

Breathe: Be Present

Before we start, please:



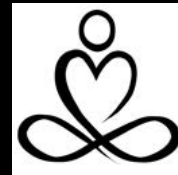
- Limit distractions

- Get note-taking items

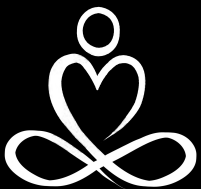


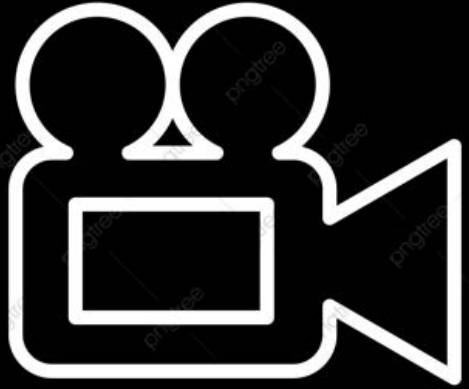
- Get a beverage

- Use the restroom



- Center yourself





We are video and audio recording this training to post to the Web so others can benefit from it.





Zoom Tutorial

1. Unmute your mic



2. Start your video so we can all see each other :)



3. Show the participants list



4. Open the chat



Rename Yourself

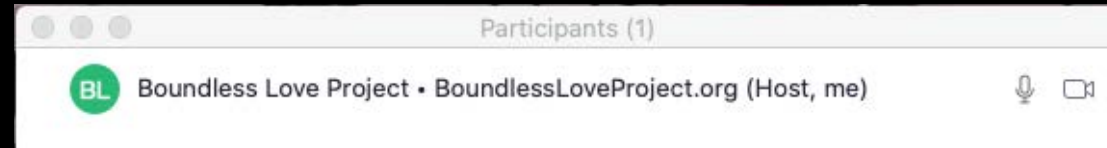


In Participants, change your name so it includes: Name, pronoun(s), location

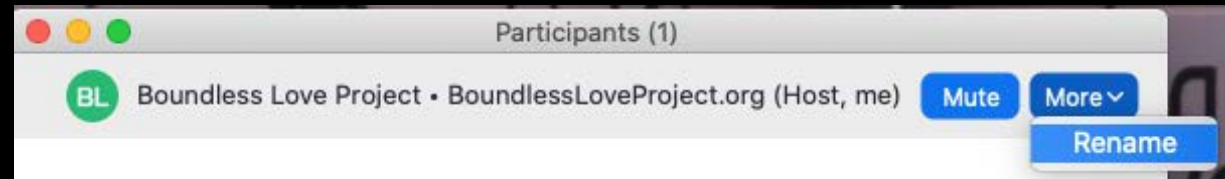
If willing to be called on to read, put a 0 in front of your name.

* This may look different depending on your device.

1.



2.



3.

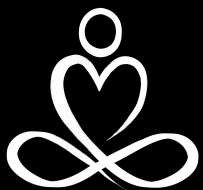
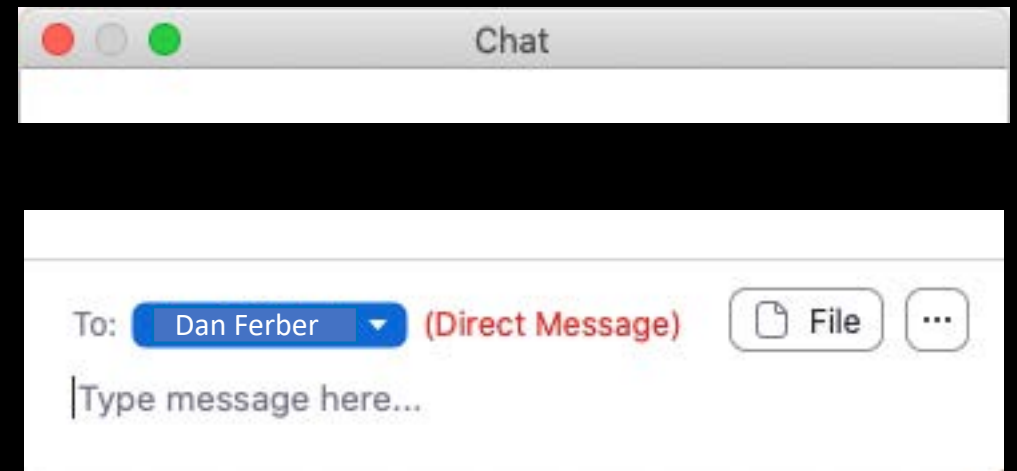
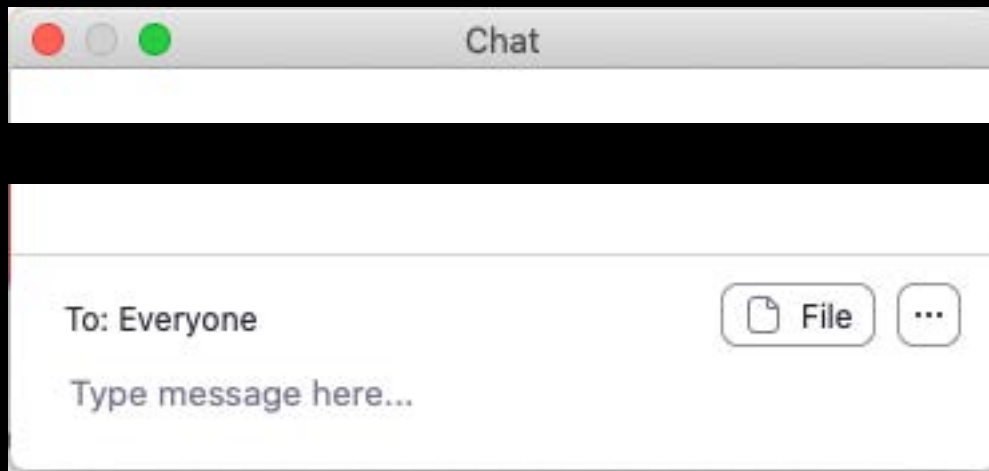


4.



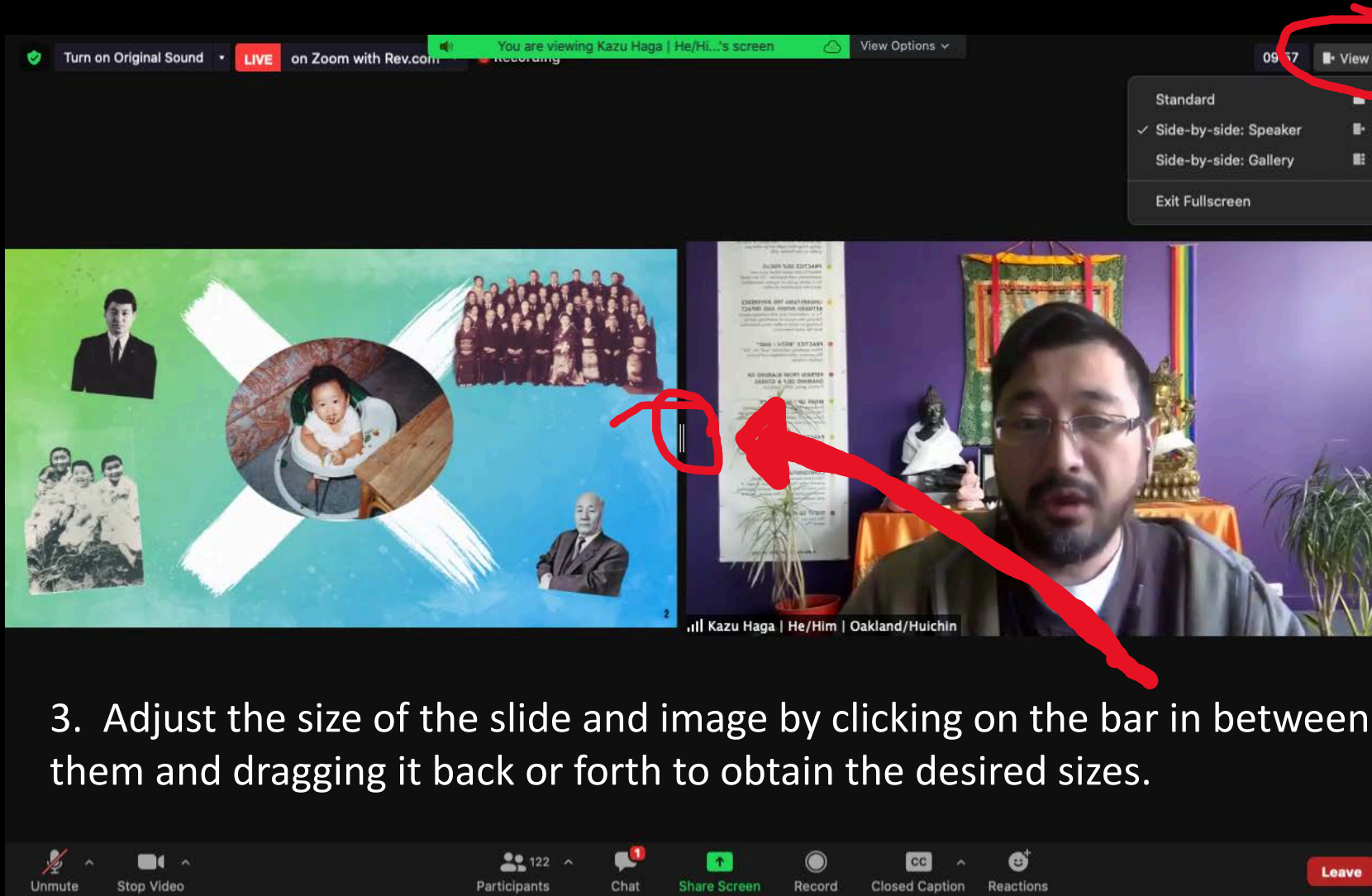
Tech Support

- If having technical problems, send a private chat message to Dan Ferber.





Recommended Way to View



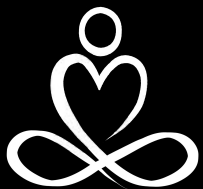
1. Go to view.

2. Select side-by-side speaker or side-by-side gallery view. That way photos do not cover the slides.

3. Adjust the size of the slide and image by clicking on the bar in between them and dragging it back or forth to obtain the desired sizes.

SHORT MEDITATION:

- Get centered
- Set kind intentions for our time together
 - Native land acknowledgement



StopLine3.org



HOME

RESOURCES

NEWS

MAP

ISSUES

TAKE ACTION

STOP THE LINE 3 PIPELINE

For Water. For Treaties. For Climate.

