



## September Weekly Practices

### September, 2004

#### Week 1-Education

Knowledge strengthens your conviction and deepens your wisdom and understanding. Learn about the power of nonviolence by educating yourself. Read an article, periodical or book, watch a video on a subject that relates to nonviolence. Learn about human rights, diversity, ecology, history, and politics, forgiveness, spirituality, peace studies, biographies of heroes and more.

#### Week 2-Dialogue

Marianne Williamson describes a healthy society as one in which "those who disagree can do so with honor and respect for other people's opinions, and an appreciation for our shared humanity." In the *Desiderata* by Max Ehrmann, he says, "Speak your truth quietly and clearly, and listen to others." Each day this week, speak up but do not enter into the spirit of argument.

#### Week 3-Cooperation

When we work together, we are stronger than when we work alone. Each day this week, find one significant way your can cooperate more effectively with the people in your family or workplace, school or community. Do it.

#### Week 4-Mastery

Labor organizer Cesar Chavez teaches, "If you use violence, you have to sell part of yourself for that violence. Then you are no longer a master of your own struggle." Breathe deeply, silently counting backwards from ten to calm yourself and cool off before your speak or act with impatience or anger. Do this at least once a day this week.

#### Week 5-Commitment

Spend five minutes each day this week 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 to it. Make your commitment public by sharing it with at least two people.