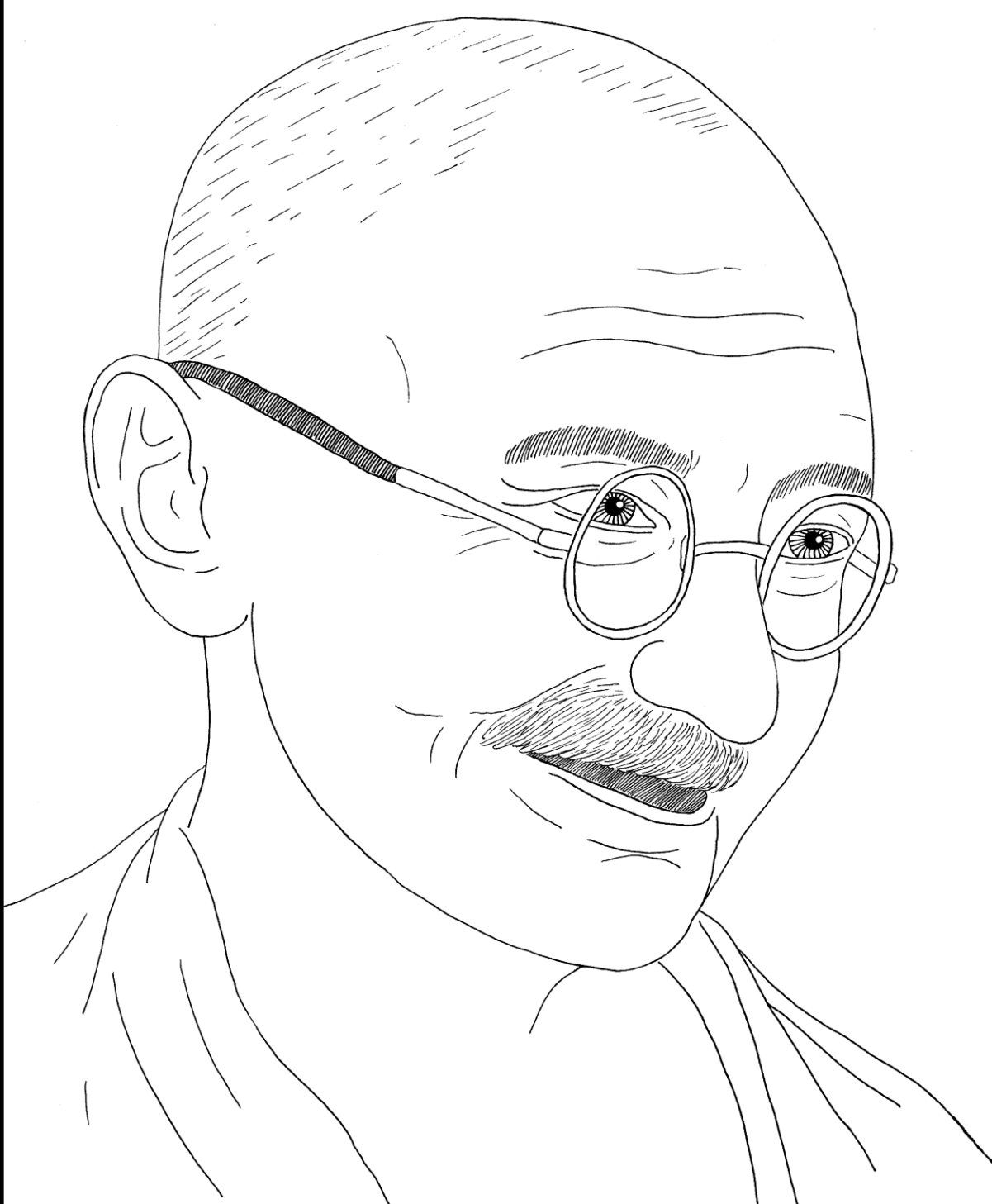
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"There is no hope for the aching world except through
the narrow and straight path of nonviolence."

-- Mohandas Gandhi

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"In the next 30 years we can destroy our world. With the very same powers — spiritual, social, scientific — we can evolve our world. Our mission is to serve as catalysts for a planetary awakening in our lifetime, to take a non-violent path to the next stage of our evolution."

