



Pledge to be a Missionary/Messenger of Nonviolence

Non Violence must start with me

My pledge; to commit myself, as best I can, to practice nonviolence and to strengthen my capacity to remain peaceful regardless of circumstances.

To Respect Myself and Others:

To treat myself and others with dignity.

To support and encourage others.

To avoid giving uncaring criticism,

To avoid speaking hateful words,

To avoid giving the silent treatment,

To avoid physical attacks and self-destructive behaviour.

To respect Nature and my surroundings

In my entertainment and play, to be creative and nonviolent

To be Courageous in living nonviolence

To be a Missionary/Messenger of nonviolence

And ultimatelyTo Love one another

I will check myself on what I have pledged once a month for the next twelve months so that I will try to become a better and peaceful person.

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Name