GUIDES TO TRANSFORMING POWER

1. Seek to resolve conflicts by reaching for common ground.
2. Reach for that which is good in others.
3. Listen before making judgments.
4. Base your position on truth.
5. Be ready to revise your position, if it is wrong.
6. Expect to experience great inward power to act.
7. Risk being creative rather than violent.
8 Use surprise and humor.
9. Learn to trust your inner sense of when to act.
10. Be willing to suffer for what is important.
11. Be patient and persistent.
12. Build community based on honesty, respect and caring.

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HELP ALONG THE WAY

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

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