

## FIVE “SOUL FORCE” BELIEFS ABOUT MYSELF

1. ...I believe that I am a child of a loving Creator, of the Soulforce at the center of the universe.
2. ...I believe that I was created to help my Creator bring justice to all those who suffer injustice.
3. ...I believe that I will not discover my purpose or realize my power (my own “soul force”) until I join my Creator in doing justice (making things fair for all those who suffer injustice).
4. ...I believe that when I join my Creator in doing justice, my own life will be renewed, empowered, and made more meaningful.
5. ...I believe that in serving others, it is as much my moral obligation to *refuse* to cooperate with evil as it is to cooperate with good.

## SIX “SOUL FORCE” BELIEFS ABOUT MY ADVERSARY

1. ...I believe that my adversary is also a child of the Creator, that we are both members of the same human family, that we are sisters and brothers in need of reconciliation.
2. ...I believe that my adversary is not my enemy, but a victim of misinformation as I have been.
3. ...I believe that my adversary’s motives are as pure as mine and of no relevance to our discussion.
4. ...I believe that even my worst adversary has an amazing potential for positive change.
5. ...I believe that my adversary may have an insight into truth that I do not have.
6. ...I believe that one day my adversary and I will understand each other and that if we conduct our search for truth guided by the principles of love, we will find a new position to satisfy us both.

## FIVE “SOULFORCE” VOWS THAT LEAD TO PERSONAL RENEWAL & THE TRANSFORMATION OF SOCIETY

1. **Vow to Truth**  
I promise to seek the truth, to live by the truth, and to confront untruth wherever I find it.
2. **Vow to Love**  
I promise to reject violence (of the fist, tongue, or heart) and to use only the methods of nonviolence in my search for truth or in my confrontation with untruth.
3. **Vow to Self-suffering**  
I promise to take on myself without complaint any suffering that might result from my confrontation with untruth and to do all in my power to help my adversary avoid all suffering, especially that suffering that may result from our confrontation.
4. **Vow to control our passions**  
I promise to control my appetite for food, sex, intoxicants, entertainment, position, power that my best self might be free to join with my Creator in doing justice (making things fair for all).
5. **Vow to limit our possessions**  
I promise to limit my possessions to those things I really need to survive and to see myself as a trustee over all my other possessions, using them exclusively to help make things fair for those who suffer.