

# Timeline

The long-range goal of this Roadmap is to replace the "thing-oriented" civilization of the industrialized world with a humane, "person-centered" culture where every human being can live free of torture, war and exploitation. Here's how the first three years would unfold:

**2012**

## A year of reflection and training

Take the time to reflect, locate your place in the overall movement (see inside), and get some nonviolence training in preparation for the struggles ahead.

## New story creation

Work out a consensus version of the New Story, drawing on modern science and ancient wisdom, emphasizing their higher image of the human being.

**2013**

## Movement-wide discussions

Through self organization, people of the Roadmap can now act in a concerted way at the national (or global) level. Key issues are addressed through constructive alternatives, for example *restorative justice* and *nonviolent peacekeeping*.

They develop a longterm strategic plan to grow from success to success, starting with smaller, doable issues like overturning Citizens United and moving to more stubborn components of corporate rule.

**2014**

## Direct confrontation

The movement now has the training and coordination to undertake direct confrontation on key points where the prevailing system has resisted change. Examples might include "pledges of resistance" to impending wars, or blocking deforestation and other corporate takeovers of natural resources and the media.

**2012**

**2013**

**2014**

Person Power

Constructive Program

Nonviolent Resistance (Satyagraha)

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# Roadmap

## From spontaneous protest to unstoppable movement: a comprehensive strategy

We all belong here. We are moving toward a common destination: a world that is free from exploitation, slavery, war and colonialism. This roadmap offers a way to weave together our different commitments and diverse communities into a cohesive movement without sacrificing openness and creativity. As Occupy has shown, it's time to move from isolation to community, with enough strength and resilience to challenge the war system at its very foundation. All the pieces are here, and we have them in our hands. So, what do you say? Let's take the effervescent energy of our various projects to the next level through a united, strategic partnership. The future needs us all.

Offered openly and sincerely to all interested parties by the Metta Center for Nonviolence. The Metta Center's mission is to help people practice nonviolence more safely and more effectively and work toward a nonviolent culture. For more information on this strategy and the rest of our work, see our website: [www.mettacenter.org](http://www.mettacenter.org).



# A unified, nonviolent approach to the Great Turning

## New Story Creation

If we want to replace the present system, we must replace the worldview it's based on — especially the false image of ourselves as separate, physical creatures doomed to compete for scarce resources — with the entirely "New Story" now emerging from the convergence of the great wisdom traditions and new science.



Creating the new story (research)  
 Sharing it (alternative media)  
 Passing it on (education)

## Environment



Urban planning  
 Local farming and consumption  
 Protecting wild areas

## Climate Protection



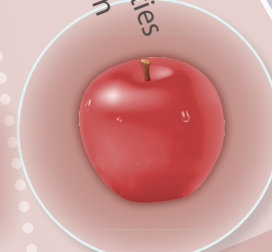
Reforestation  
 Alternative transportation and manufacturing

### How to Use this Model

This flow from the personal to the political is not necessarily chronological; you do not have to stop what you're doing already or reach perfection in one circle before moving outward to the next. But:

- Place primary importance on the "hub," Person Power
- Locate your project(s) on the map, e.g. "I'm doing Constructive Program on New Story Creation"
- Think first of constructive alternatives to your chosen issue, then:
- Address conflicts that come up through creative nonviolence.

## Vibrant and Need-based Economies



Safe and renewable energy (350°)

Gandhian economics

"Gross National Happiness"

Alternative communities (transition towns)

Restorative justice (replace the prison industrial complex)

### Adopt a spiritual practice (if you don't have one)

We particularly recommend passage meditation: [www.easwaran.org](http://www.easwaran.org)

### Avoid the commercial media

#### Learn everything you can about nonviolence

When taken in its full dimensions, nonviolence is a complete culture. Through study and practice we can not only gain inspiration

#### Get engaged!

Have a good sense of where your own talents and abilities fit into the Roadmap; start where you can make the best contribution and sense your solidarity with everyone engaged in this work.

### Practice personhood

Relate personally wherever possible; give everyone you speak to your one-pointed attention: "We must rapidly begin the shift from a 'thing-oriented' to a 'person-oriented' civilization" (Martin Luther King)



A movement is as effective as the people in it. We have found five things each of us can practice to clear our minds of the negativity caused by commercial civilization, give us a good working knowledge of the power of nonviolence, and help us avoid burnout or losing sight of our values.

for creative strategies but replace the toxic culture of the commercial media in our own mind. We're here to help! [www.mettacenter.org](http://www.mettacenter.org)

## Person Power

Peacekeeping (unarmed civilians)

Peacebuilding (ending world hunger)

Peacemaking (creative dispute resolution)

Functioning democratic institutions

Nonviolent leadership models

## Democracy and Social Justice



### Some Strategic Guidelines

- Always follow nonviolence in deed, word, and as far as possible even in thought
- Be constructive wherever possible, obstructive when necessary
- Focus on "keystone" issues that will really leverage change
- Don't rely too much on symbols: be concrete wherever possible (the Salt March was about real salt!)

## Peace



Counter-recruitment

### Constructive Program

It's more effective to "cooperate with good" than to "non-cooperate with evil." By building the institutions we want and making ourselves independent of corporations wherever possible we can keep the movement together, show the public a way out, and create a society ready to replace that of corporate rule.

### Nonviolent Resistance

Now trained and prepared, we enter on the last phase of the strategy, to offer nonviolent resistance at key leverage points of the corporate (and material)-dominated world, starting with the most urgent problems, building on achievable gains, and not stopping short of complete success, whenever it comes.

# Nonviolent Resistance (Satyagraha)

### Person Power

The power of the state can be dislodged by "people power," which rests in turn on the power of the human individual. Every one of us can develop our personal effectiveness, as Gandhi and so many others have done, e.g. by spiritual disciplines.