

Far too often when conflict exists those involved immediately resort to physical violence or destruction to coerce the disagreeing party to comply with what is being demanded. However, history reveals that meaningful and lasting change can occur when nonviolent means for conflict resolution are employed. Yet, our planet's historical trajectory continues to be ridden with violence. For humanity's sake we cannot continue to perpetuate violent measures to make gains. The degree of violence becomes greater each time with the aim to defeat the previous violent measure. Violence versus violence can only lead to obliteration. Our globe can prevent this self-destruction if we challenge the "us" versus "them" paradigm to be replaced by "we." The concept of "we" ameliorates the need for a winner takes all approach and instead strives to understand and reason. This is the nonviolence we ought to pursue.

I believe violence stems from fears and prejudices and so I challenge you to eradicate these with education and dialogue. First we need to let our guard down and genuinely listen to the other side to understand their plight; they might correlate with ours. As we listen let's allow our minds to learn so that existing fears and prejudices are deterred to engage in meaningful dialogue. In the process, the fear of the unknown disappears and the innate curiosity of the human brain can begin to ask and share to try to understand how to make this thing work for all of those involved. What I describe here is the beginning of transformational dialogue. It not only seeks to understand but more importantly it tugs the heart. We begin to realize that all of us smile, cry, love; all of us feel. Maybe then we can begin to acknowledge the humanity in others. I believe that when we have an unobstructed realization of the humanity, of the being, in the other persons then this humanitarian world view can help us to pursue collaboration.

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"Nonviolent means for conflict resolution" Essay
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When our fears and prejudices are challenge we must continue to seek "satya," truth. The pursuit of truth demands education. This education can include many venues including dialogue. For instance, look at the San Diego Diplomacy Council who regularly hosts young adults from all over the world where they learn from each other and return to their respective countries to build bridges between nations and understanding about issues and people from around the world. These young people are future country leaders who will join the international dialogue for a more sustainable and peaceful world. Education dispels ignorance and empowers people. When people are empowered they are equipped with the power of knowledge to mobilize. Let's mobilize to transform our world from one plagued with a violent past to one of understanding and collaboration. There is transformative power in words. Choose truth, have courage, and speak with conviction. Our words, our dialogue, are the beginning to resolve decades of violence that permeates our society. Nonviolence is not a myth. It is a reality that all of us ought to be working on if we do not want to self-destruct our planet and the human race.