-- Barbara Marx Hubbard

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"I think we brought to the world, the United States anyway, the whole idea of boycotting as a nonviolent tactic. I think we showed the world that nonviolence can work to make social change."
-- Dolores Huerta

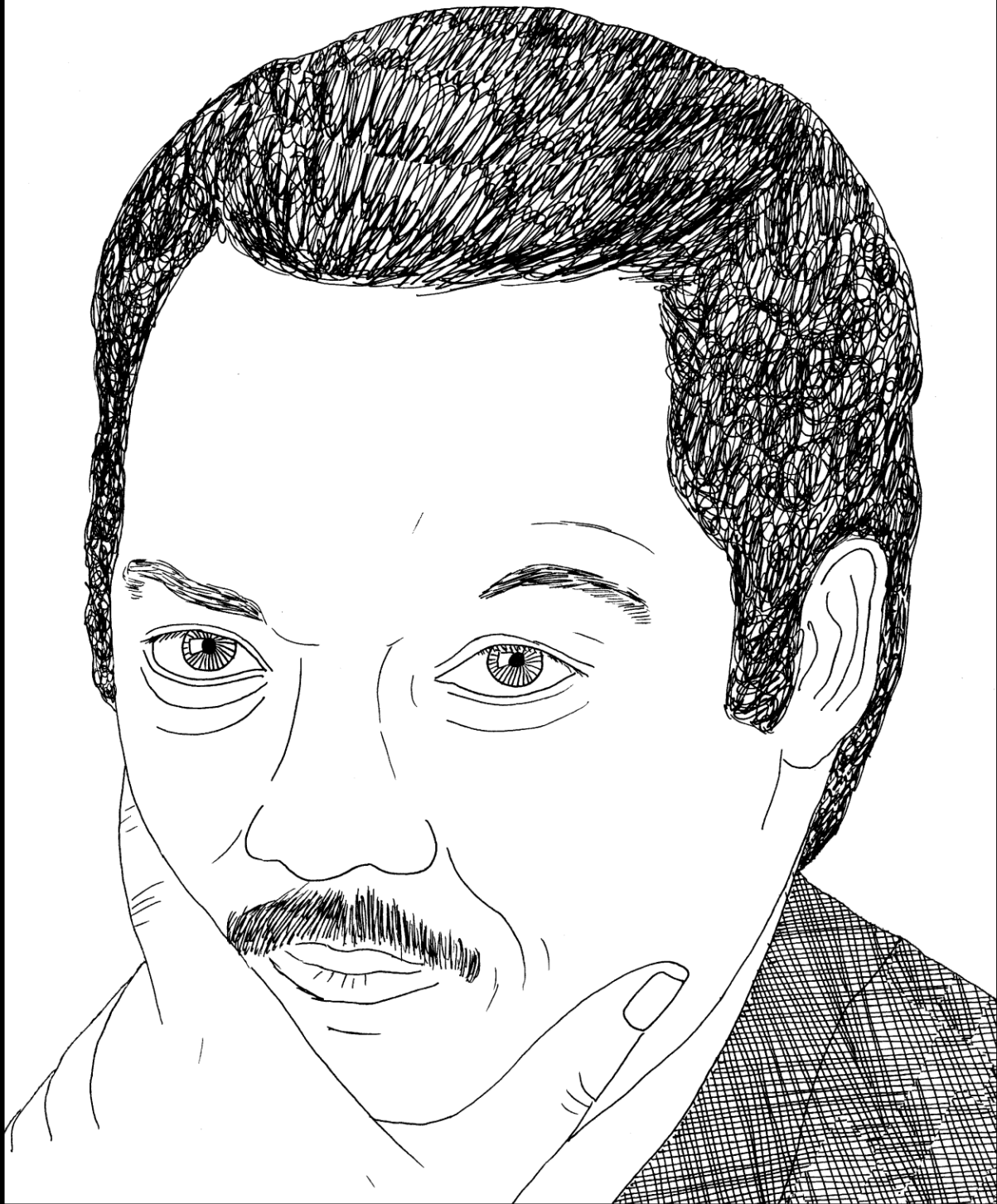
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**"Peace is the alternative to war, and nonviolence should be seen as the antidote to violence, not simply as its opposite. Nonviolence is more concerned with saving life than with saving face."
-- Jesse Jackson**

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"In a world struggling in violence and dishonesty, the further development of non-violence - not only as a philosophy but as a way of life, as a force on the streets, in the market squares, outside the missile bases, inside the chemical plants and inside the war industry - becomes one of the most urgent priorities."