TAKE ACTION



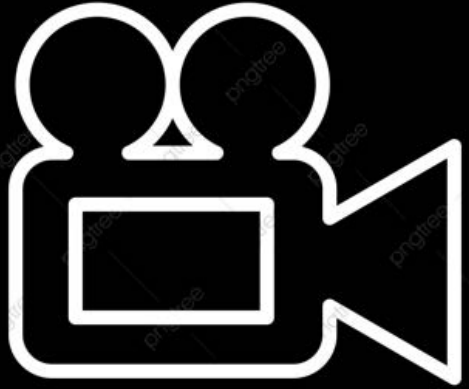
Stop Screen Share for Introductions and Mindful Movement



Introductions (6 min)

1. Name and story of name
2. Three identities important to you
3. A time when you felt courageous or powerful





We are video and audio recording this training to post to the Web so others can benefit from it.



Freeman Wicklund

Mindfulness Teacher
Boundless Love Project

They/she/he

Dakota land/suburb of
Minneapolis



Content Warning

The next two slides will show cruelty to animals, and I will mention being violated by police. The third and fourth slide has an animal in distress.



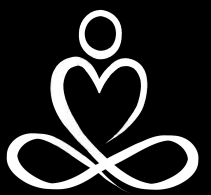
Higgins Pigeon Shoot





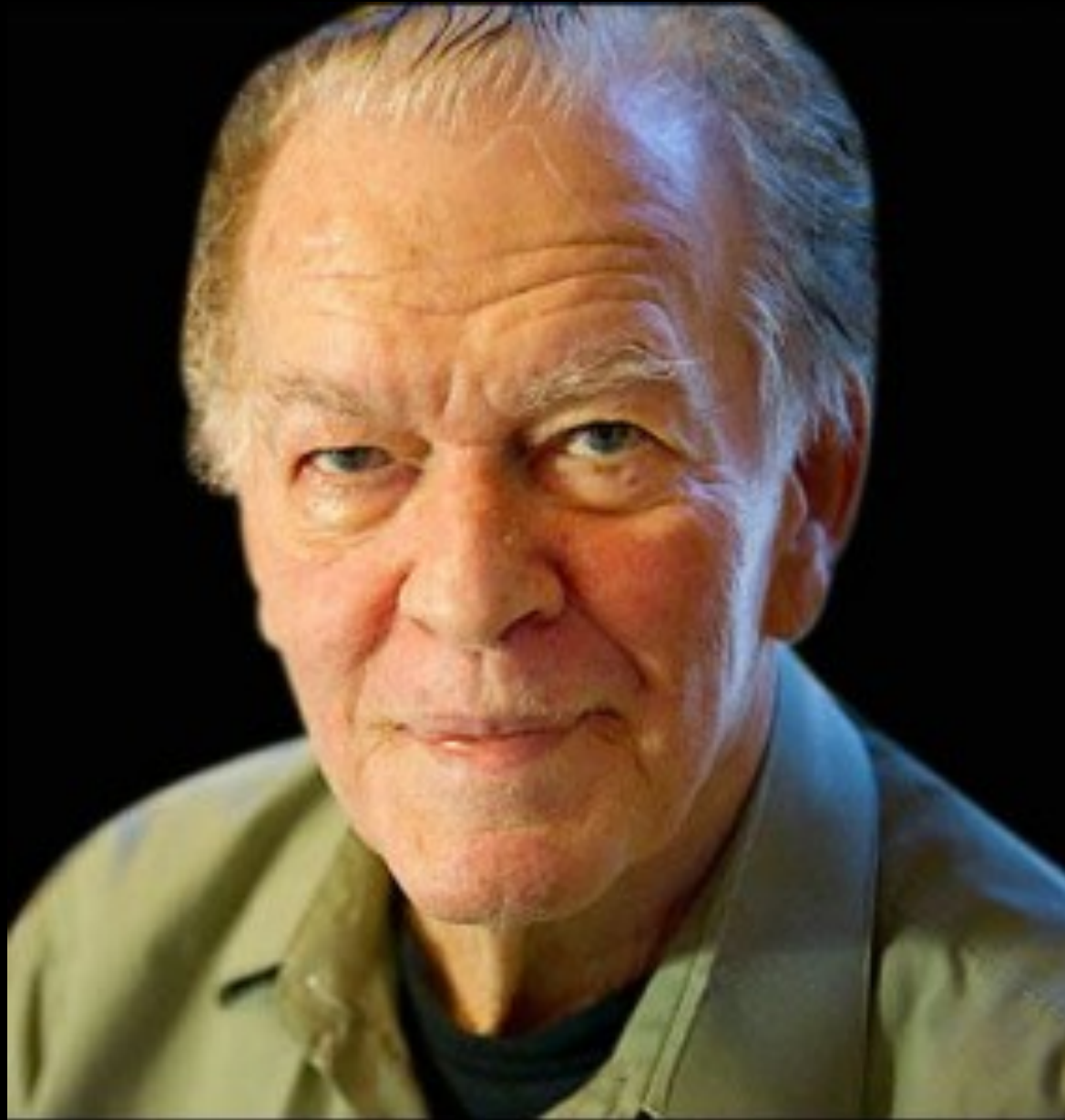
Michael Foods Egg Farm in LeSueur, MN





Rescuing Lois





Gene Sharp

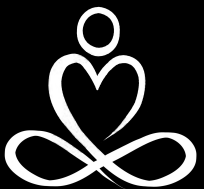
(1928-2018)

Author of the three
volume series *The
Politics of Nonviolent
Action and Waging
Nonviolent Struggle*



Invitations

- Be present
- All participation is consensual
- Take care of yourself: content warnings provided
- If possible, keep cameras on
- Exaggerate supportive nonverbal communication (let's practice)



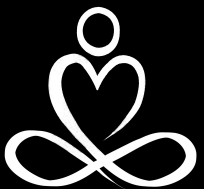
Invitations

- We intend no judgment of you, any activist, or any person
- All activists and people deserve our respect, appreciation, and love as family
- Judgment vs. Discernment
- Be open-minded and curious
- Use what you find helpful
- Set aside what is not useful
- You are responsible for what you do with this info



Training Overview

- Power Point Presentation
- Break
- Break Out Room Discussions
- Q & A
- Closing
- Bump Out (Optional) – Socialize, Exchange Info



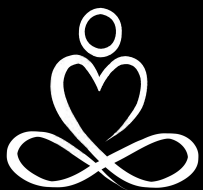
Strategic Levels of Decision Making



LEVEL	DECISIONS MADE	EXAMPLES
Policy	Goals Weapon System Sacrifices willing to endure	Stop Line 3 Conventional or guerilla warfare, nonviolence Volunteer time, donate \$, arrest, injury, death
Operational Plan	Mechanism of Victory Plan (Living, flexible, adaptable)	Conversion, accommodation, nonviolent coercion Get Enbridge to give up or Gov Walz to stop it
Strategy	How to allocate resources	Education, lawsuits, line monitoring, protests
Tactics	Decisions regarding specific encounters	Protest, banner hang, hard or soft lock down, hard or soft blockade, etc.
Logistics	Specific details of how to implement above	What will the signs say, what will our message be? Who will make and bring the signs to the demo?

Why Are the Levels Important?

- Keep lower levels of strategy subordinate to higher levels of strategy.
- This helps our actions become focused, powerful, and effective. Otherwise, your lower levels will hamper your success.



Sources of Power



ENBRIDGE

Authority/
Legitimacy

Human Resources

Skills and
Knowledge

Intangible Factors

Material
Resources

Sanctions

Key Points

- Helps identify our target's sources of power and which sources are most vulnerable to nonviolent attack
- All power comes from people



Sources of Power



STOP LINE 3

Authority/
Legitimacy

Human Resources

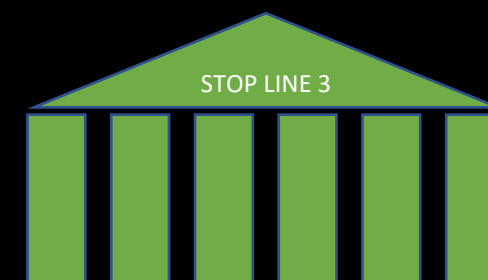
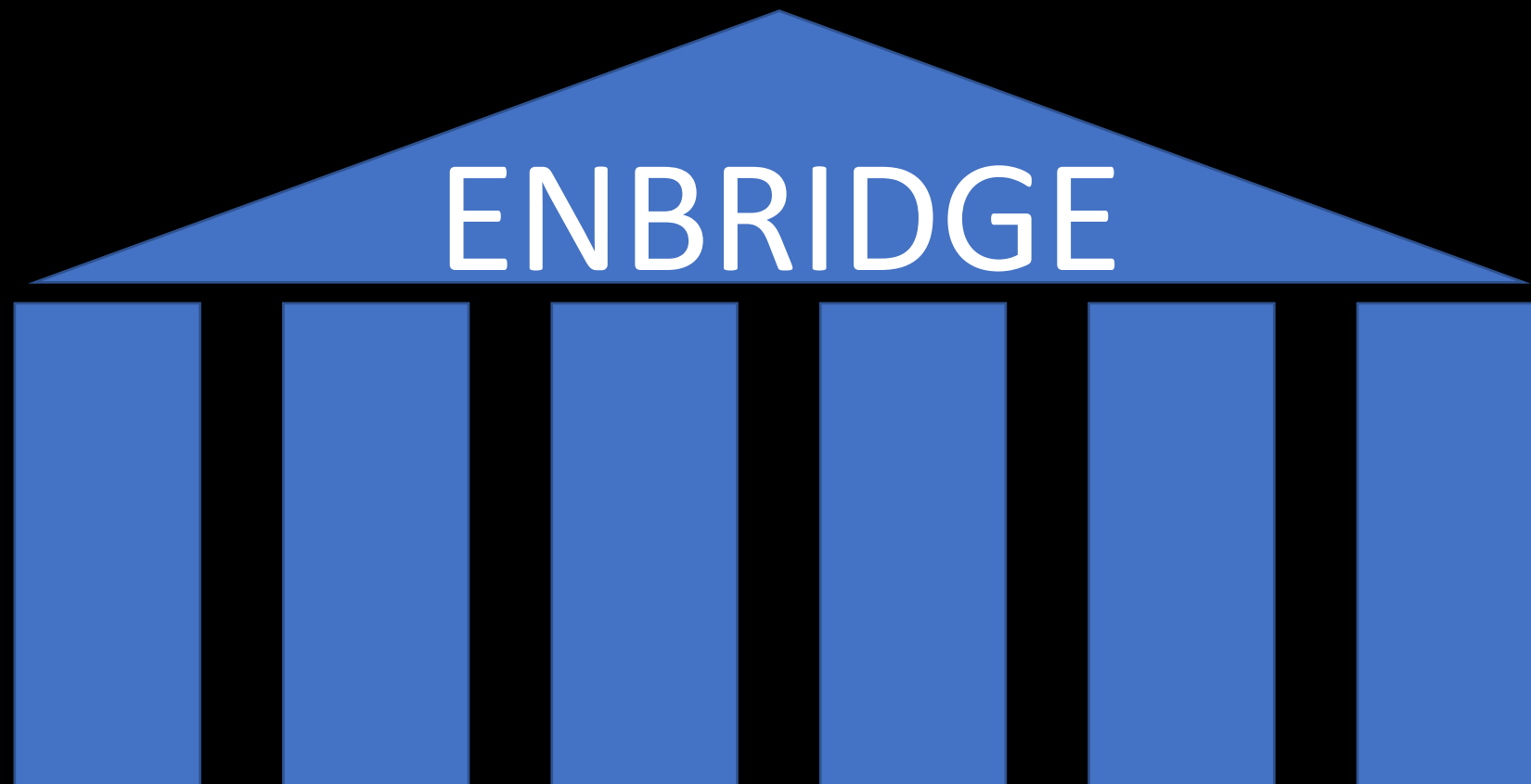
Skills and
Knowledge

