**Non-Resistance**

**When you are disturbed, do not sin;**

**ponder it on your beds, and be silent.**

**(Psalm 4:4)**

**But I say to you that you should not resist evil.  *(St. Matthew 5:39)***

**And if anyone forces you to go one mile, go also the second mile.**

***(St. Matthew 5:41)***

**Thomas Aquinas, who knew more about education and persuasion than almost anybody who ever lived, once said that when you wanted to convert someone to your view, you went over to where he was standing, took him by the hand (mentally speaking) and guided him. You didn’t stand across the room and shout at him; you didn’t call him a dummy, you didn’t order him to come over to where you were. You started where he was and worked from that position. That was the only way to get him to budge. *(Joe Griffith, in Speaker’s Library of Business, p. 229)***

**The government of Austria -- right there at the edge of the Soviet bloc – spends more money on the Vienna Opera than on national defense. Of the police officers in London, what proportion are authorized to carry guns. One out of nine. *(L. M. Boyd)***

**Sometimes the best way to convince someone he is wrong is to let him have his way. *(Quoted by Red O’Donnell in Nashville Banner)***

**Report is automotive designers are working on ways to cut wind drag by streamlining the undersides of cars. *(L. M. Boyd)***

**Being nice to people who are rude to you is being dumb like a fox. Unexpected -- and undeserved -- civility throws people off balance and allows you to take the advantage. “Turn the other cheek” isn't an endorsement of wimps -- it is sound business advice. *(Susan Stewart, in Atlanta Magazine)***

**A starfish devours a clam. The clam then seals shut its shell and marks time for about 14 days in the intestinal tract, until the starfish excretes it. The clam then goes off on its own again, unharmed. *(L. M. Boyd)***

**The greatest conqueror is he who overcomes the enemy without a blow. *(Chinese proverb)***

**The nation of Costa Rica has no standing army. Reports were that occasionally when an important head of state visited, the government borrowed a cannon from El Salvador for a military salute. *(Paul Stirling Hagerman, in It’s a Weird World, p. 69)***

**Darkness cannot resist light. The light does not have to struggle with the darkness. When the light is turned on the darkness just isn’t. *(Jack E. Addington)***

**The smartest thing Democrats can do now is “roll over” and play dead,” said James Carville in The New York Times. They lack the votes to block Trump’s agenda, and last week’s pathetic displays only made the party look weak. Far better to sit back, stay quiet, and let Trump, Musk, and “the most incompetent Cabinet in modern history” remind voters of Democrats’ relative sanity, moderation, and competence. “It won’t take long.” Grocery prices are up, the stock market’s down, and Trump’s approval rating is “underwater” in new polls, with about 53 percent of voters disapproving of his performance. Democrats should commit to a “tactical pause” until that number hits the high 50s, then rouse themselves and “go for the jugular.” *(The Week magazinbe, March 21, 2025)***

**The skin corrugations that dolphins develop while accelerating and while swimming at their maximum speed are thought to make it possible for them, by reducing water resistance, to sustain speeds that are about ten times more than they “should” achieve with their muscle power. *(Isaac Asimov’s Book of Facts, p. 127)***

**The best conductor of electricity is the substance that is least resistant to the flow of the electric current. Likewise, the best conductor of divine power is theperson who is nonresistant to the flow of divine power. This attitude comes from a conviction that God is always the answer to human needs, and a willingness to submit wholeheartedly to the flow of the Spirit in and through us. *(Eric Butterworth, Unity Minister, in Discover the Power Within You, p. 62)***

**When circus handlers moved elephants around the country years ago, they learned it was safer to anchor an elephant with a chain of straw than with a chain of steel. No chain was strong enough to hold the big beast if it shied violently. A straw chain never got its attention. But the clanking of a metal chain sometimes startled it. *(L. M. Boyd)***

**No fan makes the air temperature drop. In fact, it tends to increase the temperature of a room very slightly because of the motor’s heat. The cooling effect is due to body perspiration evaporating more rapidly in circulating air than in stagnant. It is this increased rate of evaporation that cools you. *(Joseph Rosenbloom)***