-- Petra Kelly

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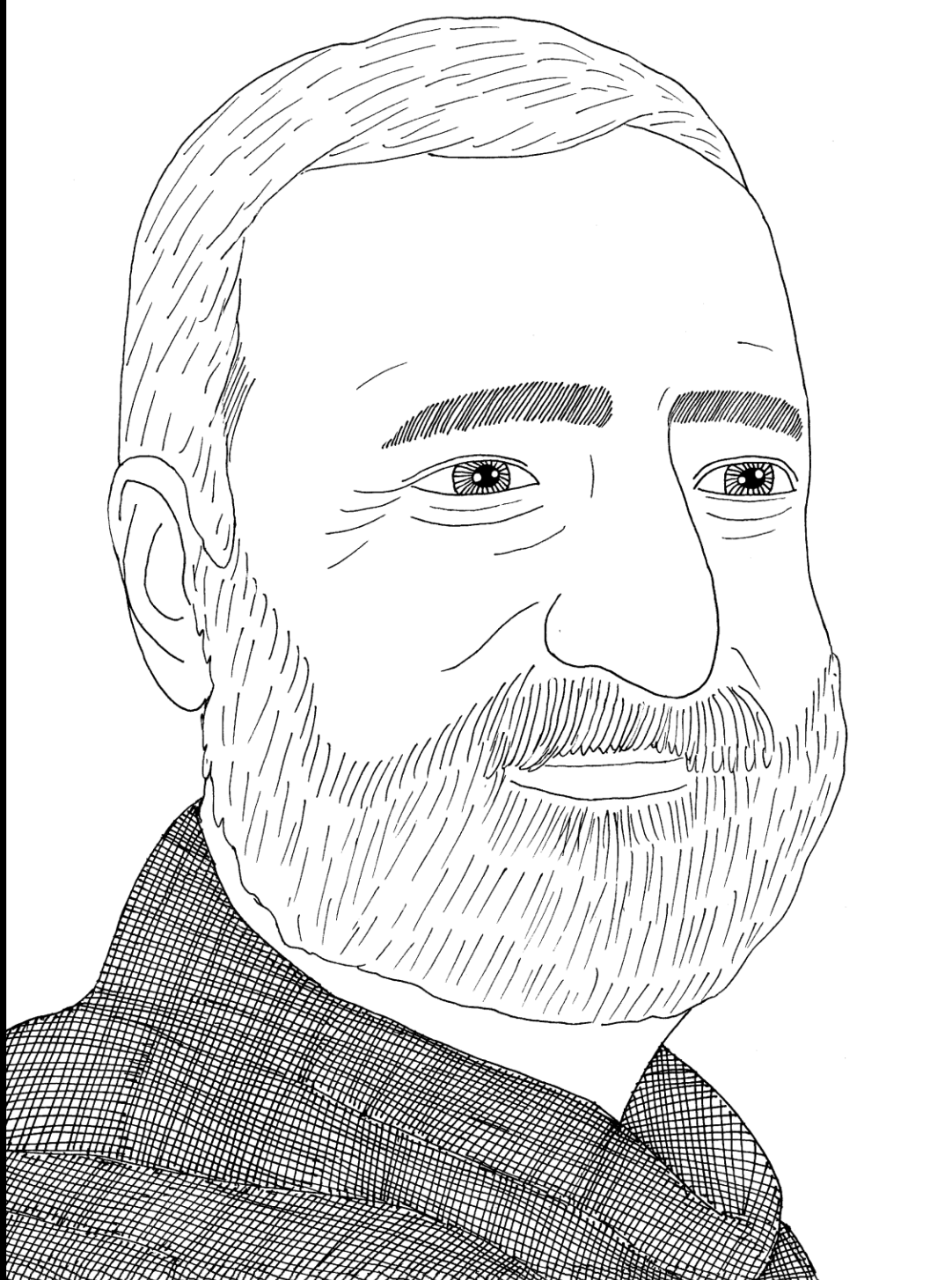
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"You see that the world is going toward destruction and violence. And the specialty of violence is to create hatred among people and to create fear. I am a believer in nonviolence and I say that no peace or tranquility will descend upon the people of the world until nonviolence is practiced, because nonviolence is love and it stirs courage in people."

-- Badshah Khan

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"We have an historic opportunity for a great global healing and renewal. If we will accept the challenge of nonviolent activism with faith, courage, and determination, we can bring this great vision of a world united in peace and harmony from a distant ideal into glowing reality."

