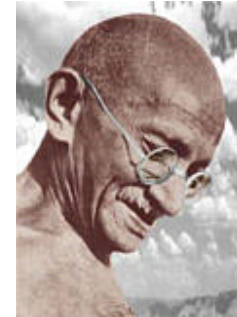


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Gandhi-King Season for Nonviolence **Compassionate Activism for Global Healing** Carrying a Vision, Following an Inner Light

Friday 30 January through Sunday 4 April, 2004



Adapted from an open source participatory learning process facilitated by **Information Habitat: Where Information Lives** at <http://www.gandhi-king-season.net>

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The Gandhi-King Season - with the theme of Compassionate Activism for Global Healing - offers a unique opportunity for people and communities around the earth to take part in a participatory learning process - learning how we can actively engage - with compassion - in a much-needed process of global healing.

Framed by the anniversaries of the assassinations of Mohandas K. "Mahatma" Gandhi and the Rev. Dr. Martin Luther King, Jr., the Gandhi-King Season for Nonviolence runs from January 30 through April 4, offering a ten week period to learn from the lives and teachings of Gandhi and King - and to find ways to translate what we have learned into compassionate, nonviolent, dedicated activism - in the spirit of Gandhi and King. This international event honors their vision for an empowered, nonviolent world.

Use this resource packet in whatever way works best for you - - designed to be used as day by day reflections for the Gandhi-King Season of Nonviolence, or select individual topics of interest.

1.1- Ahimsa

"Nonviolence is an active force of the highest order. It is soul force or the power of Godhead within us. Imperfect man cannot grasp the whole of that Essence - he would not be able to bear its full blaze, but even an infinitesimal fraction of it, when it becomes active within us, can work wonders." *M.K. "Mahatma" Gandhi*

Ahimsa - do no harm - was at the heart of Mahatma Gandhi's philosophy and practice. Ahimsa is rooted in an unconditional love, respect and appreciation for all sentient beings.

Today: I will read about ahimsa and consider a commitment to study the philosophy and practice of Ahimsa throughout the Gandhi-King Season.

1.2- Reverence

"In the main, reverence for life dictates the same sort of behavior as the ethical principle of love. But reverence for life contains within itself the rationale of the commandment to love, and it calls for compassion for all creature life." *Albert Schweitzer*

Reverence for all life is fundamental to Ahimsa; it is the ultimate rationale for Ahimsa - for how can one willingly do harm to that for which one has reverence - and towards which one has the love that reverence engenders.

Today: Open yourself to a feeling of reverence - and of love and compassion - for all forms of life you notice today - whether a cat, dog or hamster, bird, flower or tree, or each person that you meet during the day. See what you can find out about Albert Schweitzer and his life and work.

10.1- Miracles

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." *Albert Einstein*

Today: As you begin each meal today, stop to honor all the hands that brought it to you and bless the earth for its bounty.

10.2- Grace

"Amazing grace, how sweet the sound
That saved a wretch like me.
I once was blind, but now I see. "

John Newton, former slave trader

Today: May you walk with grace and may the light of the universe shine upon your path.

10.3- Awe

"When men lack a sense of awe, there will be disaster.
Do not intrude in their homes.
Do not harass them at work.
If you do not interfere, they will not weary of you.
Therefore the sage knows himself but makes no show;
Has self-respect but is not arrogant.
He lets go of that and chooses this. "

Lao Tsu, Tao Te Ching

9.5- Appreciation

"Praise yourself as much as you can. The love in our lives begins with us. Loving yourself will help heal this planet." *Louise Hay, author*

Today: Today write 10 things that you appreciate about yourself.

9.6- Uniqueness

"The greatest need people have is for love and approval."
Dale Carnegie

Today: Praise, compliment and honor the uniqueness of someone you know today and notice the positive impact you make by valuing the individuality of this person.

9.7- Community

"The beloved community is rooted in the inter-relatedness of all life and in the unity of human existence under the guidance of a personal God of love and reason who works for universal wholeness."
Dr. Martin Luther King, Jr.

For community to grow, its member must fully share their lives with one another. Community life demands care, active listening to one another, and patient presence. Communities flourish when their members regularly break bread, celebrate their joys, take risks for justice and peace, share their pain, and forgive one another.

Today: Give thanks for the community you are a part of and notice the ways in which your community supports personal and corporate growth.

