

## GUIDES TO TRANSFORMING POWER

1. Seek to resolve conflicts by **reaching common ground**.
2. **Reach for that something in others** that seeks to do good for self and others.
3. **Listen**. Everyone has made a journey. Try to understand where the other person is coming from before you make up your mind.
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** 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 that this response will automatically ward off danger. If you cannot avoid risk, **risk being creative rather than violent**.
8. **Surprise and humor** may help transform.
9. Learn to **trust your inner sense** of when to act and when to withdraw.
10. Work towards new ways of overcoming injustice. **Be willing to suffer** suspicion, hostility, rejection, even persecution if necessary.
11. **Be patient and persistent** in the continuing search for justice.
12. **Help build “community”** based on honesty, respect and caring.

- ◇ Build your own self respect.
- ◇ Respect and care about others.
- ◇ Expect the best.
- ◇ Ask yourself for a nonviolent way. There may be one inside you.
- ◇ Pause – give yourself time – before reacting. It may make you open to Transforming Power.
- ◇ Trust your inner sense of what's needed.
- ◇ Don't rely on weapons, drugs or alcohol. They weaken you.
- ◇ When you have done wrong, admit it, make amends if you can, so that you can forgive yourself, then let it go.
- ◇ Don't threaten or put down.
- ◇ Make friends who will support you. Support the best in them.
- ◇ Risk changing yourself.