**The important thing is to know how to take all things quietly. *(Michael Faraday, influential English scientist)***

**Fireflies really have few natural enemies. If they get caught in a spider’s web, the spider will free them. Bats and night flying birds will not eat them. However, some tropical frogs devour fireflies in such quantities that their stomachs glow from within. *(Ann Adams, in The National Enquirer)***

**Time is a flowing river. Happy those who allow themselves to be carried, unresisting, with the current. *(C. Morley)***

**Pointed Reply: When Benjamin Franklin visited France he got into a bitter argument with a nobleman who wasn’t too regular with his bathing. Franklin, at the height of his rage, blurted, “You smell like a dead fish!” Insulted, the nobleman insisted a duel must be fought. But Franklin, who considered duels silly, laughed in the Frenchman’s face and remarked, “What will be gained by it? If you kill me, you will still smell like a dead fish. If I kill you, you’ll smell worse than ever.” *(Midland Cooperator)***

**Don’t fight forces; use them. *(R. Buckminster Fuller)***

**Nonviolence is not a garment to be put on and off at will. Its seat is in the heart, and it must be an inseparable part of our very being. *(Mohandas Gandhi)***

**A giraffe in a fight never bites. *(L. M. Boyd)***

**Scientists who have been charged by gorillas report that the animals almost always stop short of violence – unless the human intruder responds in a hostile manner. *(Eugene J. Walter, Jr.)***

**You have not argued, but you have conquered. You have not defeated me, yet you have won me. *(Maulingaputta)***

**When an issue comes to the surface, and you know that you don’t want it there anymore, don’t attack it. Love yourself for its existence in you. Allow it to be there in you, and in the allowing, you can let it go. *(Carol Ruth Knox, in The Incredible Journey, p. 102)***

**Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances. *(Thomas Jefferson, in The Washington Post)***

**Jesus had agreed with his adversary, and lo, the adversary had lost his power. *(Dr. Nona L. Brooks, in In The Light of Healing, p. 53)***

**The Rev. Cleveland Duke explained his part-time job as a judo instructor: “I teach you what to do after you’ve turned both cheeks.” *(Mickey Porter, in Akron Beacon-Journal)***

**British researchers checked out men who take up karate and concluded the more experienced the expert, the less hostile he tends to be. *(L. M. Boyd)***

**Lightning is more likely than not to strike twice in the same place. Like all electric currents or discharges, lightning follows the path of least resistance. *(Isaac Asimov's Book of Facts, p. 466)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Once when Abraham Lincoln was visiting the Union front during the Civil War, a young aide-de-camp was showing him around. Lincoln wanted to take a look at the enemy, so he stood up, top hat and all. As musket fire began coming his way, the aide-de-camp, named Oliver Wendell Holmes, took Lincoln's arm and dragged him to safety, saying, “Get down, you fool!” Later the young aide worried about his hasty remark. How would the Commander in Chief react to such disrespect? His concern evaporated when Lincoln sought him out before departing, and said, “Good-bye, Colonel Holmes. I'm glad to see you know how to talk to a civilian.” *(Bits & Pieces)***

**Your right to swing your fist ends where nose commences. *(Abraham Lincoln)***

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**If lovebirds feel threatened by a predator, the lovebirds band together and shriek and flap their wings in an effort to scare the enemy off. They’re virtually defenseless when alone but they put up a good front. They’ll raise their head and neck feathers, spread their wings and tail to appear much larger. Finally, they’ll lunge at the enemy as if to bite – but in fact they never do. That’s another reason why they’re called lovebirds. *(Larry Masidlover)***

**The principality of Monaco is the only country in the world whose orchestra is bigger than its defense force. There are 85 musicians in the national orchestra and 82 men in the military. *(Sunday Express, London)***

**Another little-known fact about Native Americans is that some were utter pacifists. Wouldn't fight when their villages were raided. *(L. M. Boyd)***