Intangible Factors

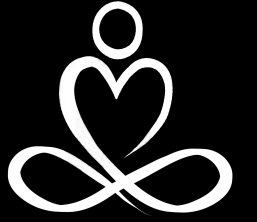
Material
Resources

Sanctions

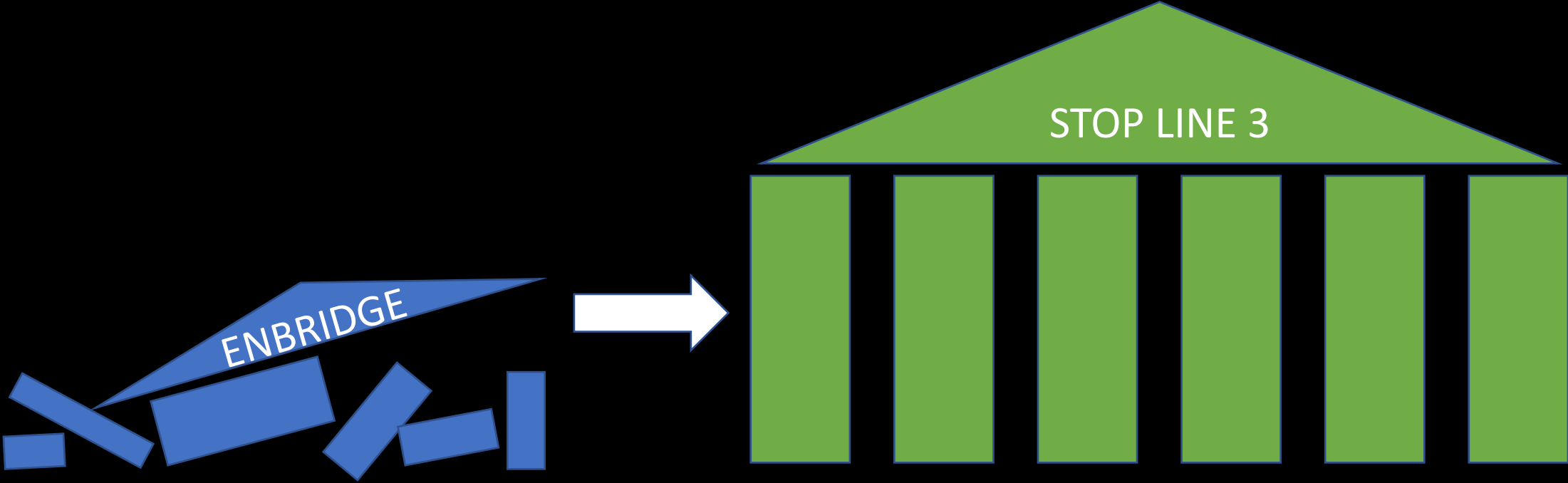
Relative Power



Power Shift

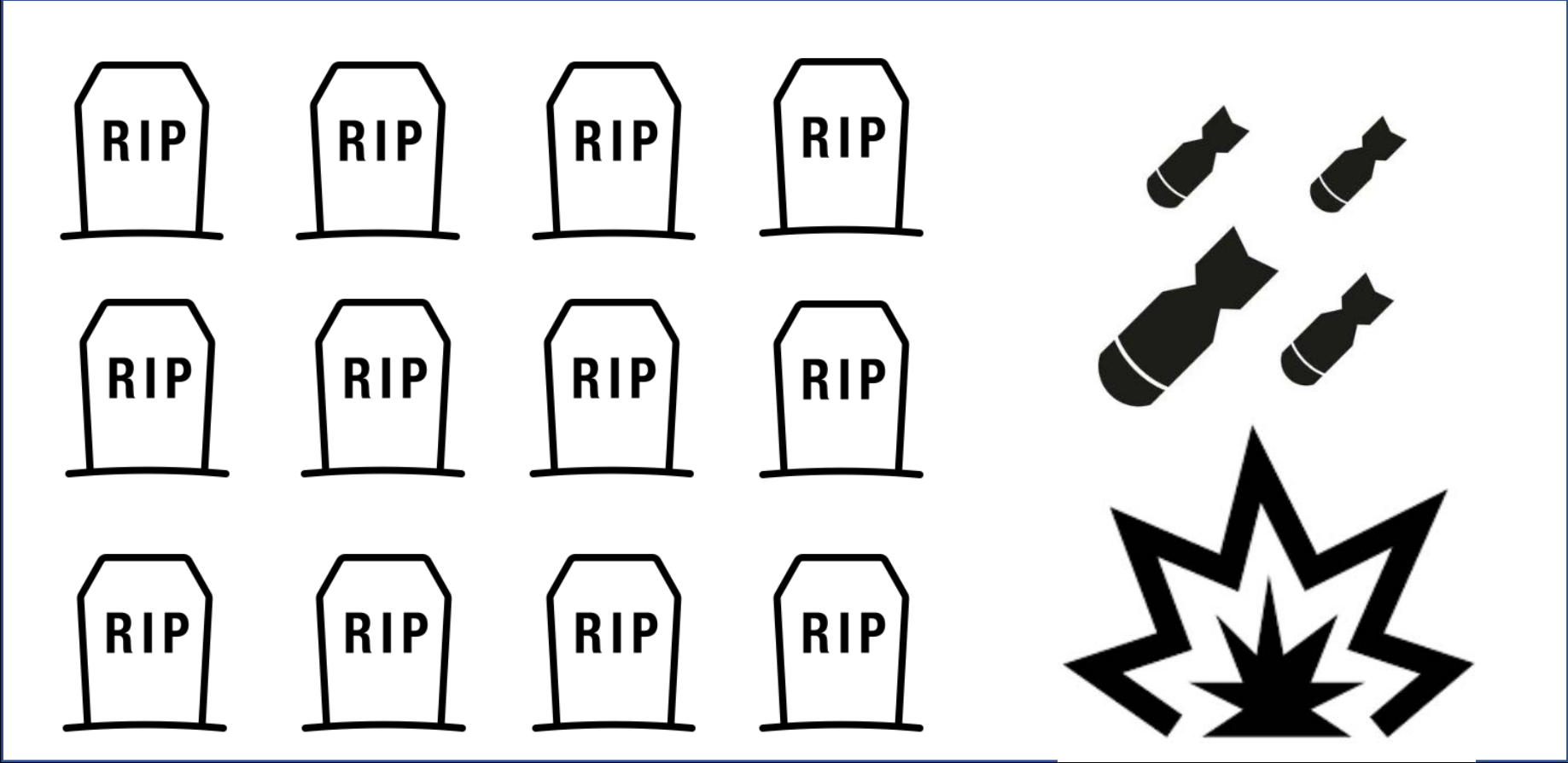


Power Shift

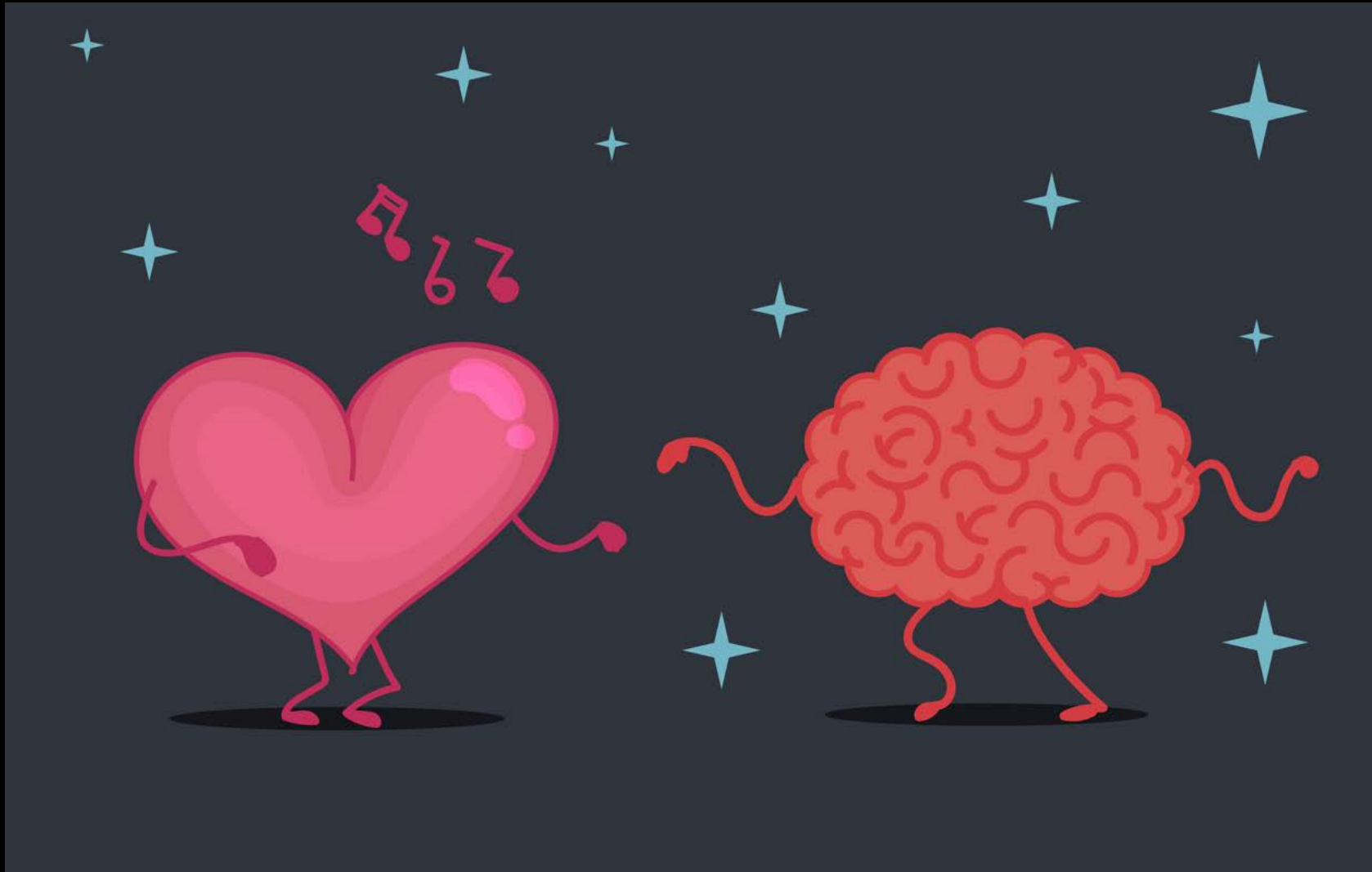


Disintegration

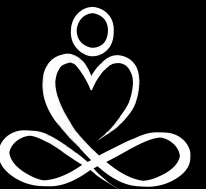
Conventional and Guerrilla Warfare



Principled Nonviolence



Defections:
Changing
hearts and
minds



Defections

- Defections weaken our opponents and strengthen us.
- The more defections the better.
- Need to encourage defections by making them as easy and safe as possible.
- Defections happen on a spectrum.



