The Season of Nonviolence

January 31
... to ...
April 4

year
from the library of

At a Glance

Week 1	Week 2	Week 3	Week 4	Week 5
Day 1 Jan 31 Courage	*Day 8* Feb 7 Healing	*Day 15* Feb 14 Reverence	*Day 22* Feb 21 Mission	*Day 29* Feb 28 Forgiveness
Day 2 Feb 1 Smiling	*Day 9* Feb 8 Dreaming	*Day 16* Feb 15 Gratitude	*Day 23* Feb 22 Prayer	*Day 30* Mar 1 Amends
Day 3 Feb 2 Appreciation	*Day 10* Feb 9 Faith	*Day 17* Feb 16 Integrity	*Day 24* Feb 23 Harmony	*Day 31* Mar 2 Praising
Day 4 Feb 3 Caring	*Day 11* Feb 10 Contemplation	*Day 18* Feb 17 Freedom	*Day 25* Feb 24 Friendliness	*Day 32* Mar 3 Patience
Day 5 Feb 4 Believing	*Day 12* Feb 11 Groundedness	*Day 19* Feb 18 Acceptance	*Day 26* Feb 25 Respect	*Day 33* Mar 4 Acknowledge-ment
Day 6 Feb 5 Simplicity	*Day 13* Feb 12 Creativity	*Day 20* Feb 19 Self-Forgiveness	*Day 27* Feb 26 Generosity	*Day 34* Mar 5 Love
Day 7 Feb 6 Education	*Day 14* Feb 13 Humility	*Day 21* Feb 20 Inspiration	*Day 28* Feb 27 Listening	*Day 35* Mar 6 Understanding

At a Glance

Week 6	Week 7	Week 8	Week 9	Week 10
Day 36 Mar 7 Mindfulness	*Day 43* Mar 14 Uniqueness	*Day 50* Mar 21 Choice	*Day 57* Mar 28 Service	*Day 64* April 4 Celebration
Day 37 Mar 8 Graciousness	*Day 44* Mar 15 Cooperation	*Day 51* Mar 22 Advocacy	*Day 58* Mar 29 Citizenship	
Day 38 Mar 9 Kindness	*Day 45* Mar 16 Mastery	*Day 52* Mar 23 Equality	*Day 59* Mar 30 Intervention	
Day 39 Mar 10 Dialogue	*Day 46* Mar 17 Compassion	*Day 53* Mar 24 Action	*Day 60* Mar 31 Witnessing	
Day 40 Mar 11 Unity	*Day 47* Mar 18 Disarmament	*Day 54* Mar 25 Giving	*Day 61* Apr 1 Peace	
Day 41 Mar 12 Openness	*Day 48* Mar 19 Ecology	*Day 55* Mar 26 Responsibility	*Day 62* Apr 2 Commitment	
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64 Daily Practices that Make a Difference

The Season for Nonviolence is a movement that seeks to bring people together to promote peace and nonviolence in their communities. It was established by Arun Gandhi, the grandson of Mahatma Gandhi, as a way to honor the legacies of his grandfather and Martin Luther King Jr. The Season runs for 64 days between January 30, the day of Gandhi's assassination, and April 4, the day of King's assassination.

During the Season, participants practice a new principle of peace and nonviolence each day. These principles are based on the teachings of Gandhi and King, and they encourage people to act with compassion, kindness, and consideration. The goal is to inspire individuals and communities to make daily nonviolent choices and actions, which can create a culture of peace and nonviolence over time.

The Season has grown significantly since its inception in 1998, and it now has participants in 900 cities across 67 countries. Schools, organizations, and individuals all participate in the Season by organizing events, promoting nonviolence, and spreading awareness about the power of peaceful actions.

The Season for Nonviolence is an important educational and media opportunity that brings people together to envision and create a culture of peace and nonviolence, one day at a time. It highlights the idea that each of us can be a force for peace and nonviolence in our daily lives, and that every choice and action we make can have a positive impact on our communities and the world.

How to use this journal

There's really no fixed way to use this journal. The idea is to offer you a space for some thinking and some reflections which we hope would lead to some concrete actions in your day-to-day life as a contribution towards nonviolence and peace. As such, you can treat everything presented here as a gentle suggestion or a starting point for you to make all the daily practices your own.