-- Coretta Scott King

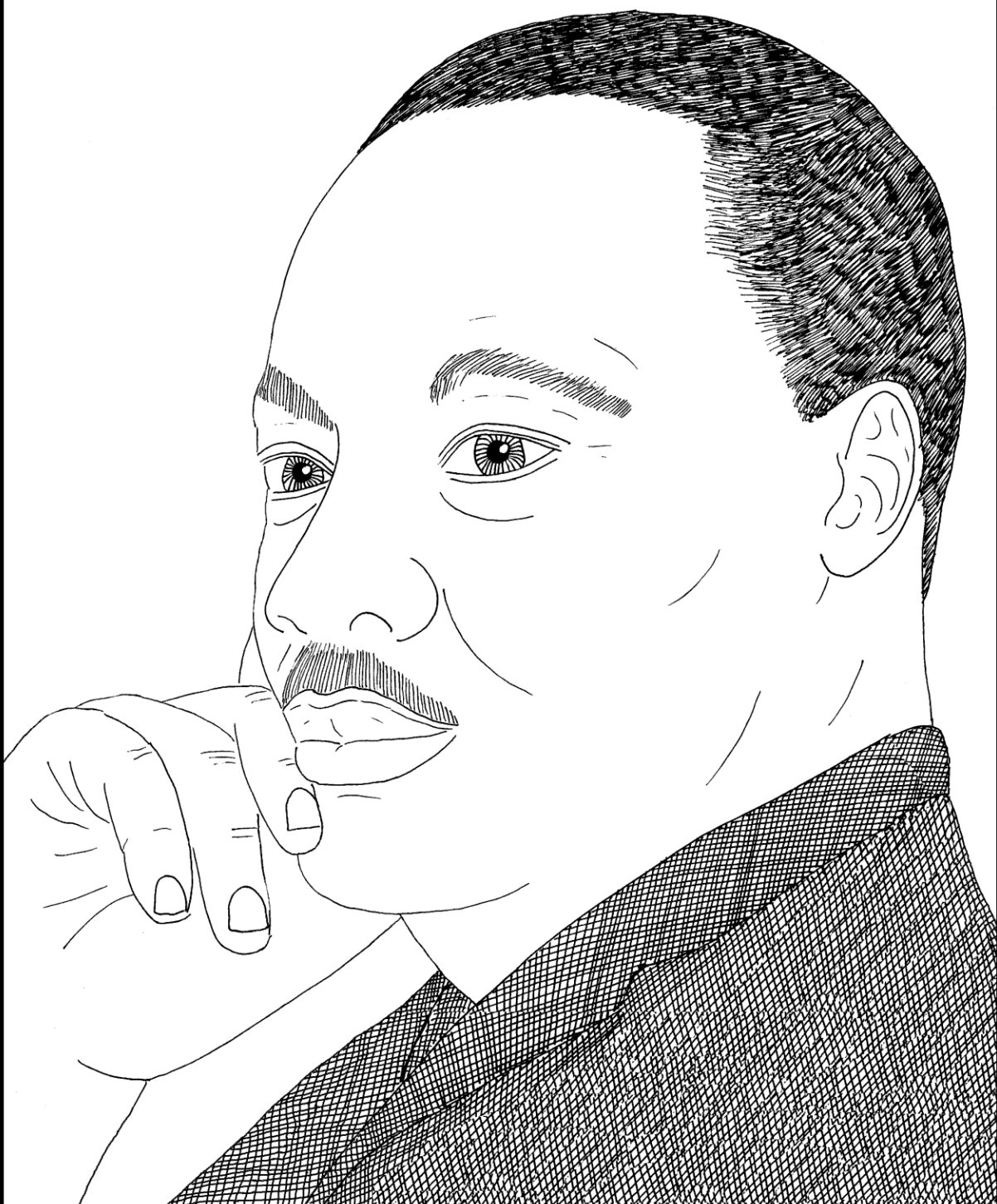
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"At the center of non-violence stands the principle of love."

"Nonviolence is the answer
to the crucial political moral questions of our time."

-- Martin Luther King, Jr.

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"Citizens across the United States are now uniting in a great cause to establish a Department of Peace, seeking nothing less than the transformation of our society, to make non-violence an organizing principle, to make war archaic through creating a paradigm shift in our culture for human development, for economic and political justice and for violence control." -- Dennis Kucinich

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"We found out that the young people who had a substantial number of lessons in the Resolving Conflict Creatively Curriculum ... not only did better in terms of people skills, that they managed their emotions, they were less violent and more caring, but they actually did better on their academic achievement tests."

-- Linda Lantieri

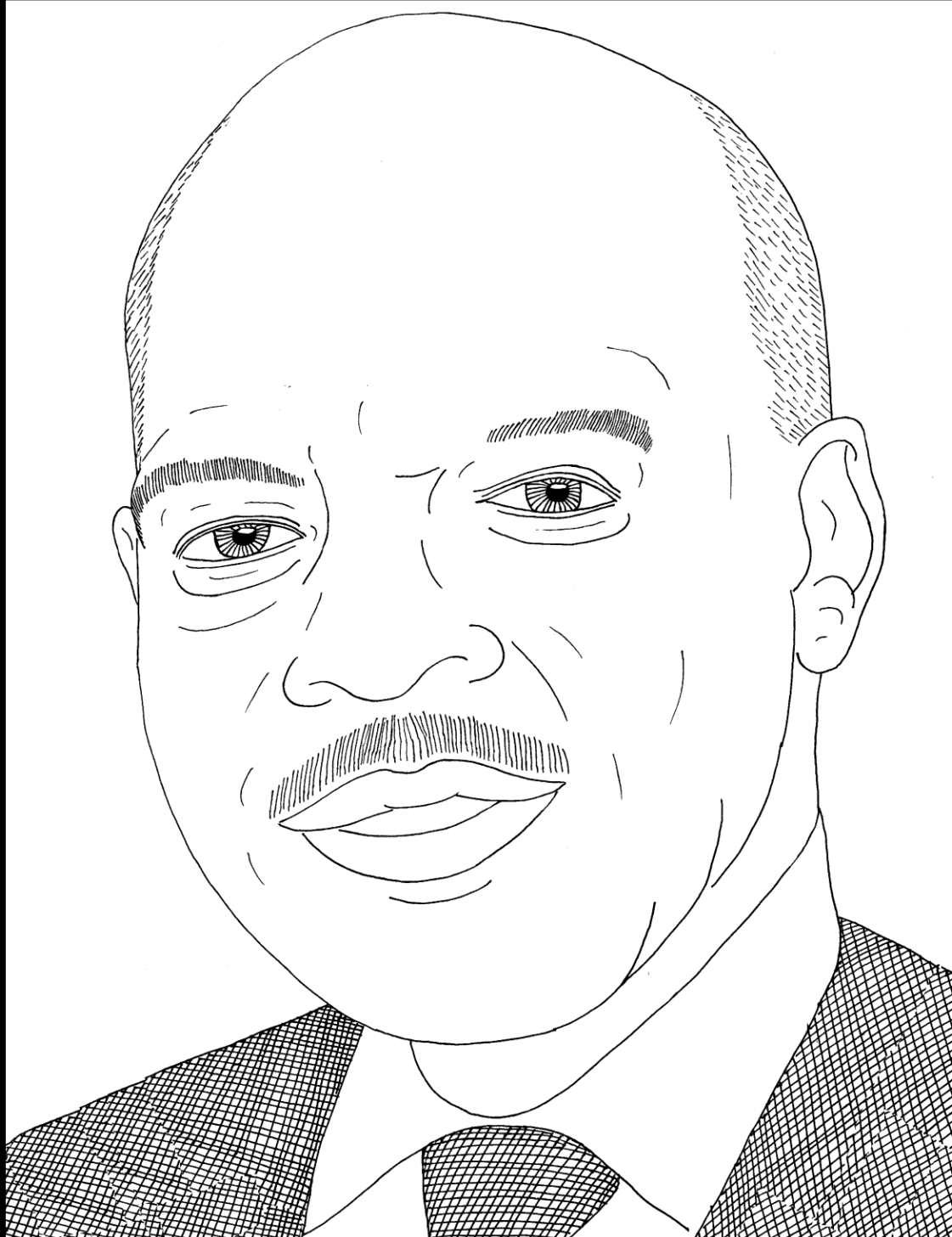
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**"I believe in nonviolence as a way of life, as a way of living."
-- John Lewis**