Spectrum of Defection for Enbridge Construction Worker



Engage in civil disobedience –

Active in Stop Line 3 –

Leave their job –

Donate to Stop Line 3 –

Anonymous tips/leaks –

Look the other way –

Work slow –

Treat us with respect –

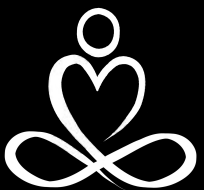


Low risk

High risk

How to Encourage Defections

- Maintain Nonviolent Discipline.
- Build genuine, respectful relationships with workers, police, community members, and everyone
- Share your story, and reasons for protesting to humanize yourself and explain the issue
- To start, ask for small things that are low risk for them (Foot in the Door)
- Friendly lit drops on how they can help



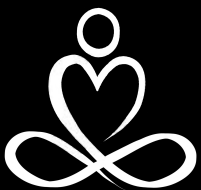
Four Mechanisms of Change

Conversion: They agree with us and voluntarily abandon the project.

Accommodation: They don't agree with us, but they stop the pipeline project because the consequences to their power are too much to pay.

Nonviolent Coercion: They don't agree with us, but they lack the power needed to move forward on their plan.

Disintegration: Their sources of power have completely evaporated and they essentially no longer exist.



Key Points

- A mixture of these mechanisms of change will be at play
- Conversion is huge for the public, police, and Enbridge employees
- Accommodation or Nonviolent Coercion is more likely for how we will get Enbridge to abandon the pipeline



Strategic Levels of Decision Making



LEVEL	DECISIONS MADE	EXAMPLES
Policy	Goals Weapon System Sacrifices willing to endure	Stop Line 3 Nonviolence Volunteer time, donate \$, arrest, injury, death
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What is direct action?



Direct Action

"The strategic use of immediately effective acts to achieve a social or political end and challenge an unjust power dynamic." – Ruckus Society





Divesting from Banks that Fund Pipelines



SAYRE
ST

Montgomery Bus Boycott 1955-1956





Workers Strike at Northern Pipeline Co.

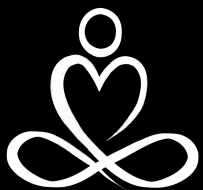
What is Civil Disobedience?



Civil Disobedience*

Violating an unjust law, or a just law unjustly applied, while being:

