



*"At the center of violence is the principle of love...love in this connection means understanding, redemptive good will... Agape means understanding, redeeming good will for all men. It is an overflowing love which is purely spontaneous, unmotivated, groundless, and creative...It is the love of God operating in the human heart."*

**Martin Luther King**

*"Our desires and motives may be divided into two classes – selfish and unselfish. All selfish desires are immoral, while the desire to improve ourselves for the sake of doing good to others is truly moral. The highest moral law is that we should unremittently work for the good of mankind."*

**Gandhi**

*"I submit that the individual who breaks a law that conscience tells him is unjust, and willingly accepts the penalty by staying in jail to arouse the conscience of the community over its justice, is in reality expressing the very highest respect for law."*

**Martin Luther King**

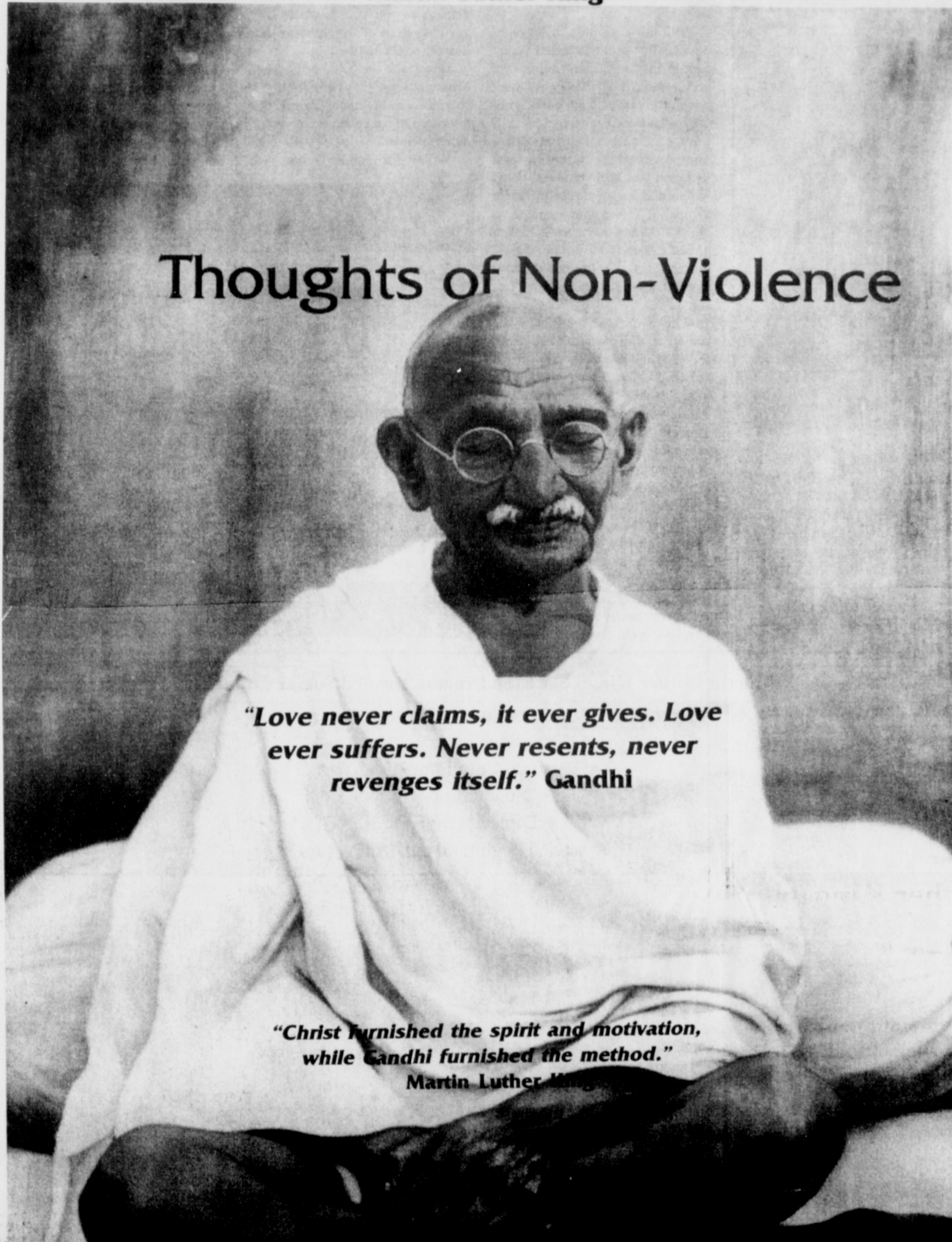
*"Toughmindedness without tenderheartedness is cold and detached, leaving one's life in a perpetual winter devoid of the warmth and spring and the gentle heat of summer."*

**Martin Luther King**

*"I believe in the absolute oneness of God and therefore of humanity. What though we have many bodies? We have but one soul. The rays of the sun are many through refraction. But they have the same source. I cannot, therefore, detach myself from the wickedest soul nor may I be denied with the most virtuous."*

**Gandhi**

## Thoughts of Non-Violence



*"Love never claims, it ever gives. Love ever suffers. Never resents, never revenges itself."* **Gandhi**

*"Christ furnished the spirit and motivation, while Gandhi furnished the method."*

**Martin Luther King**

Acquisition of the spirit of non-resistance is a matter of long training in self-denial and appreciation of the hidden forces within ourselves. It changes one's outlook upon life. It places different values upon things and upsets previous calculations. And when it is set in motion its effect can overtake the whole universe. It is the greatest force because it is the highest expression of the soul. All need not possess the same measure of conscious non-resistance for its full operation. It is enough for one person only to possess it, even as one general is enough to regulate and dispose of the energy of millions of soldiers who enlist under his banner, even though they know not the why and wherefor of his dispositions." -Gandhi

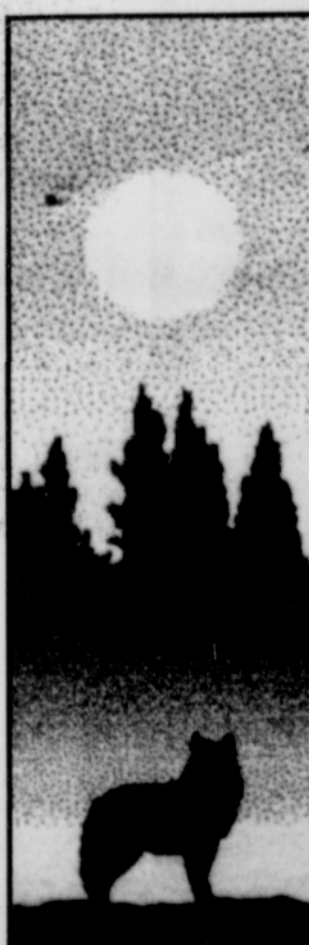
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