


Hi MY NAME IS ALEX what I would like to tell you About
KINGIAN NONVIOLENCE is if you got impulse, ANGER issue this
COURSE CAN Help teach how to cope with these's issue
AND much more that could help you better
YOUR LIFE AND MAKE better choices. Remember
you CAN ONLY GAIN knowledge NOT LOSE it!!!! 



Sean C-M

Wow, Kingian Nonviolence training is such a blessing. It helps transform my mood by putting my problems into perspective. Dissecting King's teachings allows me to see a bigger picture and ~~rel~~ realize that I am not alone in my struggles.

In fact, for me to ^{help} build a community and evoke change, I must not dwell on my personal problems, but focus on ^{the} needs and underlying challenges of the community.

Positive change is quite possible if one ^{not only} can understand ^{but} and live the six principles.

Personally, the one I find most important and ~~can relate~~ am continually working to achieve is Principle Five: Avoid internal violence of the spirit as well as external physical violence.

Learning the Kingian Nonviolence philosophy empowers me to continue working on personal change, ^{growth} which ~~will better enable~~ ^{then} ~~enable~~ ^{allows} me to develop ~~levels~~ and appreciate more meaningful relationships with my peers.

Although I struggle with internal violence of my spirit, practicing the teachings of Kingian Nonviolence with others fills me with a sense of respect and understanding which leads to an ~~an~~ overwhelming feeling of love and compassion not just towards my peers, but towards myself.

Starting off my name is Anthony Charles Ross Jr. And ~~in~~ one of The six principle that stands out for me is "Non violence is a way of life for courageous people." Somewhere in time the cool thing to do was reversed. Being courageous and a LEADER BECAME uncool. Don't fall for the okiedoke & treat others how you like to be treated.

Anthony R

TO BEGIN THIS MESSAGE ALLOW ME TO EXTEND MY GREATEST BLESSINGS AND VENERATIONS. I JUST WANTED TO SPEAK ON MY EXPERIENCE W/ KINGIAN NONVIOLENCE. I'VE BEEN DOWN 18 MONTHS FACING SERIOUS PRISON TIME, EARLIER LAST YEAR I ATTENDED A 2-DAY WORKSHOP ON KINGIAN NONVIOLENCE AND WHAT CAUGHT ME THE MOST IS THAT THESE ARE DR. KING'S DIRECT PHILOSOPHIES. I'VE GONE THROUGH A 16 WEEK CURRICULUM AND HAVE BECOME A CERTIFIED FACILITATOR, WE FACILITATE OFTEN WITHIN THESE WALLS. FOR ME THE MOST IMPORTANT AND DIFFICULT THING TO DO IS APPLY PRINCIPLE ONE IN MY DAY TO DAY LIFE. I'VE HAD A VIOLENT MENTALITY AND OUTLOOK ON LIFE FOR SO LONG THAT TO LIVE NONVIOLENTLY IS A COMPLETE BATTLE WITHIN MYSELF; A CONSTANT CONFLICT BETWEEN OLD IDEALS AND NEW IDEALS. GIVEN THE FACT THAT YOU'VE SIGNED UP FOR THIS WORKSHOP I'M SURE YOU'LL FACE THE SAME ~~BEETLE~~ DILEMMA, BUT JUST AS I CONTINUE STRIVING FOR A BETTER MENTALITY SO MUST YOU; BECAUSE KNOWING ISN'T ENOUGH. NONVIOLENCE WILL ONLY WORK IF WE APPLY OUR NEW IDEALS TO OUR DAILY LIFE AND I SAY WE BECAUSE YOU AND ME ARE NOT DIFFERENT, IN SOME WAY, SHAPE, OR FORM WHAT WE DO IN OUR LIVES AFFECT EACH OTHER QUITE DIRECTLY. IT ONLY TAKES ONE THOUGHTLESS ACTION, ONE SECOND FOR ANYBODY TO END UP IN CHAINS FIGHTING FOR THEIR LIVES. I HOPE YOU REALLY TAKE THESE CONCEPTS INTO YOUR COMMUNITIES AND MAKE A DIFFERENCE IN THIS WORLD OR BETTER YET JUST MAKE A DIFFERENCE ON YOUR STREET AND THE WORLD WILL FOLLOW.

Much Love Always,
Mr. M.