1. Open and honest
2. Loving
3. Willing to accept the consequences

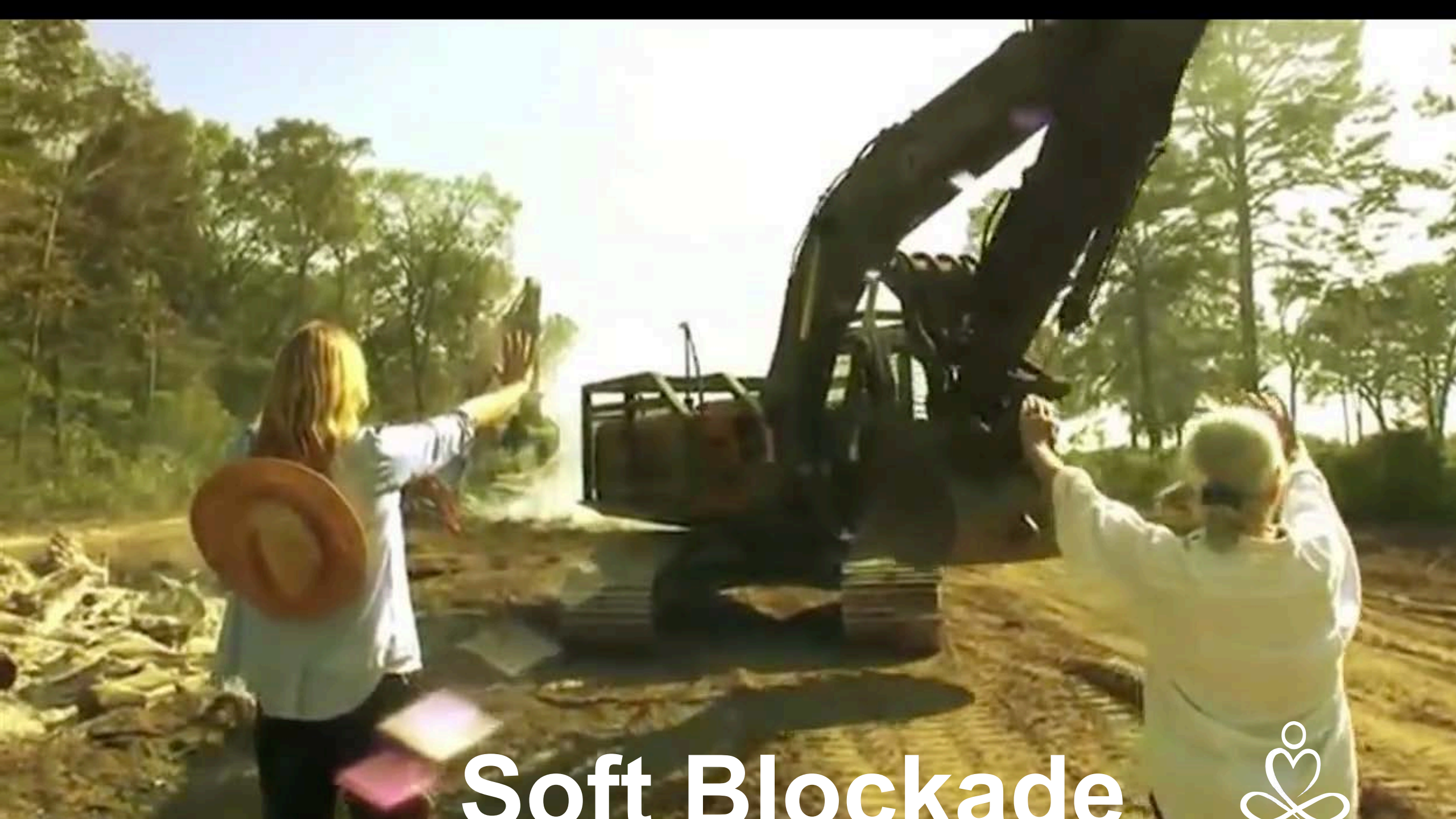


**MLK, Jr definition*

WELLS FARGO



Soft Blockade 



Soft Blockade





Hard Blockade

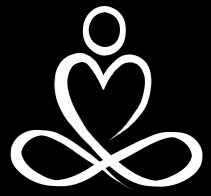




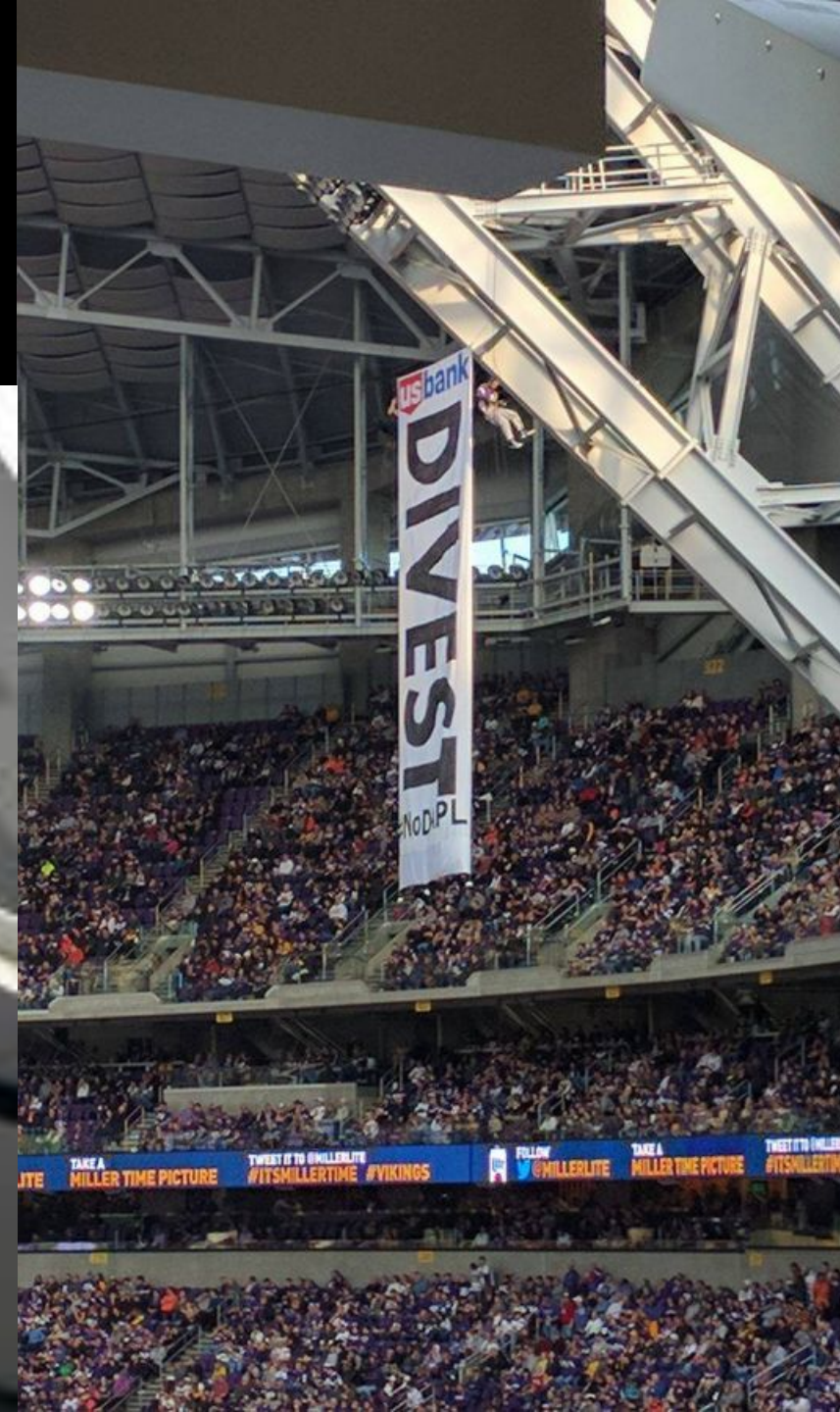
Lock Down

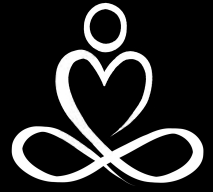


UnicornRiot.Ninja



Banner Hangs





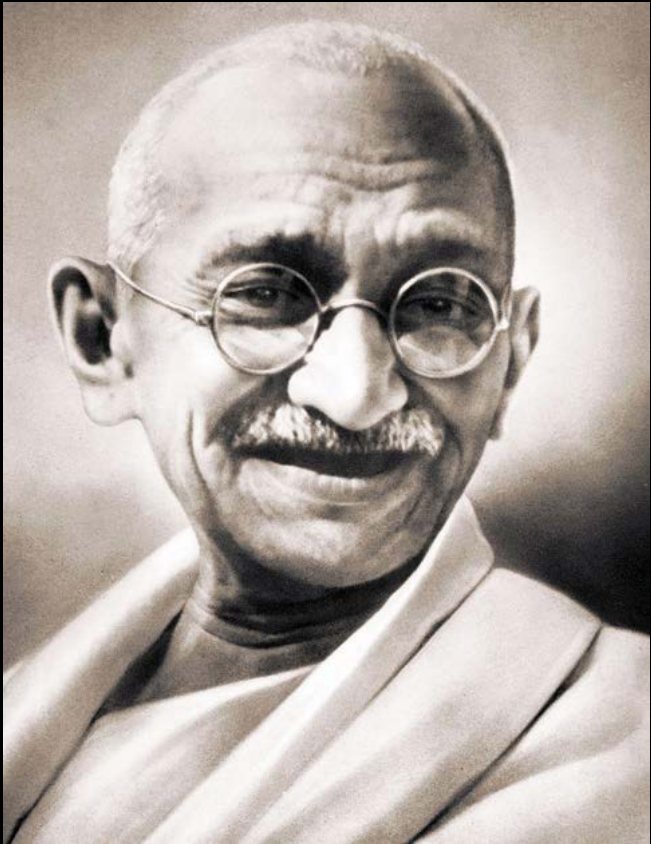
Valve Turners



What is Nonviolence?



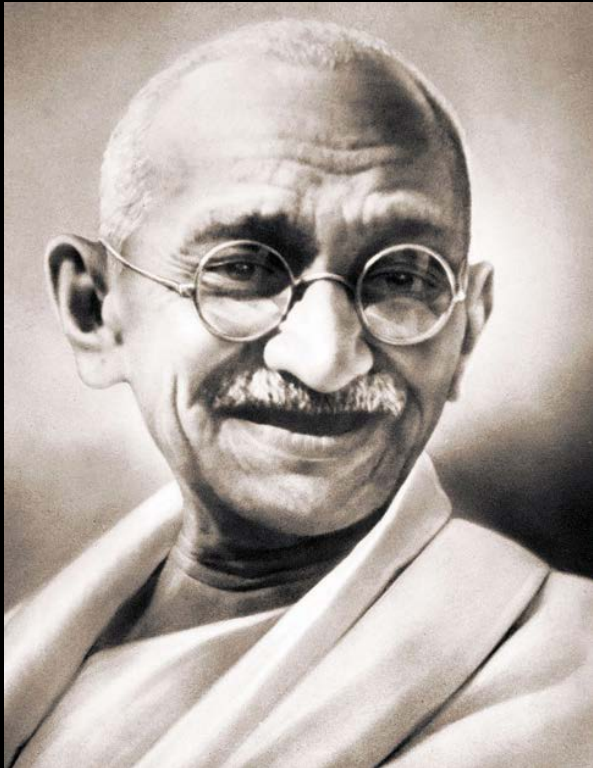
Nonviolence = Do No Harm &...



“Nonviolence means avoiding injury to anything on earth in thought, word, and deed.” – Gandhi

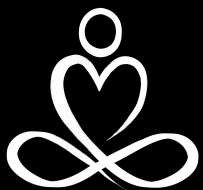


Nonviolence = Active Resistance



“Non-cooperation with evil is as much a duty as it is to cooperate with the good.”

- Gandhi



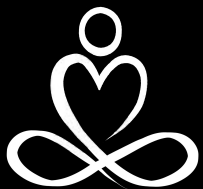


Barbara Deming's Two Hands of Nonviolence



Protective Force

The minimum force necessary to stop the harm being done, while not diminishing the person doing the harmful activity.



Protective Force:

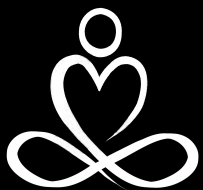
- Improves efforts to de-escalate a situation
- Kind/inclusive/welcoming
- Increases defections



Punitive Force

Using power to threaten, intimidate, humiliate, shame, harass, annoy, and otherwise punish the “enemy.”

* Physically nonviolent tactics may be used to do this.



Content Warning

The next slide shows the Ku Klux Klan dressed in robes and hoods at a cross burning.



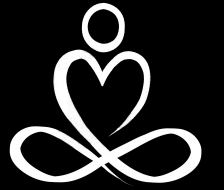
Punitive Force



Hostility & Judgment as Punitive Force



Ridicule and Hate as Punitive Force



Punitive Force:

- Creates fear and anger which escalate and polarizes the situation
- Decreases defections
- Undermines the effective use of the weapon system of nonviolence.



Physical Nonviolence

- No physical violence
- Punitive force: May use physically nonviolent tactics to threaten, intimidate, humiliate, shame, harass, and otherwise punish the “enemy.”
- Asks less of participants, but prevents nonviolence from working to its full potential.

Principled Nonviolence or Kingian Nonviolence

- No physical, mental, emotional, or psychological violence
- Protective force
- Asks more of participants, but has dramatically more results in terms of changing hearts and minds and increasing defections



Let's Be Clear

- Not here to dictate strategy
- I offer love, respect, and best wishes to all people struggling for justice
- Here to show how the weapon system of nonviolence works to best effect
- Increase our effectiveness
- Increase understanding between practitioners and nonpractitioners



Strategic Levels of Decision Making



LEVEL	DECISIONS MADE	EXAMPLES
Policy	Goals	Stop Line 3
	Weapon System	Principled Nonviolence
	Sacrifices willing to endure	Volunteer time, donate \$, arrest, injury, death
Operational Plan	Mechanism of Victory	Accommodation, nonviolent coercion, conversion
	Plan (Living, flexible, adaptable)	Get Enbridge to give up or Gov Walz to stop it
Strategy	How to allocate resources	Education, lawsuits, line monitoring, protests
Tactics	Decisions regarding specific encounters	Protest, banner hang, hard or soft lock down, hard or soft blockade, etc.
Logistics	Specific details of how to implement above	What will the signs say, what will our message be? Who will make and bring the signs to the demo?



MLK's Six Principles of Nonviolence



1. Nonviolence is a way of life that requires courage.

Nonviolent action is love in action. It is not apathy, passivity, or bowing down to threats of violence.

Nonviolence moves to protect, heal, and reconcile. In opposing injustice, nonviolent activists will face repression and violence. Some of us may get injured, others may die. Nonviolence requires the courage and willingness to sacrifice in order to stand up to repression and face violence without retaliating.



Nonviolence \neq Do Nothing

Nonviolence = Love in Action





· SAY OUR NAMES ·

TERRENCE CRUTCHER · JEREMY MC
· TAMIR RICE · PHILANDO CASTILE ·
AKAI GURLEY · KENDRA JAMES · FREDDIE GREY ·
MICHAEL BROWN · TERRANCE FRANKLIN · AL
TYISHA MILLE · BREONNA TAYLOR · WI
ERIC GARNER · SHANTEL DAVIS · WI
SANDRA BLA · WALTER SCOTT
TAMA · REKIA BOY
· VETT SM
· SHELLY FR
· TAMAR CL
· TANISHA A
· TARIKA WIL
· ALTON STE
· KORRYNGA
· KATHRYN

GEORGE

FLOYD

I CAN BREATHE NOW

MAY 25, 2020

XENA GOLDMAN · DANEX HEATERA · GRETA McLENN · NIKO ALEXANTER · MARIA JAVIER · THICH DIN-HERNANDEZ

opolis
ON EARTH

We Will Not SAY HIS NAME

Justice GEORGE

BLACK LIVES MATTER

ONE RACE HUMANITY

all lives can matter until black lives matter



eco

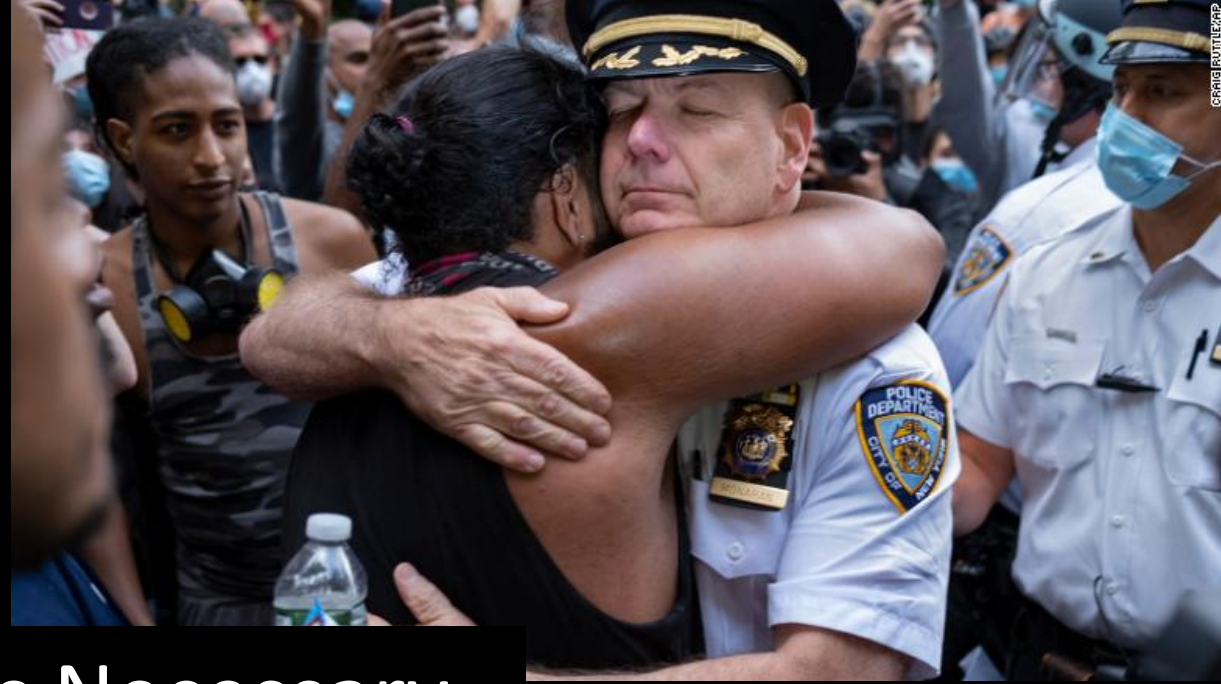


What sacrifices are you willing to make?





