



## 2002 Gandhi-King Season for Nonviolence

Day 29 - Wednesday February 27, 2002

Thought for the day

### Mastery

Labor organizer Cesar Chavez teaches, "If you use violence you have to sell part of yourself for that violence. Then you are no longer a master of your own struggle."

Breathe deeply, silently counting backwards from ten to calm yourself before you speak or act with impatience or anger.

