

## Season For Nonviolence

Carrying forth the timeless principles of nonviolent social change.

January 30 - April 4, 2004

**Days 1 - 23 focus on Personal change. Nonviolence begins by learning how to be less violent and more compassionate with ourselves. We learn by building the courage to speak and act with a respect, honor and reverence for our own being.**

### Week One, Days 1 - 7

**Jan. 30 COURAGE** Eleanor Roosevelt urged, "You must do the things that you think you cannot do." Light a candle and accept the courage to practice living in peace.

**Jan. 31 SMILING** Today, share a smile with at least 3 people, knowing that your smile contributes to peace.

**Feb. 1 APPRECIATION** Write down 10 things that you appreciate about yourself, then read it aloud.

**Feb. 2 CARING** Real caring is not just what we say, but what we do. Make a list of at least 5 ways you can take better care of yourself. Practice at least one today.

**Feb. 3 BELIEVING** Today believe that you have all the resources to move your life in the direction of peace. Be aware of simple demonstrations of peaceful responses.

**Feb. 4 SIMPLICITY** Think of 3 ways you can simplify your life and put at least one into practice today.

**Feb. 5 EDUCATION** Learn about the power of nonviolence by educating yourself. Read an article that relates to nonviolence. Learn about human rights, diversity, ecology, history, forgiveness, spirituality, peace studies, and more.

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### Week Two, Days 8 - 14

**Feb. 6 HEALING** Today, choose a painful incident in your life and find the "gift" it has given you. Consciously share this gift with others.

**Feb. 7 DREAMING** Martin Luther King, Jr. had a dream. What is your dream of peace? Write it down. What is one thing you can do to honor that dream? Do it today.

**Feb. 8 FAITH** Today, say, "I Can" even if you are not aware of how to accomplish your goal. Have faith and say, "I Can" until you find a way.

**Feb. 9 CONTEMPLATION** "As a man thinketh in his heart, so he is" (Bible). For at least 3 minutes, relax, breath, and let your mind be fed by "whatsoever is good and beautiful."

**Feb. 10 GROUNDEDNESS** "Some little root of the sacred tree still lives. Nourish it..." (Black Elk). Today, place a seed in the earth or nurture a plant.

**Feb. 11 CREATIVITY** Identify at least 5 ways in which you express your creativity every day. Today, allow something unpredictable and joyous to express through you.

**Feb. 12 HUMILITY** Making mistakes is part of learning and growing. Freely acknowledge at least one mistake you make today, and reflect for a couple of minutes on what you have learned.

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### Week Three, Days 15 - 21

**Feb. 13 REVERENCE** Today, go for a walk and realize the beauty around, above and below you. "Everybody needs beauty as well as bread, ...where Nature may heal and cheer and give strength to body and soul." Muir

**Feb. 14 GRATITUDE** Begin the day by listing 5 things for which you are grateful and end it by sharing with one person all of the good things that happened to you today.

**Feb. 15 INTEGRITY** When faced with a choice today, listen to your conscience. You know what's right. Do it.

**Feb. 16 FREEDOM** Take a leadership role today in your own life. Find one way you can be more expressive of who you truly are.

**Feb. 17 ACCEPTANCE** "Resentment, fear, criticism and guilt cause more problems than anything else." L. Hay. Choose not to judge yourself. See yourself as unique, loving, capable and bright. Accept yourself as you are.

**Feb. 18 SELF-FORGIVENESS** Knowing that who you are is greater than what you have done or not done, have or don't have, today forgive yourself for forgetting the good that is you.

**Feb. 19 INSPIRATION** Think of at least 2 people who exemplify the practice of peace. What is it you admire about them? Practice these behaviors today.

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**Week Four, Days 22 – 28**

**Feb. 20 MISSION** “My life is my message” - Gandhi. Write down what you want to “stand for” in your life. Note at least one way you can show through action that you stand for your beliefs. Take this action today.

**Feb. 21 PRAYER** “Prayer from the heart can achieve what nothing else in the world can,” said Gandhi. Begin and end the day with a prayer for peace. Let peace begin with you.

**Feb. 22 HARMONY** Today, choose to see the good in others rather than finding fault. Choosing not to engage in any form of gossip contributes to harmony.

**Feb. 23 FRIENDLINESS** Will Rogers said that strangers were just friends he hadn’t met yet. View those you encounter today as friends. Make a new acquaintance.

**Feb. 24 RESPECT** Today, respect yourself and others by choosing not to use any profanity or “put-downs.”

**Feb. 25 GENEROSITY** “There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart.” - Mother Teresa. Spend 10 minutes assisting someone who needs your nurturing.

**Feb. 26 LISTENING** Today, stop what you are doing and take 5 minutes to listen to the feelings behind someone’s words to you. Be fully present for the conversation and show interest in what the person is saying.

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**Week Five, Days 29 – 35**

**Feb. 27 FORGIVENESS** There are more important things than remembering a hurt. Write a letter to forgive someone and move on with life. You do not have to mail the letter.

**Feb. 28 AMENDS** Make amends today. Apologize to someone you may have hurt and mean your apology sincerely.

Feb. 29 – A special “extra” day to create your own peace practice.

**Mar. 1 PRAISING** Appreciation helps people grow. Offer praise to at least 3 people today for their personal qualities, achievements or helpful service.

**Mar. 2 PATIENCE** When your plans seem delayed, choose to be patient by identifying at least 3 ways that you can constructively use this time to support your goal.

**Mar. 3 ACKNOWLEDGMENT** Tell someone today what a difference he or she has made in your life. Acknowledge that person for being there for you.

**Mar. 4 LOVE** “Nonviolence is based on the assumption that human nature...unfailingly responds to the advances of love.” - Gandhi. Focus on what you appreciate most about the person you like the least.

