



Pledge To Nonviolence

- 1. As I prepare for this direct action, I will meditate regularly on the life and teachings of Gandhi and King and other truth-seekers.
- 2. I will remember that the nonviolent movement seeks justice and reconciliation—not victory.
- 3. I will walk and talk in the manner of love and nonviolence.
- 4. I will contemplate daily what I can do so that all can be free.
- 5. I will sacrifice my own personal wishes that all might be free.
- 6. I will observe with friend and foes the ordinary rules of courtesy.
- 7. I will perform regular service for others and for the world.
- 8. I will refrain from violence of fist, tongue, and heart.
- 9. I will strive to be in good spiritual and bodily health.
- 10. I will follow the directions of the squad leaders and other Soulforce leaders on our nonviolent direct actions.

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