ROBERTO ESCOBAR/GETTY IMAGES



CECILE BALLET/AP

By Any Means Necessary



JOJO WHILDEN



MICHAEL OROZCO/GETTY IMAGES

2. The ultimate goals of nonviolent campaigns are reconciliation and the creation of Beloved Community.

In a Beloved Community, all people, animals, and life forms are treated with dignity, respect, and compassion. Disagreements are debated, resolved, or left unresolved without any hatred or violence between the parties. In Beloved Community, we create solutions that help everyone on all sides of the conflict get their needs met. In Beloved Community, we seek reconciliation and friendship with our opponents. To make Beloved Community real, we behave as though it already exists: we treat all life with dignity, we engage conflict without hatred or bitterness, and we seek reconciliation with those who cause social and environmental injustice.



As we plant seeds, are we amending the soil?

Planting seeds = Stop Line 3 work

Amending Soil = Beloved Community work

We can do both at once (requires letting go of greed, judgment, and falsehoods).



Creating Beloved Community



“There is no such thing as a single-issue struggle because we do not live single-issue lives.” Audre Lorde, Black, vegan, lesbian, womanist. (1934-1992)

Inclusive & Anti-Oppression

Respect for Indigenous Cultures

- No white people with dreadlocks
- No racist sports logos/gear
- No appropriation of Indigenous cultures
- Don't do the "war whoop"
- Don't bring magic or "witch" practices to the Indigenous camps



Inclusive & Anti-Oppression

Respect for others:

- No prejudice towards women, people of color, LGBTQ+ people, elderly, etc.
- No misgendering others
- No microaggressions
- Recognize the difference between intentions and impacts and make amends for harmful impacts



For More Info



Learn more about this inclusive, anti-oppressive framework in our Mindful Direct Action Training Handouts PDF found at BoundlessLoveProject.org



What is Beloved Community?



“Most people think that community means that we all think alike, or we’ll all be taking the same action, when genuine community is inclusive and says, ‘We’re actually different but part of what we are working towards is how to be together in our difference.’” - bell hooks



Activity:

What Does the Beloved
Community Look Like to You?
2 min.



Five Characteristics of Beloved Community

1. Practical and realistic
2. Conflicts exist, but are resolved nonviolently without bitterness and resentment
3. The dignity and value of all life forms appreciated
4. Motivated by kindness, compassion, and love
5. The means and ends are the same.



Strategic Levels of Decision Making



LEVEL	DECISIONS MADE	EXAMPLES
Policy	Goals	Create Beloved Community and Stop Line 3
	Weapon System	Principled Nonviolence
	Sacrifices willing to endure	Volunteer time, donate \$, arrest, injury, death
Operational Plan	Mechanism of Victory	Accommodation, nonviolent coercion, conversion
	Plan (Living, flexible, adaptable)	Get Enbridge to give up or Gov Walz to stop it
Strategy	How to allocate resources	Education, lawsuits, line monitoring, protests
Tactics	Decisions regarding specific encounters	Protest, banner hang, hard or soft lock down, hard or soft blockade, etc.
Logistics	Specific details of how to implement above	What will the signs say, what will our message be? Who will make and bring the signs to the demo?

3. We oppose the forces of harm, not the people who cause harm.

The forces of harm that we oppose are the infinite ways that greed, judgment, and falsehood arise. Rather than defining people who do harm as “bad” or “evil,” we recognize them as suffering. They are trapped by the forces of greed, hatred, and falsehood. Trapped by these forces, they suffer fear, hatred, and confusion. Acknowledging their suffering, we offer them compassion and seek to save them from these forces. Even when people do great harm, we still recognize their inherent worth, value, and potential for goodness and offer them our goodwill and love. They are not our enemies, rather they are family members who have strayed from our nonviolent community.



What does this mean at the
strategy, tactics, and
logistics levels?



No Hostility

- No insults or name calling
- No aggression
- No attempts to humiliate, shame, punish, or annoy our opponents
- No property destruction or vandalism (unless done openly, lovingly, and with a willingness to accept the consequences)



Be Friendly and Respectful



To encourage defections,
people need to feel safe and
like they will be welcomed and
appreciated by our movement.



Civil disobedience is
inherently polarizing.



Civil Disobedience*

Violating an unjust law, or a just law unjustly applied, while being:

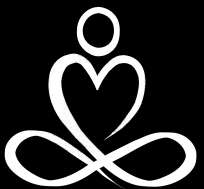
1. Open and honest
2. Loving towards all
3. Willing to accept the consequences



**MLK, Jr definition*

Secrecy and Deception

- Paranoia and fear in activists
- Fear and mistrust by opponents
- When discovered, polarizes and escalates the situation, while undermining our authority
- Decreases defections
- Undermines the effective use of the nonviolent weapon system



Openness and Honesty

- Empowers activists
- Opens lines of communication
- De-escalate a situation
- Kind/inclusive/welcoming
- Increases defections
- Maintains our integrity and authority



Accepting the Penalty



“An individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law”
– Martin Luther King, Jr.

Open, Loving, Accepting Consequences

- Helps maintain our integrity and authority
- Helps minimize polarization and fear in us and others
- Sets boundaries that prevent excessive lawlessness on our part -- you can damage property, if you do so openly, lovingly and with a willingness to accept the consequences.



Nonviolent Discipline

The self-discipline required to be fearless, persistent, open, honest, and nonviolent, even in the face of violent repression.



Nonviolent Creed



“...to resist without bitterness; to be cursed and not reply; to be beaten and not hit back.”

– Martin Luther King, Jr.

4. We willingly accept suffering without retaliating to trigger political jiu-jitsu and benefit our cause.

As we effectively work for justice, our friends who oppose us will respond by punishing us with repression. When we publicly face this repression without retaliating in violence, we trigger political jiu-jitsu (Also known as “backfire” or the “paradox of repression”). Political jiu-jitsu is when the public witnesses unearned repression, and withdraws their support and cooperation from those who repress, while giving their support and cooperation to those being repressed. The greater the contrast between our opponent’s selfish violence, and our selfless, courageous, nonviolence, the more we transform hearts and minds, and the greater the shifts in power that result. Therefore, we do our best to maintain a courageous and loving attitude at all times, especially in the face of violent repression.



Content Warning

The next three slides show:

1. A white mob attempting to humiliate and degrade civil rights activists.
2. Youth protesting for civil rights being hit with a high power water hose.
3. Police beating civil rights activists with batons.



Political Jiu Jitsu



1963 lunch
counter sit in
for integration.

Gently notice
how looking at
this picture
makes you feel.

Political Jiu Jitsu



Youth
protesting for
civil rights
blasted by
high-pressure
water hoses.

Gently notice
how looking at
this picture
makes you feel.

Political Jiu Jitsu



Civil rights
marchers
encounter
police.

Gently notice
how looking at
this picture
makes you feel.

Content Warning

The next two slides show:

1. Police spraying pepper spray on seated protesters.
2. Police aiming a semi-automatic at men praying.





Political Jiu-Jitsu



An officer
pepper sprays
Occupy
Oakland
activists.

Gently notice
how looking at
this picture
makes you feel.



Political Jiu-Jitsu

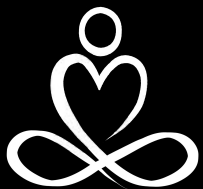


Men engaged in spiritual practice get arrested during the police raid at camp Oceti Sakowin.

Gently notice how looking at this picture makes you feel.

Political Jiu-Jitsu

When repression is witnessed, and the witnesses withdraw cooperation from the repressors and give their support to those being repressed.



Two Vital Aspects of Political Jiu-Jitsu

1. Contrast: The greater the contrast of violence by the repressor and nonviolence by the repressed, the greater the change of heart and mind it causes in the witnesses.



Maintaining Nonviolent Discipline = Increased Contrast

- If we are hostile or violent, witnesses see us on an “even” playing field with our opponents.
- Enbridge and the state have far superior weapons of violence and the public authority to use them. In a violent encounter, they will win.
- When we maintain nonviolent discipline, their repression looks monstrous and we gain from political jiu-jitsu. We make their best weapon a liability for them to use.



Two Vital Aspects of Political Jiu-Jitsu

2. Amplification: The more who witness the repression in video, pictures, and stories, the better.



ALTON STERLING

—

PHILANDO CASTILE

—

SANDRA BLAND

—

MICHAEL BROWN

—

TAMIR RICE

Say
Their
Name

TRAYVON MARTIN

—

AKAI GURLEY

—

TANISHA ANDERSON

—

ERIC GARNER

—

FREDDIE GRAY

—

AMBER MONROE



Content Warning

During the next slide, we will be discussing details of the death of George Floyd.



George Floyd and Black Lives Matter



CONTRAST

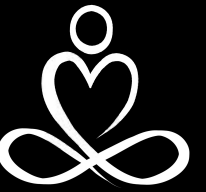
- Floyd was unarmed, subdued and laying on the street, pleading for breath, calling out for his mother.
- Police were cold, calm, and matter-of-fact, while upstanders pleaded for them to stop killing him.

AMPLIFICATION

- Seventeen-year old Darnella Frazier videotaped the entire excruciating incident.
- News stations broadcasted it everywhere.



Spectrum of Political Jiu-Jitsu Effects



Easiest to Reach

Hardest to Reach

Requires Less Nonviolent Discipline

Requires Most Nonviolent Discipline

Dr. King moves to Birmingham in 1954



“I found the [Black] community the victim of a three-fold malady— factionalism among the leaders, indifference in the educated group, and passivity in the uneducated.”



Rosa Parks arrested December 1955



Content Warning

The next slide will show a
dog attacking an Indigenous
Dakota Access Pipeline
protester



Dog Attacks at Standing Rock



5. We purify our minds of hatred, greed, and falsehood while embracing unconditional love for all life.

None of us are immune to the forces of harm: judgment, greed, and falsehood. Therefore, we engage in regular practices to help us purify our minds of these forces so we can relate lovingly to all people, animals, life forms, and situations, regardless of the harm they may cause.