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**Week Six, Days 36 – 42**

**Mar. 5 UNDERSTANDING** “When you understand, you cannot help but love. Practice looking at all living beings with the eyes of compassion.” - Thich Nhat Hanh. Send a silent thought of love to 10 people today. Share your experience with someone.

**Mar. 6 MINDFULNESS** 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.

**Mar. 7 GRACIOUSNESS** When you are out driving today, slow down and let the other car pull in front of you. Stop and let pedestrians cross the street. Hold the door open for someone else to enter first.

**Mar. 8 KINDNESS** Participate in random and senseless acts of kindness. Perform 3 acts of kindness today.

**Mar. 9 DIALOGUE** A healthy society is one in which those who disagree can do so with honor and respect for other people’s opinions. “Speak your truth quietly and clearly; and listen to others.” - Desiderata. Today, speak up but do not enter into the spirit of argument.

**Mar. 10 UNITY** Today, look for 3 ways to see beyond outer differences in opinions, appearances or goals. Find the meeting point of underlying unity that exists in diversity.

**Mar. 11 OPENNESS** “He who builds himself a fence, fences out more than he fences in.” (Turkish proverb) Today, be open to understanding ideas and people that you have previously opposed.

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**Days 47 - 64 focus on Community. Nonviolence challenges us to stand for Truth by taking action that honors the dignity and worth of every human being.**

**Week Seven, Days 43 – 49**

**Mar. 12 ACCOUNTABILITY** Today, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.

**Mar. 13 UNIQUENESS** Praise, compliment and honor the uniqueness of at least 5 people today. Notice the positive impact you make by valuing the individuality of each one.

**Mar. 14 COOPERATION** When we work together we are stronger than when we work alone. Today, find one significant way that you can cooperate more effectively with the people in your family, workplace, school or community. Do It.

**Mar. 15 MASTERY** Breathe deeply, silently counting backwards from ten to calm yourself and cool off before speaking or acting in anger. Do this at least once today.

**Mar. 16 COMPASSION** “Find someone who thinks he is along and let him know he is not.” Mother Teresa. Do this today.

**Mar. 17 DISARMAMENT** Have a conversation with someone today about what the world would be like if there were no weapons nor any need for them. Imagine such a world.

**Mar. 18 ECOLOGY** Value the earth by conserving natural resources and practicing recycling. Today use or purchase at least one recycled product.

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**Week Eight, Days 50 – 56**

**Mar. 19 HONOR** “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, stop to honor the hands that prepare your food, the earth for its bounty and the people who provide services for you.

**Mar. 20 RESPECT** Be aware today of “jokes” or remarks that show disrespect toward groups, sexes, classes of people, religions. Be considerate of every person’s dignity, and choose not to participate in disrespectful conversations.

**Mar. 21 ADVOCACY** Every action for peace requires someone to exhibit the courage to challenge violence and inspire love. Today, be an ally. Without blaming or judging others, speak out for those who are disrespected.

**Mar. 22 EQUALITY** Have you ever noticed groups of people who are under-represented in your activities and lifestyle? Find one way to connect with a person from these groups today.

**Mar. 23 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 for this generation.” Robt Kennedy. Today, find a way to make one small change.

**Mar. 24 GIVING** Practice generosity by sharing time, energy and material resources. Clean out your closet, bureau or garage. Give away what you no longer need.

**Mar. 25 RESPONSIBILITY** The quality of your community starts with you. Today, pick up trash that is not your own, whether at home, work or play. Every little bit helps.

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**Week Nine, Days 57 – 63**

**Mar. 26 SELF-SUFFICIENCY** People need the dignity of work and the opportunity to provide for themselves. Today, create a job for someone or help someone find employment or learn how to apply for a job.

**Mar. 27 SERVICE** “Everybody can be great, because anybody can serve...You only need a heart full of grace and a soul generated by love.” MLK, Jr. Sign up to volunteer at least 2 hours this month to an organization of your choice. Share your commitment with at least one person.

**Mar. 28 CITIZENSHIP** Today, call or write one of your state or federal legislators and register your views.

**Mar. 29 INTERVENTION** Today, have the courage to intervene in a caring way with someone who may be using alcohol or drugs. Through honest and straightforward

**Mar. 30 WITNESSING** Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion. Be willing to stand up for Truth by your presence, your words and actions.

**Mar. 31 PEACE** Today, make a choice to meet each experience with an intention for peace.

**April 1 COMMITMENT** Spend 5 minutes reflecting on your commitment to nonviolence. Write down what it means to you and what you are willing to do as a consequence of your commitment. Make your commitment public by sharing this with at least 2 people.

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**April 2 RELEASE** Today, look back on how far you have come during this 64-day journey. Release the weight of your past, judgments of yourself and others and the ideas that world peace is not possible by acknowledging that you do make a difference.

**April 3 CELEBRATION** Rejoice in the work that you have done. Celebrate the journey that you have made. “Never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has.” Margaret Mead

Celebrate the journey you have made with countless others who believe that every individual can move the world in the direction of peace with their nonviolent choice and action.

#### Joint Principles of Nonviolence

- ❖ Nonviolence means honoring the dignity and inherent worth of every human being.
- ❖ Nonviolence means believing that our lives are linked together, that what we do impacts the lives of other people. Therefore, we are responsible to and for one another.
- ❖ Nonviolence means dedicating ourselves to guaranteeing the fundamental rights of every human being (justice, equity, equality). It means using our talents to empower others as well as ourselves.
- ❖ Nonviolence is courageously choosing to practice compassion with our apparent adversaries. We oppose injustice, not people.
- ❖ Nonviolence means recognizing love as the power of the human spirit to triumph over injustice, social inequity, suffering. This is the hero’s journey.