



February Weekly Practices

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Week 1-Self-forgiveness

When you judge yourself, you tend to believe that who you are is what you have or don't have. Knowing that who you are is greater than all these things, each day this week forgive yourself for forgetting the good that is in you.

Week 2-Love

Gandhi wrote, "Nonviolence is based on the assumption that human nature... unfailingly responds to the advances of love." Each day this week focus on what you appreciate most about the person you like the least.

Week3-Caring, Compassion

According to Peter McWilliams, "Nonviolence toward the self is caring for oneself. It is what the Greeks call reverence for the self." Real caring is not just what we say, but what we do. Make a list of at least five ways you can take better care of yourself. Practice at least one each day this week.

Mother Theresa implored us to "find someone who thinks he is alone and let him know that he is not." Each day this week do as Mother Theresa suggests.

Week 4-Kindness, Graciousness

Everyday we hear of random and senseless acts of violence. Participate in the counter-revolution of kindness started by Anne Herbert. Perform three random acts of kindness and senseless acts of beauty each day this week.

When you are out driving this week, slow down, and let the other person in front of you. Stop and let pedestrians cross the street.