**DECALOGUE FOR A SPIRITUALITY OF NONVIOLENCE**

by S. Rosemary Lynch, OSF

1. To learn to recognize and respect "the sacred" ("that of God", as the Quakers express it) in every person, including ourselves, and in every piece of Creation.  
   The acts of the non-violent person help to free this Divine in the opponent from obscurity or captivity.
2. To accept oneself deeply, "who I am," with all my gifts and richness, with all my limitations, my errors, failing and weaknesses, and to realize I am accepted by God. To live in the truth of ourselves, without excessive pride, with fewer delusions and false expectations.
3. To recognize that what I resent, and perhaps even detest, in another, comes from my difficulty in admitting that this same reality lives also in me. To recognize and to begin to renounce my own violence, which becomes evident when I monitor, my words, gestures, reactions.
4. To renounce dualism, Manichaeism, the "we and they" mentality. This divides us into "good-bad" people and allows us to demonized adversary. It is the root of authoritarianism and exclusivity behavior. It generates racism and makes possible conflicts and wars.
5. To face fear and to deal with it with love, not mainly with courage.
6. To understand and accept that the "New Creation", the building up of the "Beloved Community", is always carried forward with others. It is never a "Solo. Act" This requires patience and the ability to pardon.
7. To see ourselves as a part if the whole creation to which we foster a relationship of love, not of mastery, remembering that the destruction of our planet is a profoundly spiritual problem, not simply a scientific and technological one. "We are one!"
8. To be ready to suffer, perhaps even with joy, if we believe that we will help liberate the Divine in others. This includes the acceptance of our place and moment in history with its trauma, with its ambiguities.
9. To be capable of celebration, of joy, when the presence of God has been accepted, and when it has not been...to help discover and recognize this fact.
10. To slow down, to be patient, planting the seeds of love and forgiveness in our own hearts and around us. Slowly we will grow in love, compassion and the capacity to forgive.