Doing the Inner Work



**“The master’s
tools will never
dismantle the
master’s house.” -**

**- Audre Lorde
(1934-1992)**

Learn to See with Eyes of Love

Judgement/Anger/Hatred

1. Provides energy to take courageous action
2. Sees perpetrators as responsible for their acts
3. Judges perpetrators as bad, unworthy, and deserving of punishment
4. Demonizes and vilifies perpetrators
5. Seeks to punish, harm, disgrace, or humiliate perpetrators
6. Creates a hierarchy of life forms, some deserving, some not
7. Leads to burn out, ill health, self-judgment, shame
8. Causes us to behave unskillfully in a way that harms ourselves and others

Compassion/Love

1. Provides energy to take courageous action
2. Sees perpetrators of victims of their environment and the forces of harm
3. Sees perpetrators' suffering
4. Recognizes perpetrators' humanity
5. Seeks perpetrators wellbeing and the wellbeing of all life
6. Egalitarianism between life - we are one
7. Leads to greater self-control, more effective actions, and more defections
8. Allows us to be skillful in a way that serves all life simultaneously





Insight Meditation 

If accessible, try therapy



DIRECT ACTION STRATEGY TRAINING (via Zoom)

**Love All Life
Stop Line 3**

REGISTER

<https://tinyurl.com/vdast>

Photo credit: UnicornRiot.ninja

SAME TRAININGS, DIFFERENT TIMES

Sat, Nov 7 at 1-3:30 PM (CT)

Sun, Nov 15 from 3-5:30 PM (CT)

Mon, Nov 16 from 6-8:30 PM (CT)

Construction on the Minnesota section of Enbridge's Line 3 tar sands pipeline may begin in November, violating Anishinaabe treaty rights and endangering our water, land, and climate. This strategy training supplements other trainings with new info.

Nonviolence Trainings



Role Playing



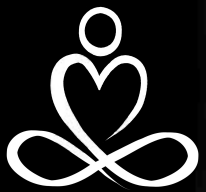
Nonviolent Creed



“The nonviolent creed in action: to resist without bitterness; to be cursed and not reply; to be beaten and not hit back.” - MLK



Role Playing



Role Playing



Role Playing



Role Playing Debrief





Oaths/Agreements/Pledges/ Codes of Conduct/Etc.



Singing Freedom Songs



6. The universe is lawful and on the side of love and justice.

In this lawful universe, we reap what we sow. If we want to reap peace, justice, love, and compassion we need to sow seeds of peace, justice, love, and compassion. The ends do not justify the means, as our means must be as pure as the ends we seek. We confidently assert that the universe is on the side of love and justice, because love brings health and healing to the body, while committing or witnessing acts of violence often causes our brains to suffer post-traumatic stress disorder. We confidently assert that the universe is on the side of love and justice, because all life forms want to be safe, peaceful, happy, and healthy.



Keep hope and
faith alive.



Strategic Levels of Decision Making



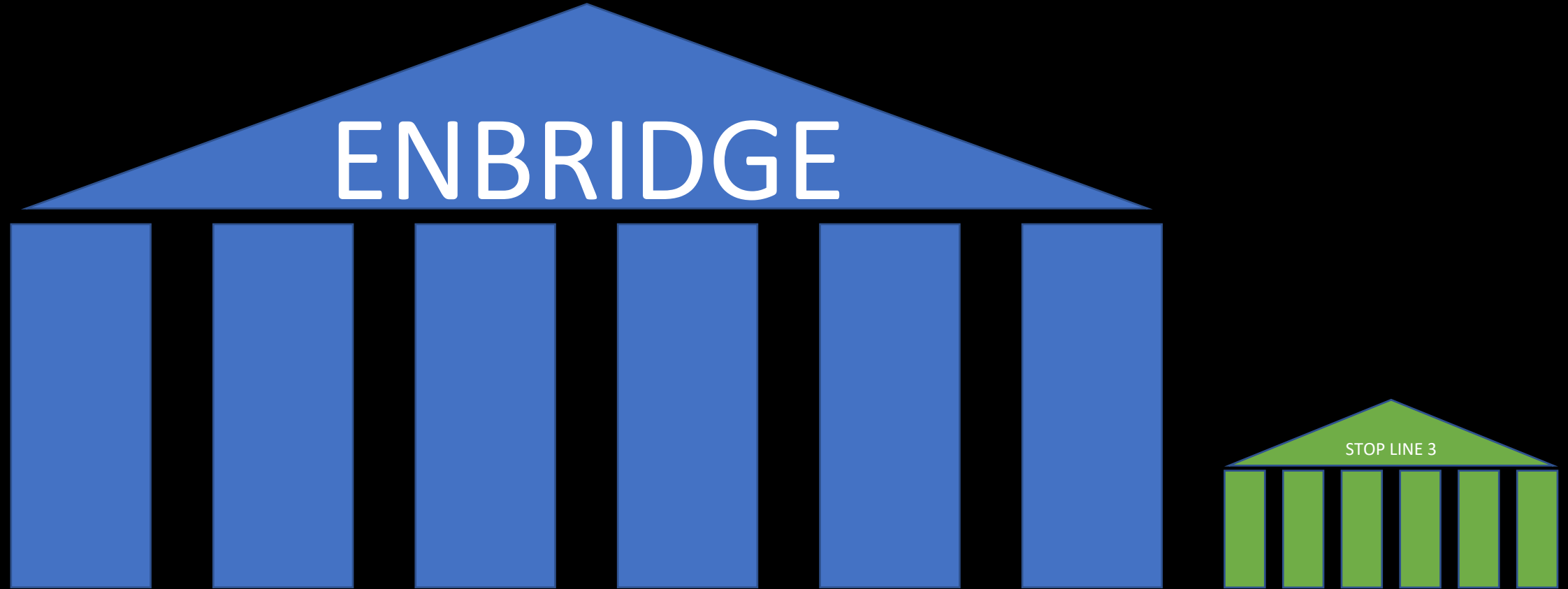
LEVEL	DECISIONS MADE	EXAMPLES
Policy	Goals	Create Beloved Community and Stop Line 3
	Weapon System	Principled Nonviolence
	Sacrifices willing to endure	Volunteer time, donate \$, arrest, injury, death
Operational Plan	Mechanism of Victory Plan (Living, flexible, adaptable)	Accommodation, nonviolent coercion, conversion Get Enbridge to give up or Gov Walz to stop it
Strategy	How to allocate resources	Education, lawsuits, line monitoring, protests
Tactics	Decisions regarding specific encounters	Protest, banner hang, hard or soft lock down, hard or soft blockade, etc.
Logistics	Specific details of how to implement above	What will the signs say, what will our message be? Who will make and bring the signs to the demo?

Dr. King's Six Principles of Nonviolence

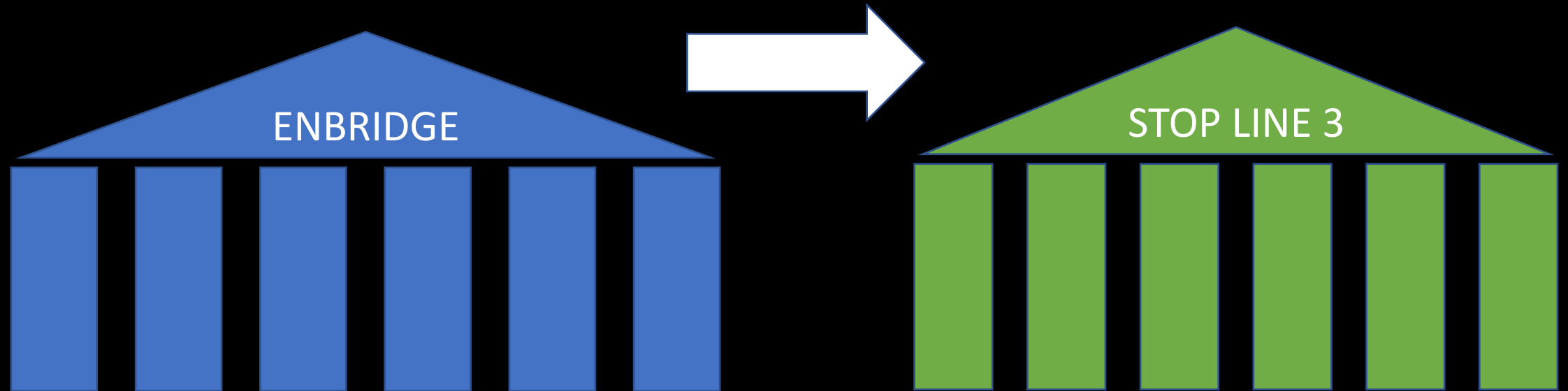
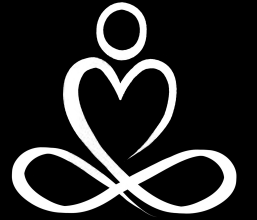
1. Nonviolence is a way of life that requires courage.
2. The ultimate goal of nonviolent campaigns are reconciliation and the creation of Beloved Community.
3. We oppose the forces of harm, not the people who cause harm.
4. We willingly accept suffering without retaliating to trigger political jiu-jitsu and benefit our cause.
5. We purify our minds of hatred, greed, and falsehood, while embracing unconditional love for all life.
6. The universe is lawful and on the side of love and justice.



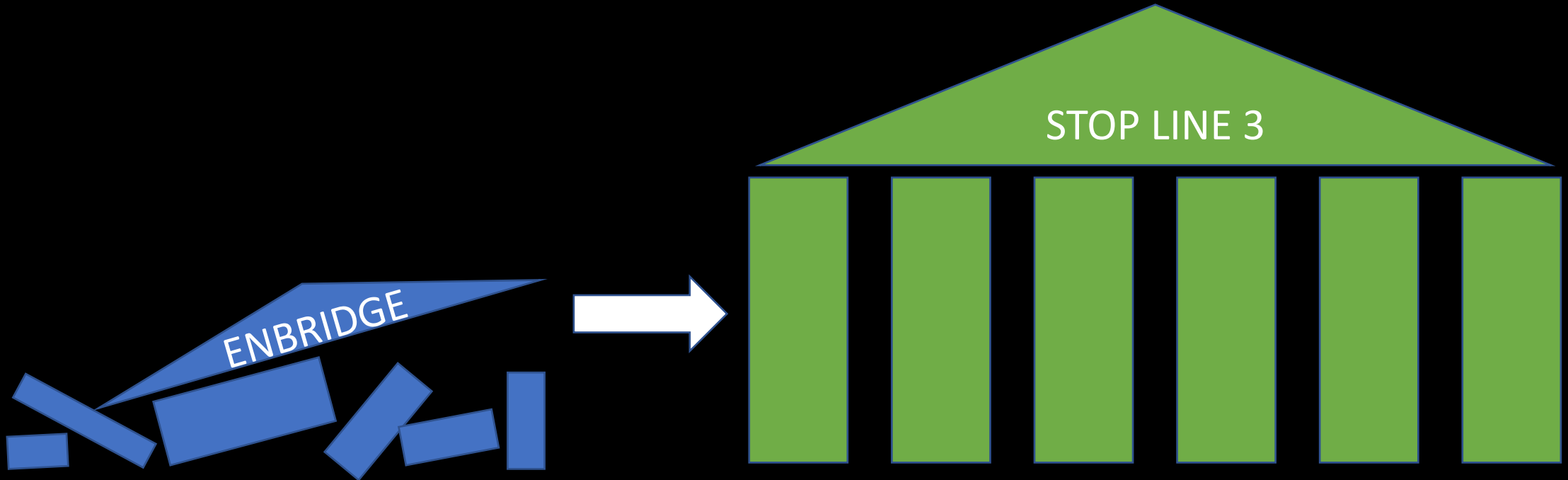
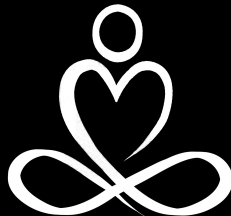
Increase Defections



Shift and Grow Our Power While Weaking Enbridge



Increasing Our Chances of Victory



Integration

1. Be the change. Lead by example.
2. Model principled nonviolence in all interactions.
3. Advocate for principled nonviolence in a kind, polite manner.
4. Join or create an affinity group that uses principled nonviolence.
5. Treat everyone in the movement with love and understanding.
6. Work together when you can. Work apart when you can't.