**Indeed, scientists have found that most plants produce chemical herbicides to use against other plants, and insecticides against one or more kinds of insects. But to be effective in the garden jungle, a plant need not kill those that threaten it. Often a plant only weakens its enemies enough to deter them and thus protect themselves. The tobacco plant produces nicotine, an insecticide so effective that one whiff of its vapor can paralyze an aphid. Oak and pine trees and many other plants load their leaves with tannins. Tannic acid causes enzyme changes in the stomachs of herbivores that make the leaves hard to digest. The more oak leaves an insect eats, the less the nourishment absorbed by its digestive system, and thus the attacker is weakened. *(Lowell Ponte, in Reader’s Digest)***

**The greatest possible way to practice non-resistance is to know that God is always present, despite whatever may seem to be. This, of course, is what is meant by love. Non-resistance is the freeing law that makes effective living possible. For when we resist anything, we surrender our control (dominion) and give power to the very thing resisted. We then see it as all-powerful! *(Jack H. Holland)***

**Seven presidents never vetoed a bill. They were John Adams, Thomas Jefferson, John Quincy Adams, William Henry Harrison, Zachary Taylor, Millard Fillmore and James Garfield. *(L. M. Boyd)***

**Prizefight records describe a bout in the 1870's between the English champion Him Mace and an unnamed opponent. They fought four hours without hitting each other even once. How could that be? *(L. M. Boyd)***

**A metaphysician once gave me a wonderful recipe for taking every trick in the game of life, it is the acme of nonresistance. He gave it in this way: “At one time in my life, I baptized children, and of course, they had many names. Now I no longer baptize children, but I baptize events, but I give every event the same name. If I have a failure I baptize it success, in the name of the Father, and of the Son, and of the Holy Ghost!” *(Florence Scovel Shinn, in The Game of Life and How To Play It)***

**Pitchers threw fastballs at his head. Runners slid at him with their cleats. Catchers spit on his shoes. But it was from the stands that the hate letters and death threats came. As a college student, Jackie had a reputation for fighting, but not in the big leagues. There he practiced self-control. Even when they warned that if he kept playing, they’d kidnap his son. Even when his family waited by the radio, listening for gunshots, Jackie Robinson kept silent, speaking loud with no words at all. *(Brad Meltzer, in Heroes For My Son, p. 31)***

**Follow the Rule of Holes: if you’re in one, stop digging. *(Dennis Healy, sage)***

**The scientific way to approach life, if you do not like the picture you are getting, is to change the reel. This is a great way to practice the law, “Resist Not Evil.” *(Emmet Fox)***

**There’s a bit of ancient wisdom that appeals to us: it’s a saying that a fight starts only with the second blow. *(Hugh Allen, in Knoxville News-Sentinel)***

**If a working sheep dog turns mean, the sheep might kill it. Not likely, but might. Rams encircle it, close in with horns lowered, and trample it to death. The dog is trained not to kill sheep. But the sheep aren’t trained not to kill dogs. Sheepmen say even the meanest dog so trampled almost never fights back. *(L. M. Boyd)***

**Most Olympic swimmers wear a high-tech Speedo full-body suit that cuts friction dramatically, forces the body into a more streamlined position, and adds buoyancy. Some experts say the suit can boost performance by 2 percent – more than enough to set world records. *(The New York Times, as it appeared in The Week magazine, August 22-29, 2008)***

**The first tires made were produced to resist shocks and they never lasted, but the new tires absorb shocks and they last a long, long time. *(Albert E. Cliffe)***

**Going up the Nile was as if we had turned a page in Time’s Ageless Book. The felluccas were going upstream, for this is the way the wind blows constantly. Their sails were spread and full of wind. Other boats came down with the current. Transportation on the Nile, the wind taking the boats up and the current bringing them down, hadn’t cost anything as long as there had been an Egypt. *(Jesse Hilton Stuart)***

