



Non-Violence Through Communication



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By KEILISI GYAN FREEMAN

When Martin Luther King Jr. stated, "I have a dream..." his thoughts were for more than a nighttime occurrence. His vi-

sion was for peace and equality for all races, colors and creeds. His Dream was for all to be peaceful with each other at all levels of society and in all families as well. The greatest gift we can give each other as a people would be to begin now to see Martin Luther King Jr.'s dream a living breathing reality.

Imagine a world where the words we used came to life. They became our brothers and sisters and our parents. The words became our neighbors, our policeman and our teachers. We saw them as our clerks in our stores and the mayors of our towns. They became the people who read the news to us and our elected officials. Wouldn't you want to see words that were peaceful and nurtured you? That world is already a reality. The letters don't take on

human shape, yet the feelings we put behind those words come to life within the person we speak about in our hearts.

How so? If I begin to tell you about a particular race of people and communicate to you nothing but hatred and thoughts of one man's communication to others about his dislike of one race of people. Some of us yet experience violence based on the ideas of one group against another.

Let this be a Season, no, a LIFETIME of Non-violence through our expression.

Communication is one of the basic blocks of any nation. A peaceful form of communication begins with me, how I express to my self. That flows out to my family. My family to my neighbors. My neighbors to my community. My community to my town. As a result I have a city that is an example of non-violence and soon others begin

to build the same way person by person, one by one.

Martin Luther King states also: "Nothing in all the world is more dangerous than sincere ignorance..." By reading this article you can no longer be called ignorant as regards non-violent communication. If only one person is moved to adopt this form of expression within themselves and practices it with a passion, at least one other person is bound to notice and the link has been made. The way the quote concludes can have a two-fold effect. He concludes by saying, "...and conscientious stupidity." In our time calling another "stupid" may bring a violent reaction, or one of deep awakening.

I believe the intent then was as it is now. To awaken in all of us the deepest core of peace toward ourselves and others. To weed out the tendencies that keep Martin Luther King Jr's

vivid dream of equality and power for all people, a dream that flickers in our minds at night, instead of becoming a reality that shines in the day where the practice is seen by everyone. How can I remove those habits that hinder me from reaching a stage of non-violence?

Let the words and phrases you use be a reflection of your commitment to think in a non-violent manner. Words such as "dead-line", "dead-center". Phrases with thoughts as, "killing time," "killing two birds with one stone" "kill your television." The feelings from words and phrases may influence the young who may not fully understand the thought behind the words in a negative way. How do you explain to a young person what is truly meant, if they love birds and come to tears due to the expression, "killing two birds with one stone?"

Events as mentioned above do happen. Even as we get older we begin to get callous around the words that describe violence. Conduct your own experiment right now, say the word "deadline" and be aware of the feeling behind it. Now say the word "time line" and sense the lightness as an after affect.

That lightness will shine brightly in you if that is your passion. And if not, do not hinder those who are developing the freeness as their passion. "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today." Martin Luther King Jr. shared with us in 1963. Allow HIS vision to awaken your commitment to NonViolent communication today. Give your power and awareness to the basic root of our world today...communication.

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