Resources

1. Visit StopLine3.org/take-action

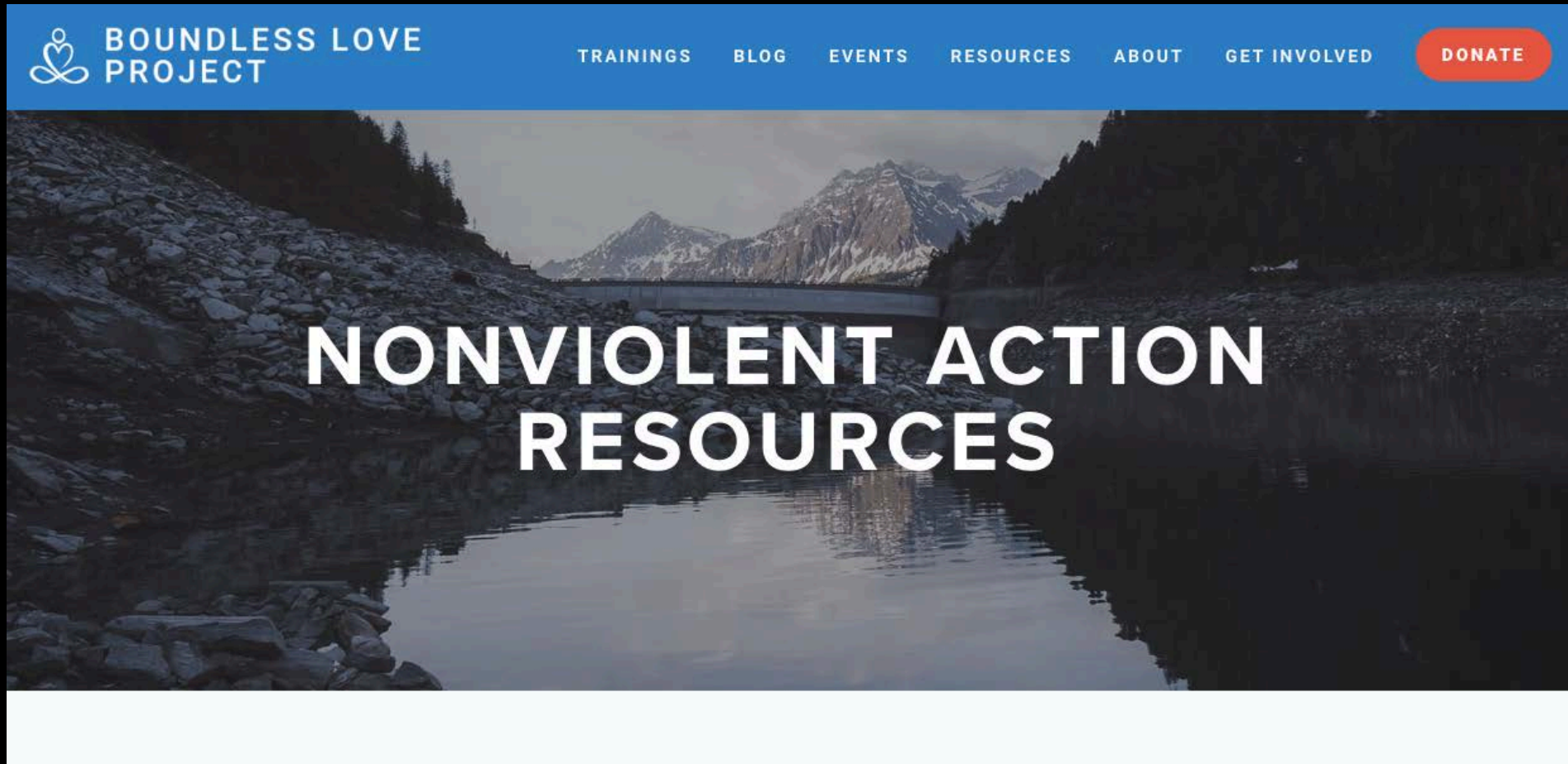


The screenshot displays the website's interface over a background image of a protest. At the top left is the 'STOP LINE 3' logo, which includes a water drop icon. The navigation menu at the top right contains links for 'HOME', 'RESOURCES', 'NEWS', 'MAP', 'ISSUES', 'TAKE ACTION', and 'LN3 FILM'. The central image shows a crowd of protesters holding signs such as 'NO PIPELINES!', 'WATER IS SACRED', 'DEFEND THE SACRED', 'PROTECT WATER IS LIFE', and 'NO DANGER WATER IS LIFE'. A large yellow banner in the foreground reads 'WE ARE HERE TO PROTECT WATER IS LIFE • MNI WICON'. At the bottom of the page, there are two black buttons labeled 'SUPPORT' and 'EDUCATE'.



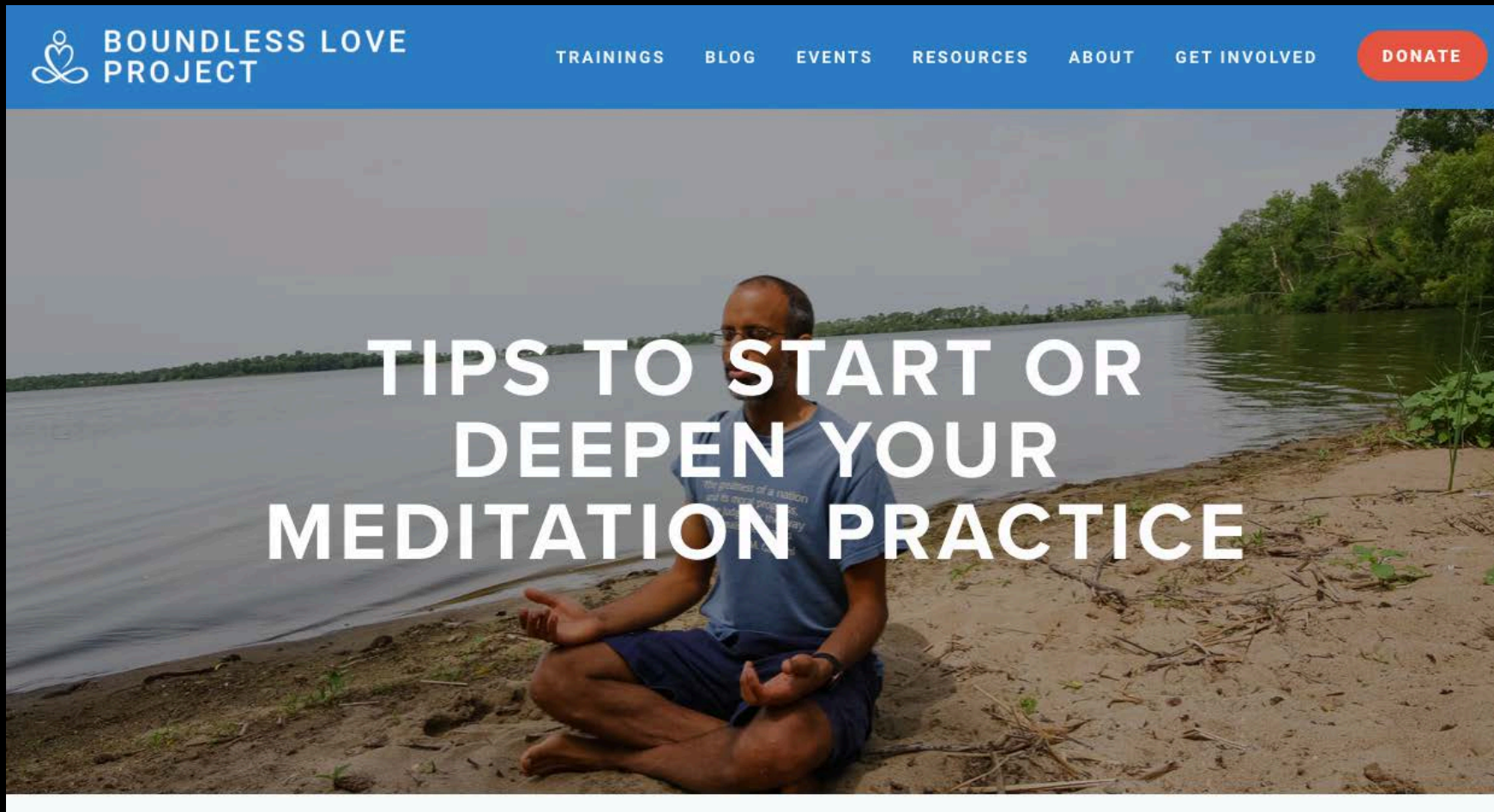
Resources

2. Visit tinyurl.com/nonviolentactionresources




Resources

3. Visit BoundlessLoveProject.org/meditate



Evaluate This Training

Visit BoundlessLoveProject.org/feedback-form



BOUNDLESS LOVE PROJECT

[TRAININGS](#) [BLOG](#) [EVENTS](#) [RESOURCES](#) [ABOUT](#) [GET INVOLVED](#) [DONATE](#)

[Resources](#)

- MEDITATION TIPS
- GUIDED MEDITATIONS
- AGAPE ARSENAL TECHNIQUES
- WHAT TO BE MINDFUL OF
- GLOSSARY
- OUR WELLNESS AND LIBERATION
- OWL RETREAT
- FAQ
- MINDFULNESS RESOURCES
- SOCIAL MEDIA IMAGES
- FEEDBACK FORM**
- FREEDOM SONGS

Two-Minute Evaluation

Complete this anonymous mini-evaluation to help us better serve you and all life! We appreciate your generous gifts of time and insight to provide us your feedback.

Content You Are Evaluating *

Tell us what you are evaluating. You can either cut and past a web page address, or type in the article, talk, or meditation name, or do your best to describe to us what you are evaluating.

What specifically are you evaluating? (Choose one) *

- Group meditation
- Audio
- Text
- Both
- Other - please explain above

What would you like to tell us about this content?

