

*Nonviolent
Practice:
Love,
Honoring Dignity
and
Interconnectedness
of Each and All*

Sarah E. Brown
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Hold Silence



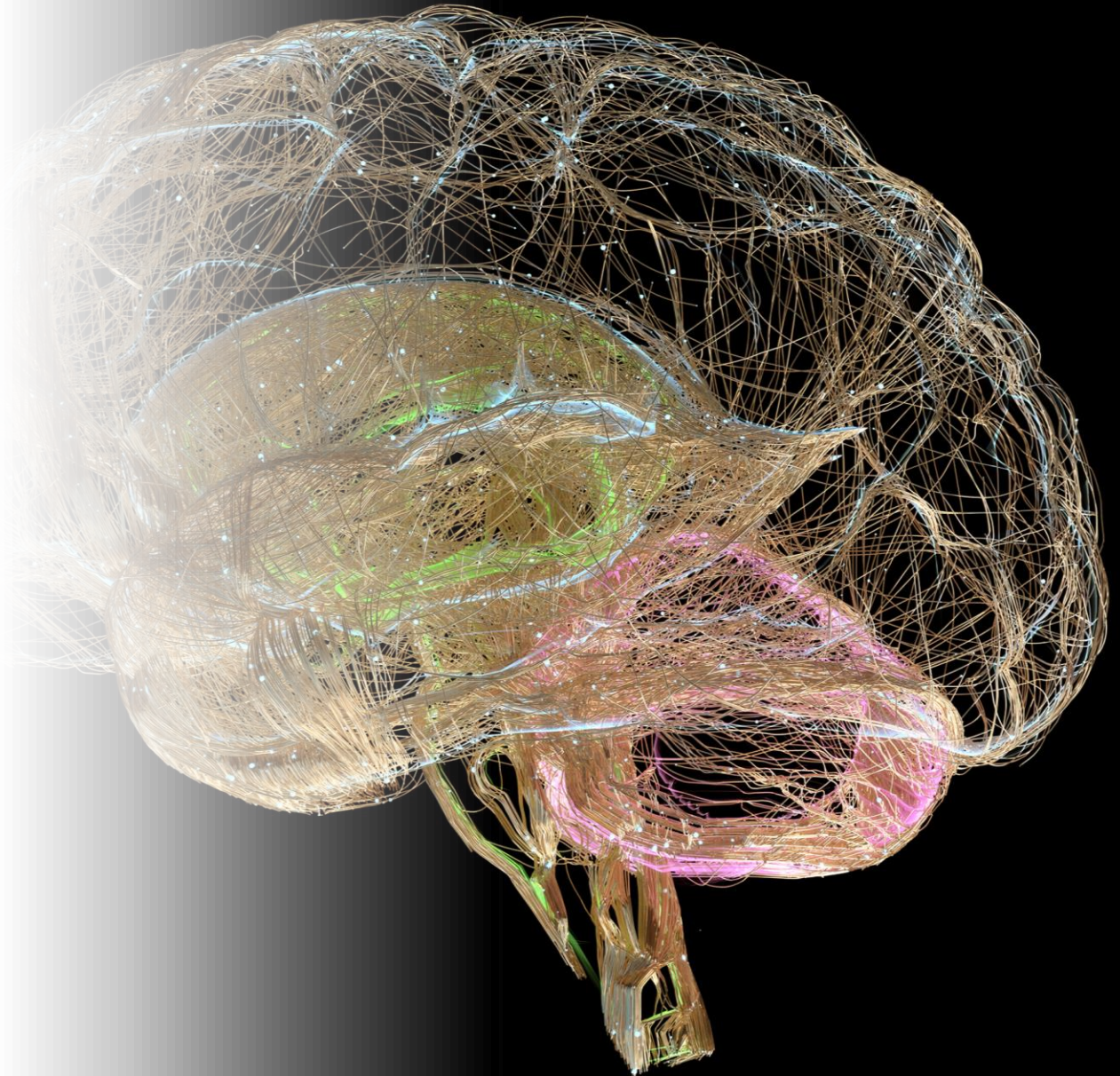
for Our World



Open Awareness

What is Violence?

Harm, as
defined by the
one who
experiences
harm



What is Nonviolence?

Your inner power: Love in action

A universal ethic and Indigenous wisdom

Life-giving way of relating to all Creation

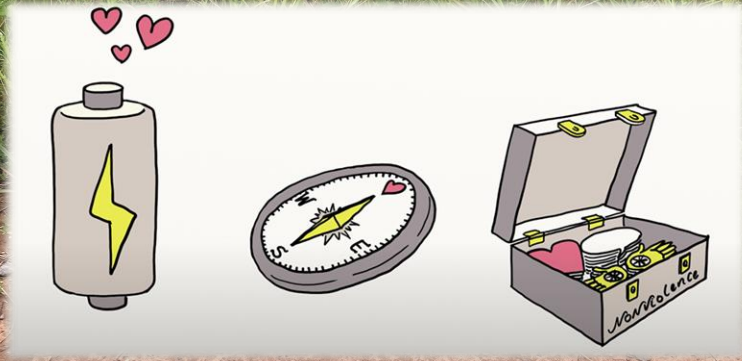
One hand stopping injustice;
One open to reconciliation

Radical inclusion

Promotes inherent dignity,
even of one's enemies

Evidence-based and
comprehensive approach

Repair



What is Nonviolence?

