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Occasionally in life one develops a conviction so precious and meaningful that he will stand on it till the end. That is what I have found in nonviolence. --Martin Luther King, Jr.

Understanding King's Nonviolence

"In Kingian Nonviolence, a philosophy developed out of the teachings of Martin Luther King Jr., there is a distinction made between nonviolence spelled with a hyphen, and nonviolence spelled without a hyphen. 'Non-violence' is essentially two words: 'without' 'violence.' When spelled this way, it only describes the absence of violence. As long as I am "not being violent," I am practicing non-violence. And that is the biggest misunderstanding of nonviolence that exists." Kazu Haga shares more in this excerpt from his book, "Healing Resistance: A Radically Different Response to Harm."

Be The Change:

For more inspiration listen to an excerpt from Martin Luther King's speech, "The Drum Major Instinct."