1.3- Respect

"Courtesy towards opponents and eagerness to understand their viewpoint is the ABC of nonviolence."
M.K. "Mahatma" Gandhi

Let our language be based on respect for those we address. The life of peace excludes no one. If we wish to live at peace with ourselves, we need to accept others for who they are. Each one of us needs to break down the self-made walls we have erected to separate ourselves from those we label as "outsiders" and "inferior" to our own delusional "superiority,"

Today: Respecting yourself and others means making a choice not to use profanity or "put downs." As you interact with and observe people during the day, be aware of ways in which you respect each person.

1.4- Humility

"... and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"
Micah, Chapter 6, verse 8

"The seeker after truth should be humbler than the dust. The world crushes the dust under its feet, but the seeker after truth should so humble himself that even the dust could crush him. Only then, and not till then, will he have a glimpse of the truth."
M.K. "Mahatma" Gandhi

Today: Gaze up at the stars tonight and remember how small you are, your life but a fleeting moment in the vast scale of time and distances of the solar system and the universe.

1.5- Non-Intervention

"The very softest thing of all
can ride like a galloping horse through the hardest of things.
Like water, like water penetrating rock.
And so the invisible enters in.
That is why I know it is wise to act by doing nothing.
And how few, how very few understand this.
People teach in the world what I know to be true:
if you live violently, that is how you will die."

Lao Tsu, Tao Te Ching

Sometimes when we want to intervene in a conflict situation, we bring our own anger to bear, and want to impose our will, our solution. By holding back, by non-intervention, we can release our anger; when we do take action, it can flow with the natural course of events, not against it - *wei wu wei* - doing without doing, effortless action.

Today: Pause before you intervene in situations today and consider the option of non-action, of observing and of waiting until your purpose is clear. Find out more about Lao Tsu, his teaching and philosophy when and where he lived, and about the Tao Te Ching - The Way of Nature and its Virtue.

1.6- Compassion

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."
The 14th Dalai Lama

Compassion is about both relieving suffering and about celebration (which also relieves suffering by putting it in a context of gratitude.) With compassion comes a greatness of heart. Compassion arises when we allow our heart to be touched by the pain and need of others.

Today: Allow compassion to lead your life, your words and actions.

9.2- Teaching

"An understanding heart is everything in a teacher, and cannot be esteemed highly enough. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feeling. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child."

Carl Jung

If it does not spring from the heart, the teaching of nonviolence is an empty exercise; awakening to the heart is the essence of nonviolence.

Today: As you explore the opportunities for teaching nonviolence, begin by looking into your own heart.

9.3- Education

Knowledge strengthens your conviction and deepens your understanding and acceptance.

Today: What can you read, see or do today to expand your knowledge about human rights, diversity, ecology, history, politics, or spirituality?

9.4- Gifts

"Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other."
Elie Wiesel

8.6- Nature

"Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are part of nature and therefore part of the mystery that we are trying to solve."

Max Planck

Adopt the pace of nature, her secret is patience. *Ralph Waldo Emerson*

Today: Take some time to be outside, to walk in a park, or beside a stream, to feel the wind in your hair, and the earth or fallen leaves in your hands. Reflect on the ways of Nature, and how we can learn to live in harmony with those ways.

8.7- The Earth

Gandhi said, "To forget how to dig the earth and tend the soil is to forget ourselves." Black Elk said, "Some little root of the sacred tree still lives. Nourish it, that it may leaf and bloom and fill with singing birds."

Today: Today nurture a plant or plant a seed in and for the earth.

9.1- Learning

"Learning without thought is labor lost; thought without learning is perilous."
Confucius

"Learning softeneth the heart and breedeth gentleness and charity."
Mark Twain, The Prince and the Pauper

Each and every situation we encounter is an opportunity to learn; the more the situation challenges us, the greater the opportunity to learn. In the process, we can learn to let go of a state of mind that would impose its understanding on the world and to learn humility from accepting the whole world as our teacher.

1.7- Simplicity

"Live simply, so others can simply live." *Traditional Quaker guidance*

To simplify is to invite peacefulness into your life. If we dare let go of our possessions and the will to control and dominate, we will cultivate a deeper spirit of peace within us because we can accept the present moment as a gift.

Today: Think of three ways you can simplify your life and put at least one of them into practice today.