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"We are all invited to work together for peace. We shall join hands and minds to work for peace through active nonviolence.

We shall help one another, encourage one another and learn from one another how to bring peace to our children and to all."

-- Mairead Corrigan Maguire

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"A universal renunciation of violence requires the commitment of the whole of society. These are not matters of government but matters of State; not only matters for the authorities, but for society in its entirety, including civilian, military, and religious bodies...In order to change, the world needs everyone."

-- Federico Mayor

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**"Wars aren't stopped by fighting wars, any more than
you can fight fire with fire. You fight fire with water.
You fight violence with nonviolence."**

-- Colman McCarthy

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"I think that nonviolence is one way of saying that there are other ways to solve problems, not only through weapons and war. Nonviolence also means the recognition that the person on one side of the trench and the person on the other side of the trench are both human beings, with the same faculties. At some point they have to begin to understand one another." -- Rigoberta Menchú

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"The survival of democracy depends on renunciation of violence and the development of nonviolent means to combat evil and advance the good."

-- A. J. Muste

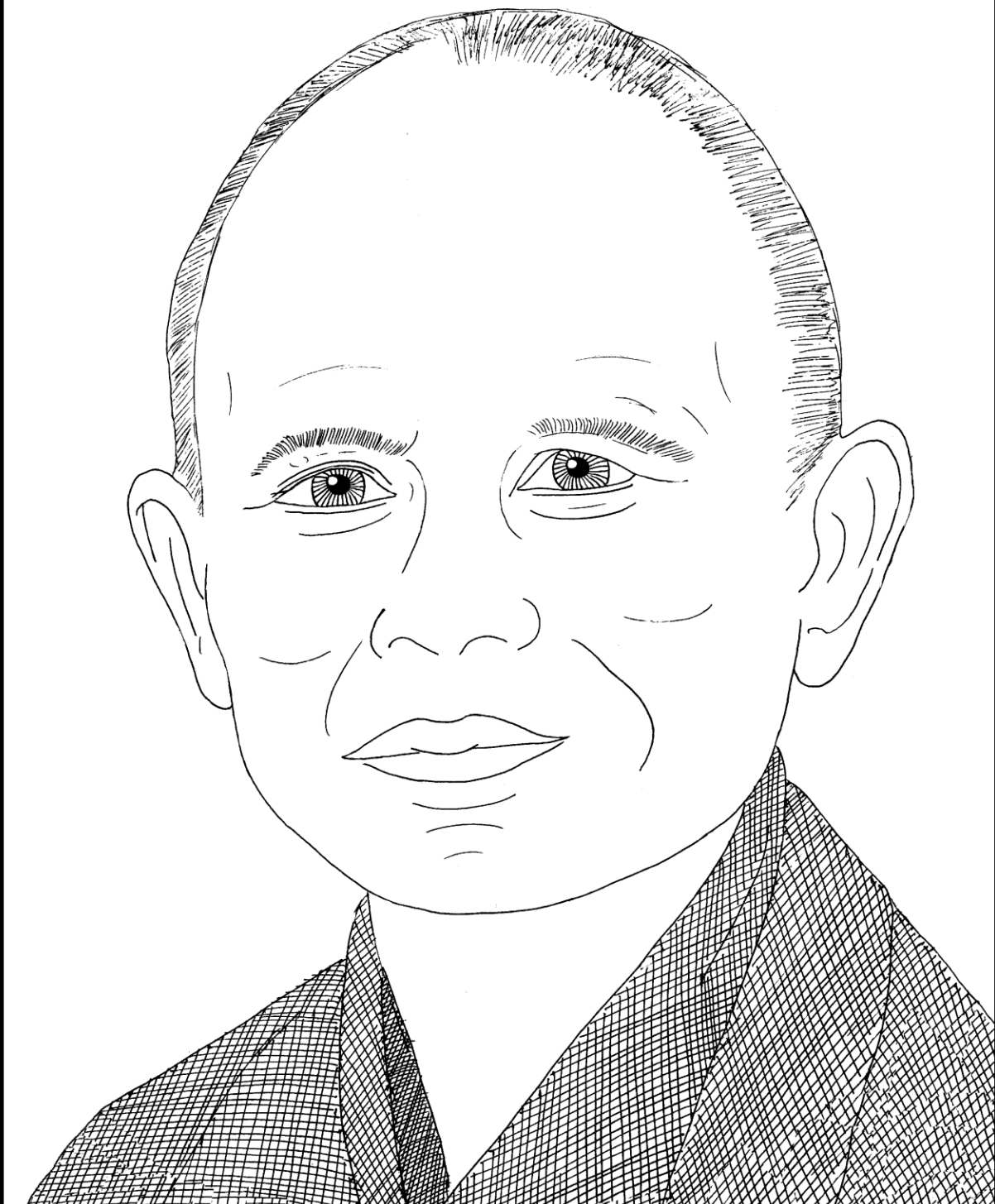
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"The essence of nonviolence is love. Out of love and the willingness to act selflessly, strategies, tactics, and techniques for a nonviolent struggle arise naturally. Nonviolence is not a dogma; it is a process."

