

# Guides to Transforming Power

1. Seek to resolve conflicts by reaching common ground.

2. Reach for that warm humanity in others that seeks to do good for self and others. (Remember that warm

humanity is in everyone, regardless of what we see on the surface.)

3. Listen. Everyone has made a journey.

Try to understand where the other person is coming from—why they feel and act the way they do—before you chose a response.

4. Base your position on truth. Since people tend to seek truth, no position based on falsehood can long prevail.

5. Be ready to revise your position, without having to save face, if you discover it is not fair.

6. When you are clear about your position, expect to experience great inward power to act on it. A response that relies on this power will be courageous and without hostility.

7. Do not expect a nonviolent response to automatically ward off danger.

If you cannot avoid risk, risk being creative rather than violent.

8. Surprise and humor may help transform a potentially violent situation.



9. Learn to trust your inner sense of when to act and when to withdraw.

10. Work toward new ways  
of overcoming injustice.

When necessary, be willing to suffer  
suspicion, hostility, rejection, even  
persecution.

11. Be patient and  
persistent in the continuing  
search for justice.

12. Help build a community based on honesty, respect, and caring.