2.1- Truth Force

"As a Jain muni once rightly said I was not so much a votary of ahimsa as I was of truth, and I put the latter in the first place and the former in the second. For, as he put it, I was capable of sacrificing nonviolence for the sake of Truth. In fact it was in the course of my pursuit of truth that I discovered nonviolence." *M.K. "Mahatma" Gandhi*

"Satyagraha is a relentless search for truth and a determination to search truth."
M.K. "Mahatma" Gandhi

Truth Force - satyagraha - was the central philosophy guiding Mahatma Gandhi's use of nonviolent civil disobedience in the struggles he led against injustice. For Gandhi, satyagraha was the use of Soul Force or Love Force against the Brute Force of violence - speaking truth to power, not with anger, but from - and to - the heart.

Today: When you notice any injustice today, reflect on how you might speak clearly and powerfully against the injustice - without anger towards whoever is responsible for the injustice. Find out about Gandhi's use of satyagraha in addressing injustice.

2.2- Integrity

"Do the Right Thing!"

Spike Lee movie title

Integrity asks for firm adherence to a code of especially moral or artistic values and denies any form of corruption

Today: When faced with a choice today, listen to your conscience. You know what is right to do. Will you do it?

2.3- Advocacy

"When someone stands up to violence, a force for change is released. Every action for peace requires someone to exhibit the courage to challenge violence and inspire love."

Thich Nhat Hanh

Thich Nhat Hanh - a Vietnamese Buddhist - founded a Buddhist order in 1969 in the heat of the Vietnam War and through books such as **Being Peace** has been a teacher and inspiration to countless active and reflective lovers of peace.

Today: Today, be an ally. Without blaming or judging others, listen from your heart, and speak out with love for those who are disrespected, abused or not listened to.

Find out more about Thich Nhat Hanh, his writings and teachings, and find out - or remember - and talk about the Vietnam War and the nonviolent peace movement that emerged in response to that conflict.

2.4- Responsibility

The quality of your community starts with you.

Today: Take responsibility wherever you are. Pickup trash that is not your own, whether at home, at the office or on the street. Every little bit helps.

Today: Meditate. Take some time to sit in stillness, focusing on your breath, letting go of all thoughts.

8.4- Prayer

"Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is discord, union;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy."

Saint Francis of Assisi

Today: Begin and end the day with St. Francis' prayer; if it feels more comfortable to do so, substitute Great Spirit, Divine Mother, Allah, or whatever name you will in place of Lord. Take time too to say your favorite prayer. When you say goodbye to people, share the prayer "May Peace prevail on Earth."

8.5- Silence

"God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence. ... We need silence to be able to touch souls."

Mother Teresa

We need silence to express our true selves. Silence is countercultural and more; it leads us beyond culture, beyond illusion, beyond words, to the truth of peace. In silence, we can no longer deny our basic humanity, our powerlessness, our helplessness. Silence unveils our vulnerable selves.

Today: Give yourself the gift of silence and solitude.

8.1- Reflection

"No one can see their reflection in running water. It is only in still water that we can see."
Taoist Proverb

Reflection is a key to nonviolent action; action without reflection can be blind - to our deeper motivations and emotions, to the likely consequences of our actions, and to alternative courses of action that might communicate our concerns more powerfully and effectively.

Today: Be reflective as you address the challenges you face today and as you consider what you can do to take a stand against violence.

8.2- Contemplation

"The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival."
Aristotle

Contemplation is to knowledge, what digestion is to food - the way to get life out of it.
Tryon Edwards

Today: Take a moment to relax, breathe and let your mind be fed by what is good and beautiful. As you think, so you are!

8.3- Meditation

"Empty yourself of everything.
Let the mind rest at peace.
The ten thousand things rise and fall while the Self watches their return.
They grow and flourish and then return to the source.
Returning to the source is stillness, which is the way of nature."
Lao Tsu, Tao Te Ching

2.5- Accountability

In conflicting situations, personal accountability allows us to take responsibility for how we contribute to a conflict and make a different choice that can lead to a peaceful resolution.

2.6- Action

"Each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation."
Robert Kennedy

"In action, watch the timing."
Lao Tsu

Truly nonviolent action is centered in love and compassion, Actions speak louder than words, it is said, yet it is not so much loudness as clarity and truth that matters; a gentle action can be far more powerful than a forceful one. So, too, the smallest actions - those closest to home - can be more meaningful than those expressed from a distance.