-- Thich Nhat Hanh

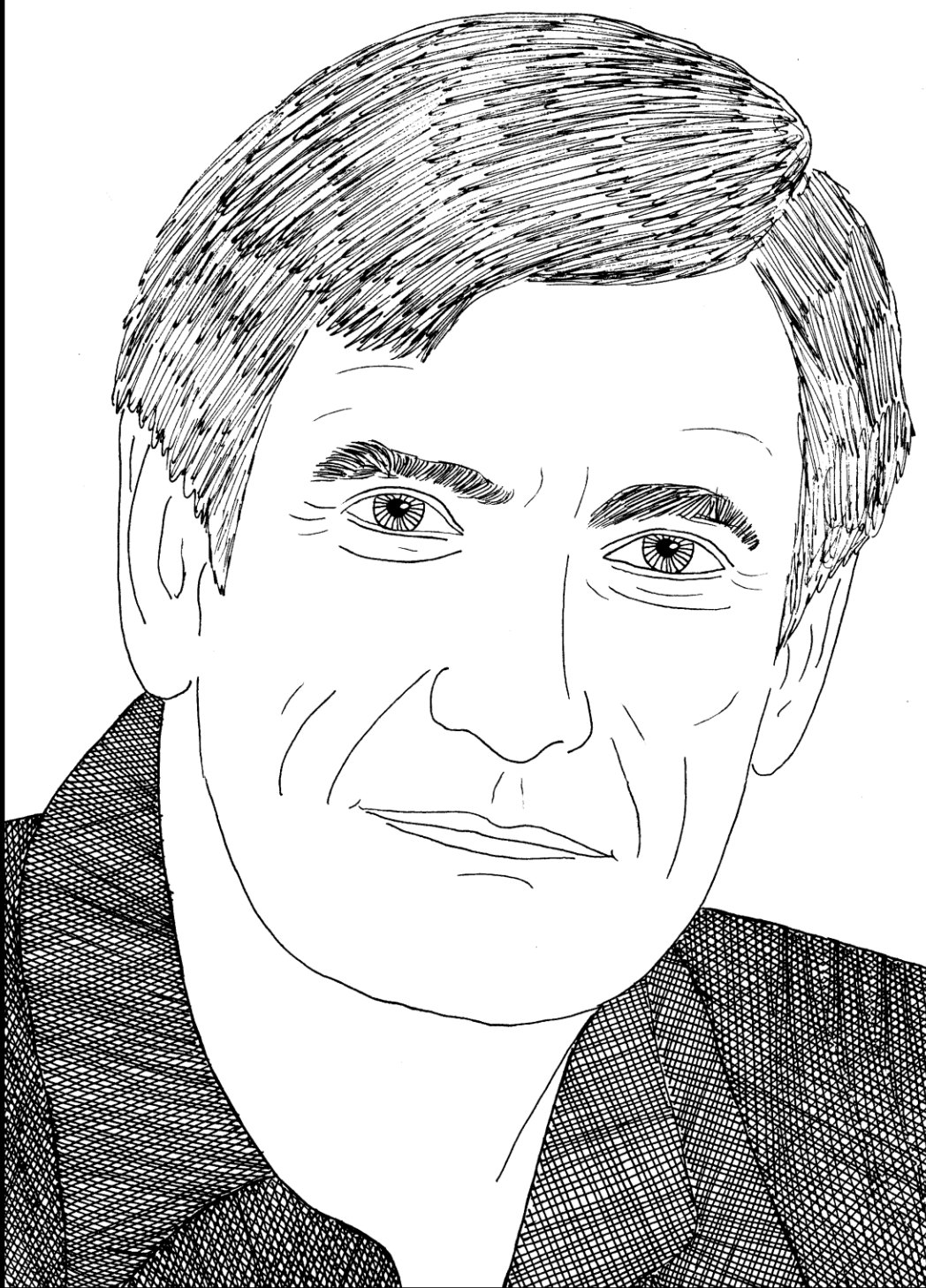
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"When we hear the other person's feelings and needs,
we recognize our common humanity."

