Opinion
Guest Voices
The Martin Luther King Jr. Memorial

The Martin Luther King Jr. Memorial is pictured in Washington Aug. 29, 2023. (OSV News/CNS/Tyler Orsburn)



by John Dear

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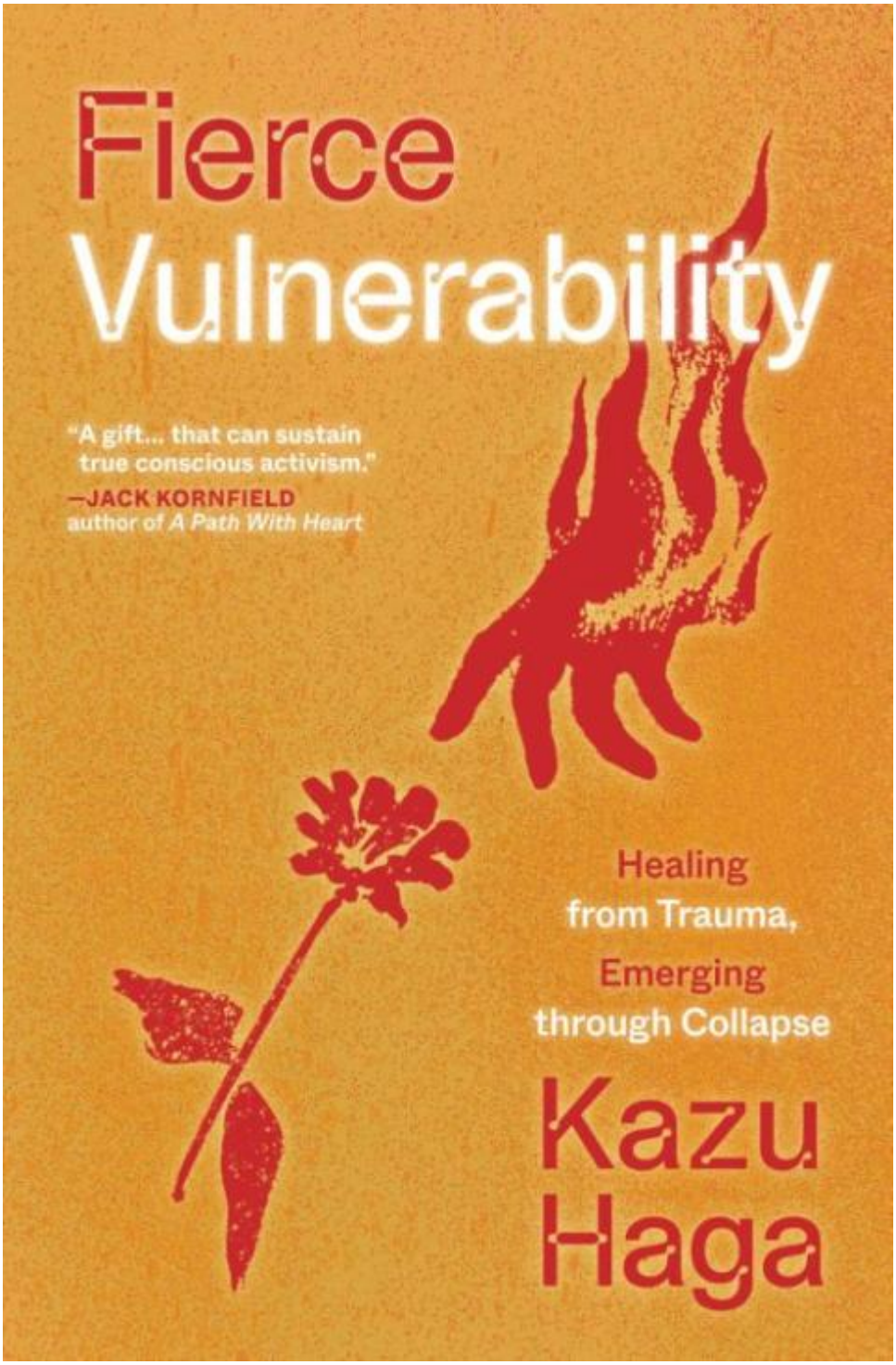
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This week on "The Nonviolent Jesus Podcast," John Dear hosts Kazu Haga, an author and teacher of Kingian nonviolence who talks about his new book, *Fierce Vulnerability: Healing from Trauma, Emerging through Collapse*.

Haga's new book shares the six principles of Kingian nonviolence and how to build the beloved community that Martin Luther King envisioned. "We are in a polycrisis, and we are not crazy for thinking the world is burning all around us," Haga said.



"Fierce Vulnerability: Healing from Trauma, Emerging through Collapse," by Kazu Haga

Haga is the founder of the East Point Peace Academy, a core member of the Ahimsa Collective and the Fierce Vulnerability Network and author of *Healing Resistance: A Radically Different Response to Harm*. He is a practitioner, trainer and teacher of

Kingian nonviolence, restorative justice, organizing and mindfulness. He works with incarcerated people, youth and activists from around the country.

He has more than 20 years of experience in nonviolence and social change work, and has been an active trainer since 2000. He lives in Oakland, California, with friends at Canticle Farm, an urban community of nonviolence that has a public garden in the neighborhood.

In his new book, Kazu suggests that the "real issue behind humanity's violence and insanity is trauma," and that our goal is healing on a personal, social and global level. He calls us to get beyond "us vs. them" and "right vs. wrong" thinking, and to pursue our interdependence and interrelatedness through healing nonviolence, as King and Thich Nhat Hanh taught, and Jesus embodied.

Listen to the episode here.

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