Today: What actions from the heart can you take today to express your commitment to peace and nonviolence - in your personal life and in the public domain. I imagine what actions Mahatma Gandhi, Martin Luther King, Jr. and Robert Kennedy would be taking if they were among us today.

2.7- Civil disobedience

"Civil disobedience becomes a sacred duty when the State becomes lawless and corrupt."
M.K. "Mahatma" Gandhi

"I became convinced that non-cooperation with evil is as much a moral obligation as is cooperation with good."
Dr. Martin Luther King, Jr.

3.1- Kindness

"Practice random acts of kindness."

Anonymous

"My religion is kindness"

The Dalai Lama

Today: Participate in the counter-revolution of kindness and ask yourself how you can be more kind to yourself and others day.

3.2- Gentleness

"Never does hatred cease by hating in return; only through love can hatred come to an end. Let us overcome violence by gentleness; let us overcome evil by good."
Buddha, The Dhammapada

3.3- Gratitude

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
Melody Beattie

Today: Be thankful for all that you receive and experience during the day and reflect on who and what made those experiences possible. Give special thanks for the food you eat and for the people you meet.

3.4- Patience

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew."

St. Francis de Sales

7.6- Equality

"Unless man is committed to the belief that all mankind are his brothers, then he labors in vain and hypocritically in the vineyards of equality."
Adam Clayton Powell, Jr.

When you recognize as your equals those with whom you disagree, true opportunities for dialogue emerge - opportunities that are denied when you think of yourself as better or less than others.

Today: Be mindful of ways that you see yourself as better than other; when you listen to people today, listen to them as equals; when you speak, speak to others as equals.

7.7- Creativity

"Why should we use all our creative power ... ? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money."
Brenda Ueland

The human soul's natural desire is to create. Your life is your creative expression.

Today: Reflect on what you are creating in your life today and how can you express it more joyously?

7.4- Mindfulness

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers."

Thich Nhat Hanh

If we just act in each moment, with composure and mindfulness, each minute of our life is a work of art.

Today: Be aware of the motivation behind your action, the intention behind your words and the needs and experiences of other people. By doing so, you are making life more beautiful for others.

7.5- Listening

"A little-recognized value of listening and inquiring relates to the realization that in human relationships, it is frequently not what the facts are, but what people think the facts are, which is truly important. There is benefit in learning what someone else's concept of the reality of the situation is, no matter how wrong it might be."

Bryan Bell

Can you stop what you are doing and think, and take time to listen to the feelings behind someone's words to you. Before you speak, pause to listen to what you are about to say, and to how you are going to say it. Pause too to make sure that you have listened to, and heard, what another person has just said to you.

Today: Be fully present for each conversation you engage in, and listen longer than usual - and with more patience - to what others are saying to you.

"Peaceful warriors have the patience to wait until the mud settles and the water clears. They remain unmoving until the right time, so the right action arises by itself. They do not seek fulfillment, but wait with open arms to welcome all things."

Dan Millman

Today: When your plans and visions seem delayed or frustrated, choose to be patient and let time be a friend and a teacher.

3.5- Understanding

"When you understand, you cannot help but love." *Thich Nhat Hanh*

Today: When you find yourself disagreeing with someone, try to focus on understanding what they are saying - and why. Listen compassionately to them, with a silent thought of love, and tell them what you understand them to be saying. Without telling them they are wrong, say clearly and quietly what you believe to be true.

3.6- A Smile

"A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give."

Rabbi Samson Raphael Hirsch

Today: Smile. A lot.

3.7- Generosity

"There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart. "
Mother Teresa

Today: Today, find a way to give generously of your time, attention or resources to others.

4.1- Justice

"What does the Lord require of you?
To act justly and love mercy and
to walk humbly with your God."
Holy Bible, Micah 6:8

Recompense injury with justice, and recompense kindness with
kindness. *Confucius*

Justice is the quality of being just, impartial, or fair.

Today: Strive for justice in every encounter.

4.2- Peace

"Practice watering seeds of joy and peace and not just seeds of
anger and violence, and the elements of war in all of us will be
transformed."
Thich Nhat Hanh, Buddhist teacher

Peace does not mean to be in a place where there is no noise, trouble,
or hard work. It means to be in the midst of those things and still
be calm in your heart.

Today: Choose to meet each experience with an intention for peace.
Try to identify all anger or irritation and replace the feeling with
calm.