“capable of mobilizing a wide spectrum of tools for change, from nonviolent diplomacy to trauma-informed healing, restorative justice to nonviolent civilian protection and civil resistance to nonviolent communication.”

~ Marie Dennis, Senior Director, Catholic Nonviolence Initiative

“a love-centered way of thinking, speaking, and acting that leads to personal, cultural, and societal transformation.”

~ Dr. Bernice King, CEO of the King Center



Why Nonviolence?

“We strive to witness to mercy when we reverence the dignity of each person, create a spirit of hospitality and pursue integrity of word and deed in our lives.”

~ Paragraph 8 of the Constitutions of the Sisters of Mercy of the Americas



“The most effective measure in the long-term is avoiding the intergenerational transmission of violence.”

~ Antonia Orellana, Minister of Women and Gender Equity, Chile

Why Nonviolence?

It is far more effective at producing change, especially lasting change.

Research shows that successful nonviolent campaigns are four times larger, more inclusive, representative, and accessible, and twice as successful as violent ones.

What does nonviolence look like?

Constructive,
Transformative

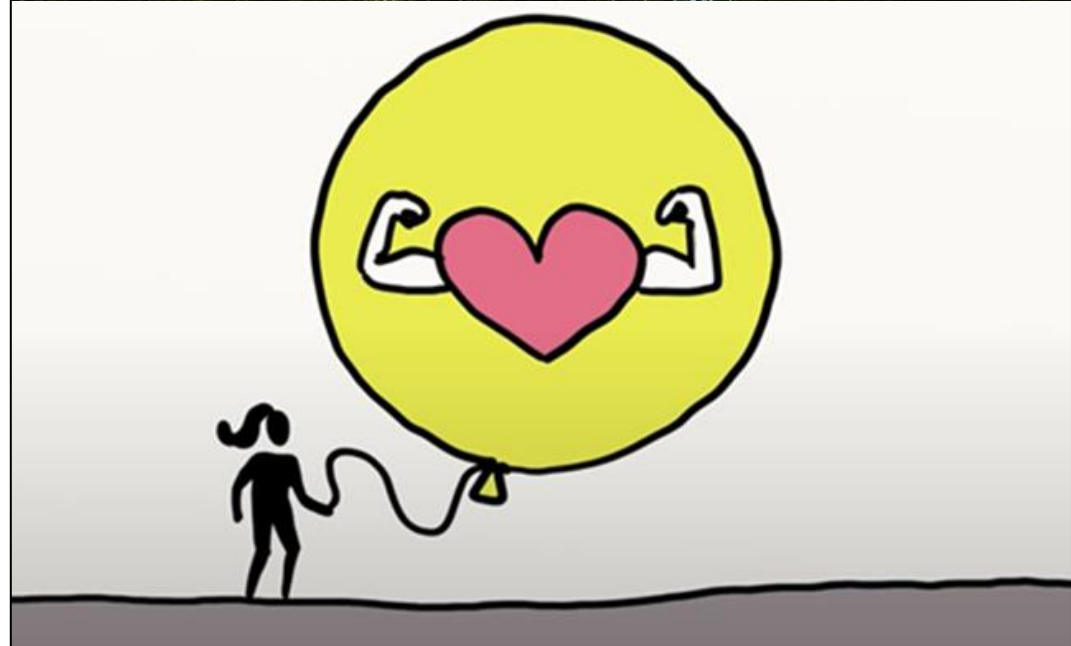
- Ongoing awareness
- Connection of Presence



What does nonviolence look like?