-- Marshall Rosenberg

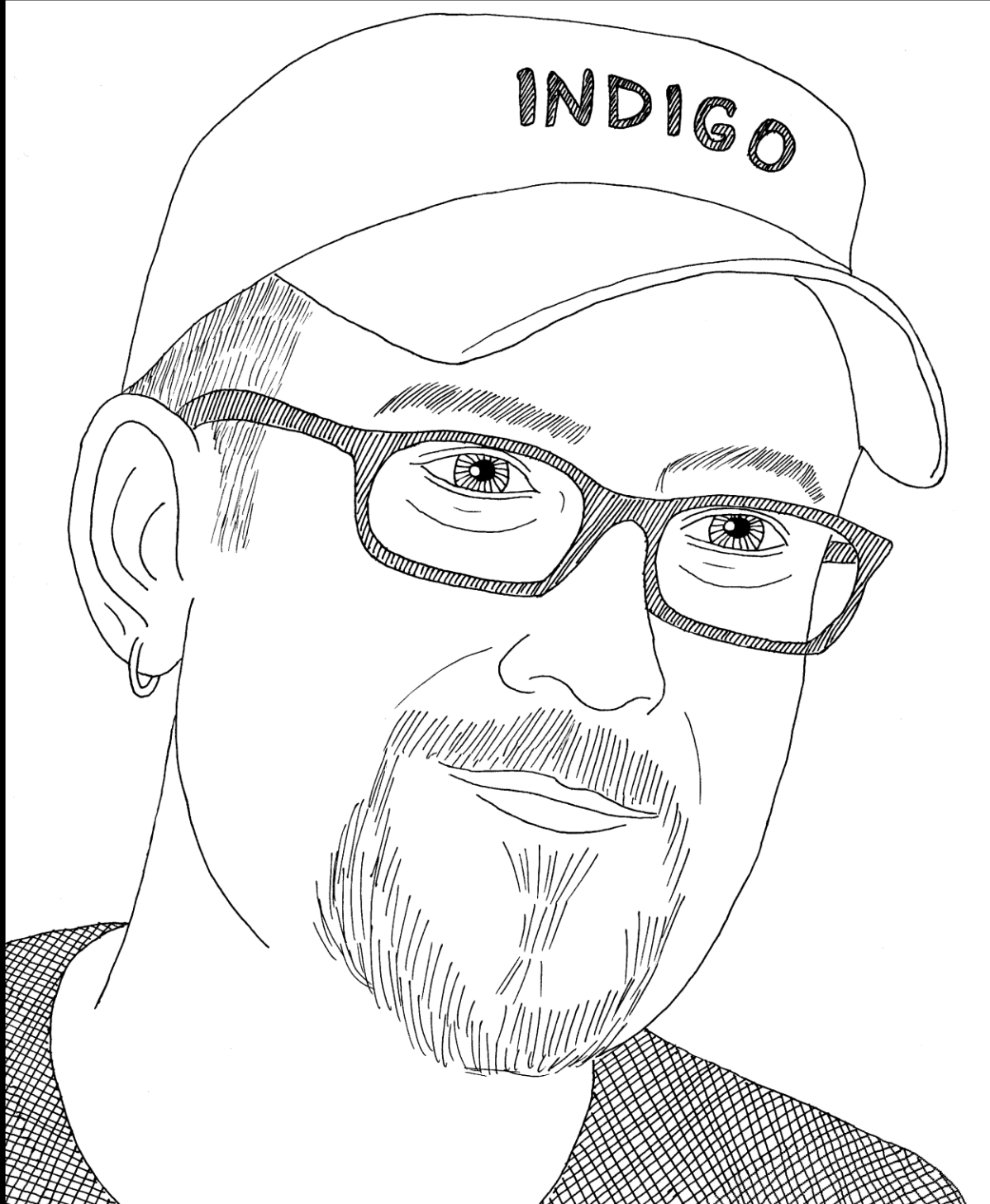
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"Nonviolence is the answer for the questions of our time.
Love will conquer evil every time."