7.2- Words

"Language is an exact reflection of the character and growth of its
speakers."
M.K. Gandhi

Let your words speak from the depth of your heart and your soul. Let
them resonate with the love of all life that is the heart of ahimsa. And
let your words speak truth to power - with a power grounded in
humility.

Today: Reflect on the words you use today - letting go of those
words that are infused with anger, fear or mistrust. Choose instead
words from your heart.

7.3- Perspective

"Are you careful not to possess any idea too firmly,
Knowing that another may draw you closer to truth?"
Barry Morley, Queries on Opening to the Light

Each of sees the world through a unique perspective - with a complex
set of filters based on our own past history and experiences. So, too,
does the person who sees the world differently, with whom we may be
engaged in dialogue. One of the keys to dialogue is the ability to listen
with compassion and an open heart to a different perspective.

Today: Examine the perspectives that you bring to the situations you
encounter today - especially to those that involve disagreement;
explore the opportunity that other perspectives offer to deepen and
refresh your own perspectives.

Today: Reflect on what is difficult for you to accept - in yourself, in other people, and in the state of the world; let go of any resistance or judgment, and allow yourself to accept - and acknowledge - whatever you had been resisting.

6.7- Release

"When the heart weeps for what it has lost, the spirit laughs for what is found."
Sufi proverb

Today: Release the weight of your past, the judgments of yourself and others, and be the change you wish to see. You really do make a difference in our world.

7.1- Dialogue

"A healthy society is one in which ... those who disagree can do so with honor and respect for other people's opinions, and an appreciation for our shared humanity. "
Marianne Williamson

When we engage in dialogue, we seek not to prove we are right, or that the other person is wrong, but to state clearly - from a place of ahimsa and truth force - what we believe to be true, and to listen deeply so as to be able to understand the perspectives of those who do not appear to share our truth.

Today: Today, speak your truth quietly and clearly, and do not enter into the spirit of argument. Listen with an open heart to the truth as perceived by others.

4.3- Light

"She would rather light a candle than curse the darkness, and her glow has warmed the world. "

Epitaph: Eleanor Roosevelt Memorial in UN Gar

Today: Let your light shine today - and everyday.

4.4- Healing

Poet and activist Maya Angelou turned a traumatic childhood experience into a catalyst for creativity and achievement.

Today: Today, reflect on a painful incident in your life to find the "gift" it has brought you. Consciously, share this gift with others now.

4.5- Love

"Nonviolence is based on the assumption that human nature ... unflinching responds to the advances of love."

M.K. "Mahatma" Gandhi

Today: Today focus on what you can find to love in the person you like the least. As you meet people during the day, reflect on how you love them what it is that you love about them.

4.6- Cooperation

When we work together, we are stronger than when we work alone.

Today: Is there one significant way that you can cooperate more effectively with the people in your family or workplace, school or community today?

4.7- Sustainability

J. Hugh Faulkner, executive director of Business Council for Sustainable Development, Geneva, who developed the concept of 'eco-efficiency' said sustainable development was 'good politics and good economics.

The list of definitions of "sustainability" continues to grow. All of them emphasize two points: (1) continuity in the level of productivity from year to year; and (2) concern about the environment and future quality and quantity of resources and minimize environmental degradation.

Today: Take a critical look at your life as it relates to environmental sustainability.

5.1- Commitment

"Until one is committed there is hesitancy, a chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment that one definitely commit oneself, then providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamed would come his way.

Whatever you can do, or dream you can, begin it!
Boldness has genius, power and magic in it.
Begin it now!"

Goethe

Do you have a commitment to nonviolence in your life? What are you willing to do as a consequence of this commitment?

Today: Clarify and affirm your personal commitment to nonviolence.

Today: Go over in your mind all that you have lost - including lost opportunities - and accept each loss willingly, letting go of any anger, disappointment or sadness you may be holding on to.

6.5- Acknowledgment

"Acknowledge

1. a. To admit the existence, reality, or truth of.
b. To recognize as being valid or having force or power.
2. a. To express recognition of: acknowledge a friend's smile.
b. To express thanks or gratitude for. "

The American Heritage® Dictionary of the

Today: In each of the four meanings quoted above, take time to acknowledge each person you meet or see today - including yourself - in a spirit of ahimsa and forgiveness.

Take some time too today to acknowledge the realm of nature - tree, bushes and flowers; birds and four-legged animals; the community of life on the Earth, and the Earth herself.