Nonviolent Communication

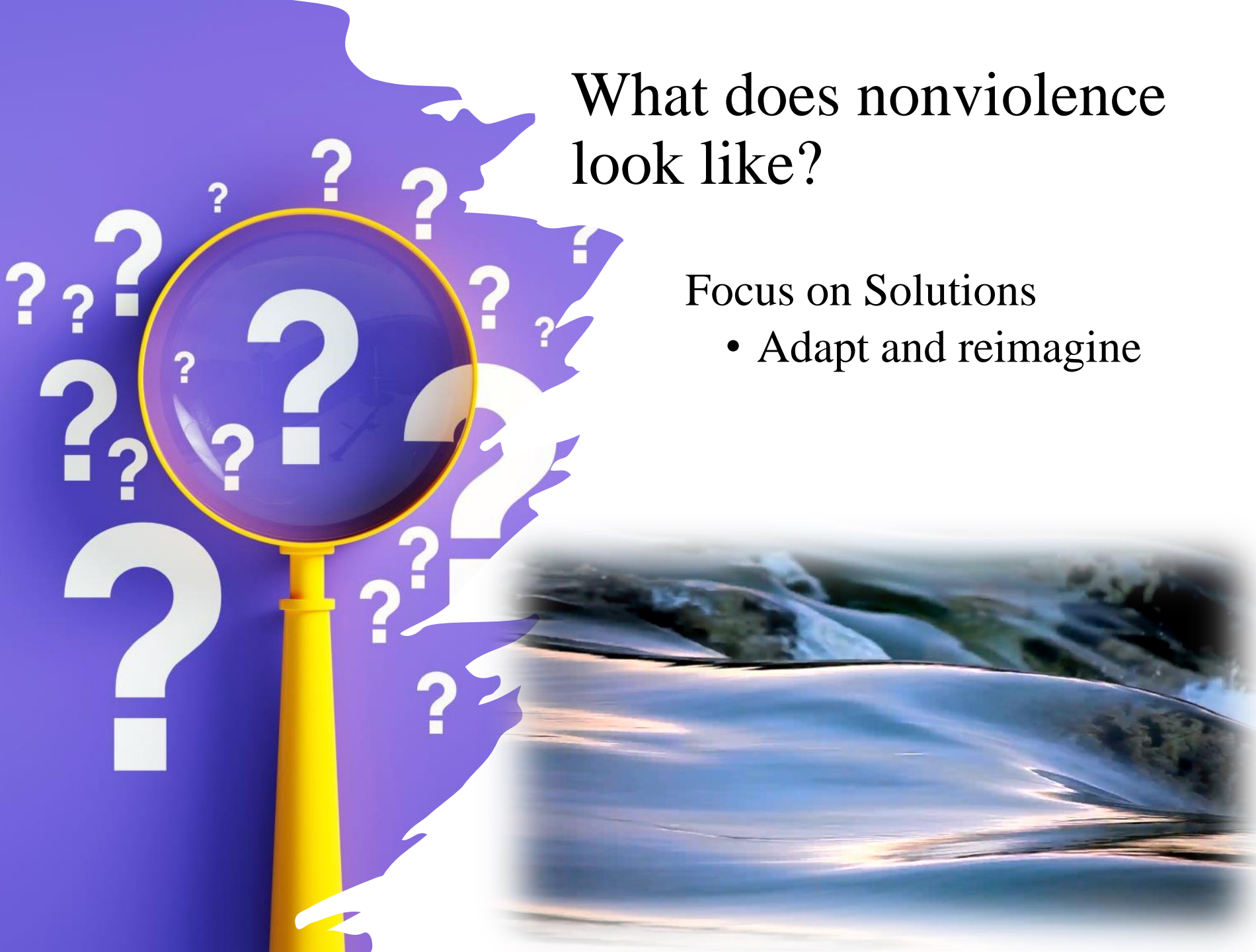
- Remain rooted in love while resisting violence and injustice



What does nonviolence look like?

Focus on Solutions

- Adapt and reimagine



See Differently – A Personal Allegory





Advocacy: You can...

- Develop a personal practice
 - Make new connections
- Build sustained partnerships
- Focus energy on what **you** *can* do
 - Find joy

Creating Space

“Let us take one day only in hands at a time, merely making a resolve for tomorrow. Thus we may hope to get on – taking short careful steps, not great strides”
~ *Catherine McAuley*



A Hopeful Call to Love, Honoring Dignity, and Interconnectedness

“It is time to usher in a new era of peace,
trust and tolerance.”

Nonviolence, dignity, and equality are “a
guiding light for humanity, a map to a
better future”

To ensure “peace, mutual respect and the
essential dignity shared by every person
... Let us walk this path together, in
solidarity, as one human family.”

~ *UN Secretary-General*
António Guterres



A Hopeful Call to Love, Honoring Dignity, and Interconnectedness

We can “bring the whole human family together ... for we know that things can change.”

We can cooperate “for the care of creation, each according to his or her own culture, experience, involvements, and talents.”

~ *Pope Francis,
Laudato Si', 14-15*



The Whole World...

We've got all our thoughts and feelings in our hearts.

We've got all the earth and creatures in our hearts.

We've got every living being in our hearts.

We've got the whole world in our hearts.

We've got connection that we need in our hands.

We've got all law and policy in our hands.

We've got all global partnership in our hands.

We've got the whole world in our hands.

We've got the tools we need to innovate.

We've got resources we need to create.

We've got the love and hope we need to be free.

And heal the whole world in our hands.

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THANK YOU!

For a full list of references, see the full paper **Nonviolence Practice: Love, Honoring Dignity and Interconnectedness for Each and All**

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