Avoid pre-judging and categorizing people

"We need to be aware of the danger of categorizing people into such simplistic binaries as good and bad, us and them, and friend and foe. Such an approach is one of the deep drivers of conflict." - Daisaku Ikeda

Strive to bring out the best in oneself and others

"These vibrant sessions [of dialogue] develop as participants give voice to the calls that issue freely from their lives, mutually respecting each other and bringing forth the best that each possesses." - Daisaku Ikeda

Listen to and learn from each other

"Elise Boulding reminded us that the creation of a culture of peace begins from our own effort to listen to others; that when we lend our ears to opposing opinions, this can bring to light the hidden essence of things, enabling us to grasp the core aspect of an issue." - Daisaku Ikeda

Remember that change begins with us

"Dialogue is a choice requiring genuine courage and strength. It is the ultimate constructive undertaking of the human spirit. And it is for this reason that conflict resolution through dialogue holds the promise of a genuine and lasting solution." - Daisaku Ikeda