



A Season for Non-Violence, Oakland

Day 4

Beloved Peacekeepers,
Today's practice and principle is Caring - self care.

Today's Principle, Today's Practice - **Caring**

According to Peter McWilliams, "Nonviolence toward the self is caring for oneself. Self-love is a crowning sense of self-worth. It's what the Greeks call reverence for the self." Real caring is not just what we say, but what we do.

Today, make a list of at least five ways that you can take better care of yourself. Practice at least one today

Journal Activity: Journal your thoughts: How can you tell that someone cares for you; how do you show others that you care; in what ways do you care for yourself; how is caring for yourself and others an important ingredient of one's personal practice of non-violence; how do you care for your spiritual community, your schools/communities you live, the state, country you live, the world, the universe?

Consider these Quotes/Thoughts of Appreciation:

Doc Childre

Care is the actualization of love assumed.

Sara Paddison, The Hidden Power of the Heart

Care is the ingredient that keeps true friendships alive despite separation, distance, or time. Care gives latitude to another person and gets you past the dislikes and annoyances. Quite simply, caring sustains love.

Sara Paddison, The Hidden Power of the Heart

Care flowing through your system gradually reconnects you with your spirit and vitality. Care enough about yourself to go to your heart to get peace, clarity, and direction before you act. True self-care has to come first.

Doc Childre and Bruce Cryer, From Chaos to Coherence

Underlying the application of care in your workplace is sincerity. Without sincerity caring acts ring hollow. Sincere care is required to achieve a true service attitude with people. When care is mechanical or insincere, it causes resistance and reaction in others, undermining adaptability. Coworkers, family, clients, and superiors can tell the difference between required courtesy and sincere care.

Doc Childre and Howard Martin, The HeartMath Solution

Care provides a conduit for our spirit's expression in the midst of our social existence. The more we truly care, the more we'll come to know ourselves and others. Care provides the key to unlocking our potential and making it real.

Doc Childre and Howard Martin, The HeartMath Solution

Sometimes we feel something slightly unpleasant, but because it's so subtle, we just accept it; we don't do anything about it. Overcare is a good example. We rarely notice when we cross that line from genuine concern into a draining, counterproductive state of overcare. Intellectually, it's a tricky distinction that varies from person to person. But from the heart's perspective, it's not so hard to figure out: overcare doesn't *feel* good.

Doc Childre, A Parenting Manual

When people are asked to remember a person who meant a lot to them in life — a teacher, a friend, a parent, a grandparent — they usually remember a person who really cared and understood them. Think back in your own life. Was there someone who stands out in your memory because they really cared about you?

Doc Childre, The How To Book of Teen Self Discovery

The more care you put into your life, the more life will care for you, bringing you fun adventures, great friends, and real inner security. Caring is just good streetsense — So, Judge less and unstress, Care more and high score.

Doc Childre, Self Empowerment

If CARE were a stock being offered on the market, it would be a wise commodity to invest in at this time on the planet. Care will soon be on the rise because everything else has been tried.



Day 4

Doc Childre and Howard Martin, *The HeartMath Solution*

Care inspires and gently reassures us. Lending us a feeling of security and support, it reinforces our connection with others. Not only is it one of the best things we can do for our health, but it feels good — whether we're giving or receiving it.

Leo Buscaglia

Too often we under estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Coco Chanel

How many cares one loses when one decides not to be something but to be someone.

Servant Leadership, Robert K. Greenleaf, (c) 1977, Paulist Press

How much we care depends somewhat on our estimate of the need for our caring.

"A smile is the light in your window
that tells others that there is a caring,
sharing person inside."

Denis Waitley

"Imagine a world that works for everyone.....where poverty, hunger, homelessness, disenfranchisement and war no longer prevail; where forgiveness, compassion, nonviolence, respect, appreciation of beauty, and the generous sharing of resources are the norm.".....Today, show someone you care -- forward this message to them, share why you are participating in the Season for Non-Violence, and what it means to you, to the world.

Blessings this day,

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PS - A question was asked, "how can we, as individuals, one person at a time make a difference in this large world? ANSWER - by sharing our beliefs that we can live in PEACE - this can be done by forwarding this message to all in your email family - extending the invitation, allowing others to participate in the history of this event - carry the vision, carry the dream!

NOTE - SNV Daily Practice will be sent to this distribution list through February 2, 2004. If you wish to continue receiving the daily inspiration, please send an email to SNVOakland@aol.com to be added to the "official" distribution list.