

# A SEASON FOR NONVIOLENCE



carry the vision

January 30—April 4:

64 days of  
Reflections & Actions

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GANDHI-KING-GYATSO

January 30 - April 4

## SEASON FOR NONVIOLENCE

### *History of the Season for Nonviolence*

The annual 64-day Season for Nonviolence was launched at the United Nations in 1998. Since then, peacemakers from over 67 countries have participated in this educational and grassroots campaign.

It was co-founded by Gandhi's grandson, Arun, and the Association for Global New Thought (AGNT). The season spans these two memorial anniversaries: Mahatma Gandhi (January 30<sup>th</sup>) and Dr. Martin Luther King, Jr. (April 4<sup>th</sup>).

For more resources to support being a peacemaker, visit the Association for Global New Thought at [www.agnt.org](http://www.agnt.org)

### **The intent of this booklet is to:**

1. *Support personal reflection and application of the principles on nonviolence.*
2. *Promote group discussion.*
3. *Strengthen commitment to take action as peacemakers.*

Peace begins within and radiates outwardly to create a more just and compassionate world.

Centered in the Spirit that unites us all, imagine what we can create together!

***“May there be peace on earth, and let it begin with me.”***

# Focus for Day 1, January 30: I AM COURAGEOUS

*"Be the change  
you wish to see in the world."*

**Mahatma Gandhi**

The word "courage" means full of heart and spirit. When I take a deep breath and relax my body, I tap into an inner courage. My heart opens to trust an inner wisdom and to release my fears.

Gestalt psychotherapist Fritz Perls explained: *"Fear is excitement without the breath."* Breathing deeply transforms fear and unleashes new possibilities.

I choose courage to guide my response, rather than anxiety.

## Reflection Questions:

- ❖ What encourages me to trust that I am capable enough to courageously act upon what I know?
- ❖ How will I overcome any doubts or fears?
- ❖ What strengthens me to act--full of heart and spirit--within the world?

## Action Step:

***I breathe deeply to transform fear into excitement. I will act more courageously, especially when: \_\_\_\_\_***

# Focus for Day 2, January 31: I SMILE

*"If you think you are too small to make a difference, try sleeping with a mosquito."*

Dalai Lama

The book, *One Smile*, by Cindy McKinley, describes the power of a girl smiling at a discouraged, unemployed man sitting on a bench.

Her tiny gesture of caring started a positive chain reaction with far-reaching effects.

Based on the movie, *Pay It Forward*, one smile inspired a positive change--one face at a time.

## Reflection Questions:

- ❖ If 70% of communication is non-verbal, what does my body language typically express?
- ❖ What would it take to turn my attitude around to smile, even at strangers?
- ❖ How could I start a positive chain reaction by changing my non-verbal messages?

## Action Step:

*I pay it forward and make a point to smile warmly at:*

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# Focus for Day 3, February 1: I APPRECIATE

*“Being grateful calms our body and strengthens our well-being.”* from the staff at [heartmath.org](http://heartmath.org)

Researchers from the HeartMath Institute discovered that being appreciative can positively alter heart and brain rhythms.

Their *“Shift & Shine”* technique uses four steps to help shift my attitude:

1. **FOCUS** thoughts by placing my hand over my heart.
2. **BREATHE** slowly while thinking of something I am thankful for—a person, pet, place or thing.
3. **EXPAND** this feeling until I notice a positive shift in my mood.
4. **SHINE** this appreciative energy toward others.

## Reflection Questions:

- ❖ What helps me to appreciate “what is” with greater ease?
- ❖ When circumstances are challenging, what supports me to shift my focus in a positive direction?
- ❖ How will I consistently express an attitude of appreciation?

## Action Step:

*I will write a gratitude list of five things I appreciate about my life. They are:*

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# Focus for Day 4 , February: I CARE

*“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”*      **Dalai Lama**

Jesus summed up all of the Laws of the Torah and the Prophets when he said: *“Love God with your whole heart and soul. And, love your neighbor as yourself.”*

How can I truly love my neighbor, or God, if I am unable to truly love and care for myself?

Self-care is neither selfish, nor self-centered. I fill up, so that I am not running on empty. When I nurture my well-being, I have more to give to others.

## Reflection Questions:

- ❖ How will I care for myself with the same loving kindness that I want to show to others?
- ❖ What is my body communicating to me about the type of care it desires?
- ❖ How does my self-care nurture my ability to support others without burning out?

## Action Step:

*I care for myself physically, mentally, emotionally and spiritually by: \_\_\_\_\_*

# Focus for Day 5 , February 3: I BELIEVE

*“Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.” Anonymous*

Here is an acronym to “watch” how thoughts can become habitual beliefs:

**W** = Watch

**A** = Actions

**T** = Thoughts

**C** = Character

**H** = Habits

Although I cannot always curb which ideas will enter my head, I can decide if I will make a home for them to become beliefs.

## Reflection Questions:

- ❖ How will I “watch” my thoughts more carefully to choose the habits and beliefs I want to strengthen?
- ❖ In what ways have my thoughts rippled out to become positive or negative beliefs?
- ❖ Which beliefs am I ready to release because they no longer serve me?

## Action Step:

*I watch my beliefs. I choose to let go of this negative belief:*

\_\_\_\_\_ *and to replace it*

*with this one:* \_\_\_\_\_

# Focus for Day 6 , February 4: I SIMPLIFY MY LIFE

*"The ability to simplify means to eliminate the unnecessary, so that the necessary may speak."*

Hans Hoffman, an abstract artist

*The Life-Changing Magic of Tidying Up* by Marie Kondo is an international best-seller. She suggests we take each item in our hand and ask: "*Does this spark joy?*" If the answer is "No!"-- then, get rid of the item.

I stop justifying hanging on to things because I might need them in the future, it was a great bargain, or it reminds me of a loved one.

Kondo invites me to see an uncluttered home as an oasis of calm. I can take a photo of important memorabilia to anchor the memory and then let go of the object.

To simplify life, I designate a place for every item. I put things back after using them. I buy less and donate what is not being used.

## Reflection Questions:

- ❖ What clutters up my life?
- ❖ What are the things that I continue to save but I have not used within the last year?
- ❖ What would it take to simplify how I live and to streamline my belongings?

## Action Step:

***I will de-clutter my home by donating these three things:***

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# Focus for Day 7, February 5: I EDUCATE MYSELF

*“Education is the most powerful weapon which you can use to change the world.”*

**Nelson Mandela**

The Latin root for the word “to educate” includes two definitions. “*Educare*” is the training or molding of character. “*Educere*” means to lead or to draw out.

*Educare* preserves and passes down important values and knowledge to the next generation.

*Educere* prepares a new generation for the changes that are coming. It primes them to be ready to create solutions to problems that are yet unknown.

Education includes intelligence plus character. Both teach our young to act wisely when faced with new challenges.

## Reflection Questions:

- ❖ How do I support the training and molding of character within myself and in younger people?
- ❖ In what ways do I prepare myself, and others, to think critically and creatively to solve new problems?
- ❖ How will intelligence plus character empower me to act wisely—especially to solve conflicts in nonviolent ways?

## Action Step:

*I will educate myself to strengthen my character and to become a wiser leader about: \_\_\_\_\_*