To complete the 64 daily practices requires a certain level of commitment, and we hope the use of the journal would help you sustain this commitment by keeping track of your ideas, your feelings, your thoughts and also your actions. Ultimately, the journal is a learning tool for yourself.

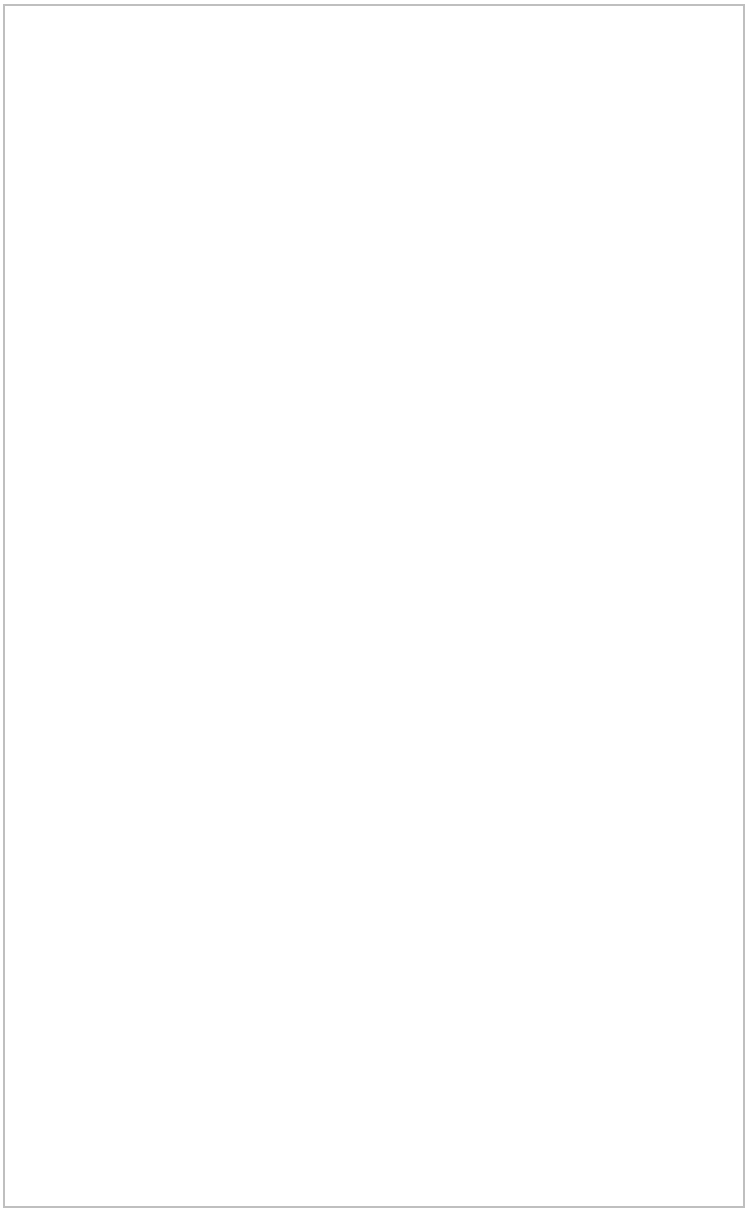
For each daily practice, you can ponder upon the keyword for the day and reflect on the quote we have selected. We would encourage you to look for more quotes that are meaningful to you to strengthen the connection you have with each daily practice. The writing prompts are there if you need a gentle nudge on how to think and act towards nonviolence and peace. But you are free to give yourself different prompts.

If you're feeling creative and want to go beyond words and language, you can use the space for drawing, doodling, sketching, stickers, photos, anything that we haven't even thought of.

To share the experience of your journalling journey, please post an image of your journal and tag @IGINPCanada on Instagram.

Let us all journal and journey our way into nonviolence and peace.

My vision for this year's season for nonviolence



My actions for this year's season for nonviolence

Week 1

Day 1–7
January 31–February 6

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

Day 1: January 31 — Courage

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."
~Ambrose Redmoon

Affirmation

Today I have the **courage** to live in accordance of my values, to speak from the heart, to treat people with compassion and kindness, to nonviolently take a stand for what is just.

