



January Weekly Practices

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Nonviolence begins by learning how to be less violent and more compassionate towards ourselves. We learn by building the courage to speak and act with respect, honor and reverence for our own being.

Week 1-Prayer, Peace

"Prayer from the heart can achieve what nothing else in the world can," said Gandhi. Begin and end each day this week with a prayer for peace. Let peace begin with you.

An 11-year old writes, "Peace is a special thought or a special love or light or spark that we all share within ourselves." Thich Nhat Hanh wrote, "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." Each day this week make a choice to meet each experience with an intention for peace.

Week 2-Harmony, Unity

Choosing not to engage in any form of gossip today contributes to harmony and peace in relationships. Each day this week choose to see the good in others rather than finding fault.

Differences give variety to life and are often only on the surface, anyway. Each day this week look for three ways to see beyond outer differences in opinions, appearances or goals. Find the meeting point of underlying unity that exists in diversity.

Week 3-Believing

Author Wayne Dyer writes about the impact that our beliefs have on our daily lives. Each day this week believe you have all the resources to move your life in the direction of peace. Be aware of simple demonstrations of peaceful responses you receive.

Week 4-Integrity

Do the right thing. Spike Lee used these words as a title for one of his movies. When faced with a choice this week, listen to your conscience. You know what's right. Do it.