



## March Weekly Practices

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#### Week 1-Groundedness

Gandhi said, "To forget how to dig the earth and tend the soil is to forget ourselves." And Black Elk said, "Some little root of the sacred tree still lives. Nourish it, that it may leaf and bloom and fill with singing birds." Each day this week place a seed in the earth, plant a tree or nurture an open space.

#### Week 2-Creativity

The worst thing you can do to a human soul is to suppress its natural desire to create. Identify at least five ways in which you express your creativity everyday. Each day this week, allow something unpredictable and joyous to express through you.

#### Week 3-Dreaming, Mission

Martin Luther King, Jr. had a great dream. What is your dream for peace? Write it down. What is one thing you can do to honor your dreams? Do it each day this week.

"My life is my message," says 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 action each day this week.

#### Week 4-Choice

Be aware, this week, of any jokes or remarks that show disrespect toward ethnic groups, women or men, classes or people, religious groups, gays or lesbians. Be considerate of every person's dignity and choose not to participate in disrespectful conversation.

#### Week 5-Contemplation, Inspiration

For at least three minutes, each day this week, relax, breathe, and let your mind be fed by "whatsoever is good and beautiful and just." Sacred scripture states, "as a man thinketh in his heart, so is he."

Think of at least two people who exemplify for you the practice of nonviolence. What is it you admire about them? Practice these behaviors each day this week so that other people may be inspired.