-- James Twyman

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"The power of nonviolence is not circumstance-specific. It is as applicable to the problems that confront us now, as to problems that confronted generations in the past. It is not a medicine or a solution so much as a healing process. It is the active spiritual immune system of humanity."

-- Marianne Williamson

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"In a world where change is inevitable and continuous, the need to achieve that change without violence is essential for survival."

-- Andrew Young

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"...there are more and more people who define themselves as global citizens, who know that life is intimately interconnected, and that we can never be fully human whilst others continue to suffer, and who know that love, justice and nonviolence is the very essence of life. And what gives me hope is the very many different ways in which ordinary people are taking responsibility. They are creating the changes needed to pass beyond war and injustice, control and dominance and towards a free, just, loving, and diverse world." -- Angie Zelter

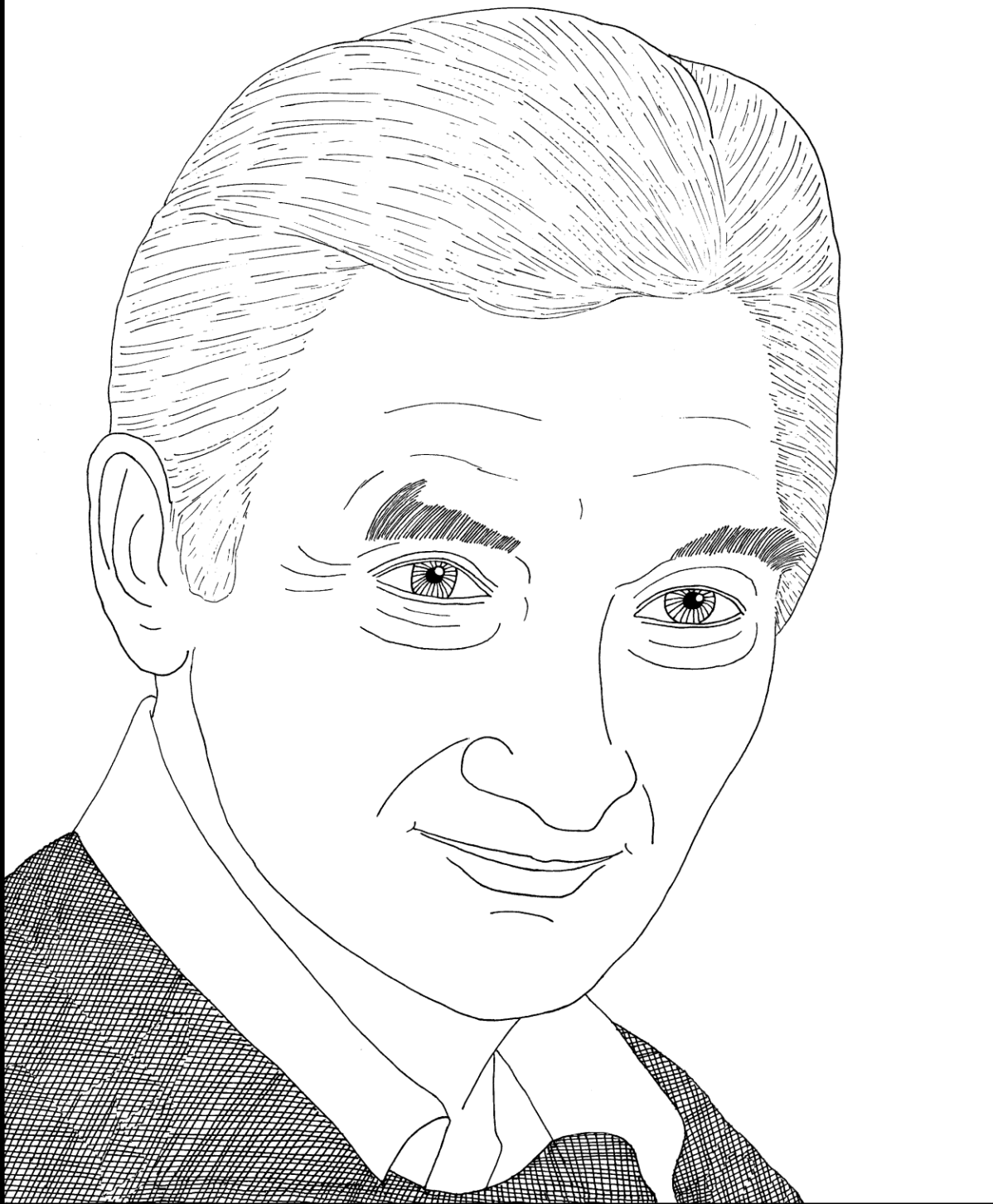
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"The strike, the boycott, the refusal to serve, the ability to paralyze the functioning of a complex social structure-these remain potent weapons against the most fearsome state or corporate power."

-- Howard Zinn

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