

A sunset over the ocean with a rocky coastline in the foreground. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, casting a warm glow over the water. The foreground shows dark, jagged rocks on the right side, partially illuminated by the sunset light.

Nonviolence means

**avoiding not only external
physical violence but also
internal violence of spirit.**

**You not only refuse to
shoot a man, but you
refuse to hate him.**

Martin Luther King, Jr.