**Erecting a legal moat around the blue states is fine, said Jonathan V. Last in The Bulwark, but Democrats should “not expend political capital trying to protect voters from Trump.” Let them suffer the consequences of electing him again: the tariffs that will drive prices up and fuel inflation, the “glorious immigrant roundup,” the vow to let anti-science extremists “go wild” on America’s public health infrastructure. Democrats can then pin blame on Trump for the severe damage that results. “Make him own it. All of it.” That would be smarter than trying to repeat the first Resistance, said Michael Schaffer in Politico. The racial-justice marches, identity politics, and word policing made Democrats seem like “a confederation of mistreated constituencies” rather than a broad coalition of Americans. That only fueled Trump’s populist backlash. This time, those of us who oppose Trump should not let him “colonize our psychic lives,” said Sam Adler-Bell in New York magazine. Hyper-vigilance is its own form of surrender. Instead, let’s focus on hope, and on seeking to understand – and win back – those who voted for him or didn’t vote.” Things won’t necessarily get better” because of the humility that will require. “But they might.” *(The Week magazine, November 29, 2024)***

**Not to be rude, but 240,000 Americans would be out of work if not for Charles R. Walgreen's middle finger. As a teenager in Dixon, Illinois, in the 1890s, Walgreen worked in a shoe factory. One day, his hand got caught in a stitching machine, severing the top joint of his middle finger and ending his hoped-for career in sports. The doctor treating young Charles proposed an alternative path: Why not try pharmacy? Walgreen's first job as a pharmacist's apprentice paid $4 a week and ended with his getting fired (he forgot to shovel the snow out front). He opened his own pharmacy in 1901 (someone else could shovel!) and by 1929 operated 397 stores. Today, Walgreens is the second-largest U.S. pharmacy chain after CVS and fills more than 1.1 billion prescriptions a year. *(Reader's Digest, March, 2019, issue, page 82)***

**You are permitted in time of great danger to walk with the devil until you have crossed the bridge. *(Bulgarian proverb)***

**Such a man was Booker T. Washington, struggling against deep-seated white prejudice to establish his Tuskegee Institute in Alabama. One day, as he passed the mansion of a wealthy woman to whom he was just another black, he heard her call out, “Come here, boy. I need some wood chopped.” Without a word, Washington peeled off his jacket, picked up the ax and went to work, not only cutting a pile of wood but carrying it into the house. He had scarcely left when a servant said, “That was Professor Washington, ma’am.” Abashed, the woman went to the Institute to apologize. Replied the educator: “There’s no need for apology, madam. I’m delighted to do favors for my friends.” The woman became one of Tuskegee’s warmest and most generous supporters. *(Clarence W. Hall, in Reader’s Digest)***

**Nothing on earth can resist an absolutely non-resistant person. The Chinese say that water is the most powerful element, because it is perfectly nonresistant. It can wear away a rock, and sweep all before it. *(Florence Scovel Shinn, in The Game of Life and How To Play It)***

**In medieval times, people hung wind harps in the open windows of their huts. The wind, moving through these wind harps, would be transformed into music. The little instruments would never know, or even care, from what direction the wind blew or how gentle or gusty it might be. They were simply open to the flow of the currents of air, allowing the currents to play whatever music they desired at the moment. It was as if the wind harps sensed that their purpose was to serve as instruments for the wind, for without the wind there could be no music. Neither would there be music if the instruments resisted the wind. By their complete cooperation, the wind harps were capable of an infinite variety of music as the wind was free to be the wind through them. *(Richard & Mary-Alice Jafolla, in The Quest, p. 296)***

**A would-be thief’s robbery attempt at an Atlanta nail salon went awry after patrons ignored his demands for money. “Everybody get down! Give me all your money!” the unidentified suspect shouted upon entering the Nail First salon, his hand in a bag as if holding a weapon. But surveillance videos showed both workers and customers failing to react, until the humiliated suspect finally gave up and drove off. A customer said they took their cues from the owner, who chose to “keep everybody relaxed.” *(The Week magazine, July 28, 2023)***

**Wolves jealously protect their hunting territories, but they need all of their strength just to survive. So rather than fight with other packs, they howl. If another group is nearby, it will know that both packs are too close for comfort. *(Eugene J. Walter, Jr.)***

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