6.6- Acceptance

"Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such."

Henry Miller

The other side of forgiveness is making amends, when it is you who has been - or needs to be - forgiven for hurt or wrongdoing you may have caused. As with forgiveness, the gift - to yourself and to whoever has been hurt or wronged - of making amends is revealed when it is given unconditionally from your heart.

Today: As you interact with people today, reflect on whether there are ways you feel moved to make amends; let your heart gently guide you, as you recall each person's unique ways of expressing his or her joys, fears and pains, and be open to let your heart speak through words, actions, thoughts or prayers.

6.3- Defeat

"Heroes are made in the hour of defeat. Success is, therefore, well described as a series of glorious defeats."

"Victory attained by violence is tantamount to a defeat, for it is momentary." *M.K. "Mahatma" Gandhi*

If we seek to defeat an adversary, we too become defeated; when nonviolence prevails, no-one experiences defeat.

Today: If you find yourself in an argument, remember that it is not a question of whether you win or lose, only of how clearly you speak your heartfelt truth and how well you are able to listen to and respect the other person's truth.

6.4- Loss

"When you are one with loss,
The loss is experienced willingly." *Lao Tzu, Tao Te Ching*

When we remain caught in attachment to what we may have lost, we are not able to be fully in the present. It is said that "When one door closes, another one opens." So it is that letting go of loss can open the door to a richer gain.

5.2- Courage

"Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them."

Ralph Waldo Emerson

"You must do the things that you think you cannot do."

Eleanor Roosevelt

Today: Summon up the courage to act on your commitment to nonviolence.

5.3- Inspiration

"Cease trying to work everything out with your minds. It will get you nowhere. Live by intuition and inspiration and let your whole life be Revelation." *Eileen Caddy*

Today: There are many people who inspire us. Take a moment to reflect upon who inspires you and what characteristics you most admire in them? See the potential that is also within you and choose to cultivate these characteristics in your daily life.

5.4- Choice

"The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you do is who you become. Your integrity is your destiny - it is the light that guides your way." *Heraclitus*

Today: Reflect on the choices you face throughout the day and on how they translate your commitment to nonviolence into your thoughts, words and actions.

5.5- Self-sufficiency

"Interdependence is and ought to be as much the ideal of man as self-sufficiency." *M.K. "Mahatma" Gandhi*

For Gandhi, economic self-sufficiency - symbolized by the spinning wheel - was a vital element of independence from colonial rule and from oppressive economic conditions.

Today: Discover the satisfaction of making something for yourself instead of buying something - or from spending time in self-sufficient quiet reflection or meditation.

5.6- Trust

"A human being is only interesting if he's in contact with himself. I learned you have to trust yourself, be what you are, and do what you ought to do the way you should do it. You have got to discover you, what you do, and trust it." *Barbra Streisand*

When you make a commitment to nonviolence, you will often find yourself led in directions that challenge conventions and conventional wisdom, and that may seem to set you apart from others around you. By learning to trust yourself, you can develop a quiet confidence so that your words and actions reflect the love and compassion that is at the heart of nonviolence.

Today: Trust your judgment, intuition and the language of your heart when faced with challenges to ways of nonviolence.

5.7- Vision

"Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside awakens." *Carl Jung*

"Where there is no vision, the people perish." *Proverbs, 29:18*

Today: Follow your vision; follow your heart; follow your inner light.

6.1- Forgiveness

"The results of forgiveness is the stopping of the recycling of anger within ourselves and in the world. Peace will come to the world when each of us takes the responsibility of forgiving everyone, including ourselves, completely." *Gerald Jampolsky*

When we forgive, we do not condone hurtful behavior. We simply realize that there is something within us that is more important than this wounding experience, and in doing so, open our hearts to the humanity of those we forgive.

Today: Be willing to let go of the past, and forgive those who have hurt you, and towards whom you feel anger. Forgive yourself too.

6.2- Making amends

"Making amends may seem like a bitter pill to swallow, but for those serious about recovery it can be great medicine for the spirit and soul." *Step 9. Forgiveness. The Twelve Steps*

Please note: The sequence of pages in this booklet has been arranged so that they will be in the correct order when they are printed / copied on two sides, and folded and stapled as a booklet.

A version of this booklet with the pages in the normal order – e.g. if you are just going to print one or two copies, can be downloaded as a pdf or word file at

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