What does courage mean to me?
What does it take to have the courage to be nonviolent?

Daily Action

It takes **courage** to stretch our worldview, to develop and deepen our commitment to peace. Courageous people are those who are empowered with the awareness that what they think, say and do makes a difference. Today start to see yourself as an agent of positive change. Have the courage to be the change you wish to see in the world.

What actions will I take with courage?

Day 2: February 1 — Smiling

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."
~Thich Nhat Hanh

Affirmation

Have you ever felt your heart warm and open, felt resistance soften, felt any sense of isolation vanish, simply by receiving someone's sincere **smile**? Today scatter smiles freely, knowing this is the simplest form of peacemaking.

How does smile make me and those around me feel?
How does smiling change my outlook for peace?

Daily Action

Today **smile**...a lot. Share a sincere smile with everyone you meet. Smiling is the most basic form of peace work. Know that your smile contributes to peace—it's the greatest of all gifts.

What actions will I take with a smile?

Day 3: February 2 — Appreciation

"There is more hunger for love and appreciation in this world than for bread."
~Mother Teresa

Affirmation

We've all heard the expression, "You don't know what you've got 'til it's gone." Why do we wait? Today, I'll pause to **appreciate**, acknowledge, and express gratitude for all that I have...my life, my health, my home, my talents, my relationships, food and water....

What do I appreciate around me?
Who do I appreciate around me?

Daily Action

Write down ten things that you **appreciate** about yourself and your life. Tell at least one other person what you appreciate about them.

What actions will I take to show appreciation?

Day 4: February 3 — Caring

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~Leo Buscaglia

Affirmation

Our lives are a sacred trust, therefore I tend to my body, mind, spirit, and all my relations with **care**, respect and love. Today I hold it as an honour and a privilege to take care of this life I have been given.

What do I care about? How do I show that I care?

Daily Action

Make a list of at least five ways that you can take better **care** of yourself, physically and or mentally. Practice at least one today. Demonstrate your care for others by valuing their well-being and acting with attention to their needs.

What actions will I take with care?

Day 5: February 4 — Believing

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality…I believe that unarmed truth and unconditional love will have the final word."

~Martin Luther King Jr.

Affirmation

If we **believe** that how we treat ourselves, each other, and the planet makes a difference, how must that belief inform our thoughts, our words, and our actions? Today I understand what it means to live my beliefs.

How do my beliefs shape me? What do I do to support my belief in peace, happiness and nonviolence?

Daily Action

List some of the **beliefs** you carry that impact your life. Write what you believe about nonviolence. Find a way to act upon that belief today.

What actions will I take to act upon my beliefs?

Day 6: February 5 — Simplicity

"Live simply so that others may simply live."
~Mahatma Gandhi

Affirmation

Our lives can become cluttered with stuff, with stimulation and activities that are at best enjoyable and at worst, distractions that push the essential from center to the periphery. Today I take steps to **simplify** my life.

What can I do to cultivate a deeper spirit of peace within us? What can I drop to allow for more time for what matters most?

Daily Action

In this modern world we live in, our lives and schedules are often filled to overflowing. We rush to get everything done and we often feel impatient with ourselves and others as a result. Write down three ways you can **simplify** your life and put at least one of them into practice today. Give away something you have not used in the past year.

What actions will I take to simplify my life?

Day 7: February 6 — Education

"We must remember that intelligence is not enough. Intelligence plus character – that is the goal of true education."
~Martin Luther King Jr.

Affirmation

One who has been **educated** well, has not only acquired knowledge and the ability to reason, but has learned to listen and to seek understanding, has learned that character matters. Today I know that education is peacebuilding by another name.

What knowledge do I draw from to strengthen my convictions and deepen my understanding and acceptance?

Daily Action

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, politics, forgiveness, spirituality, peace studies, biographies of heroes and more. Share what you have learned with someone else.

What actions will I take to educate myself?

My reflections after Week 1

Week 2

Day 8–14
February 7–13

Personal centredness gives us the inner peace and calm to respond to situations with nonviolent means. Building that inner centre is the first act of peace making.

Day 8: February 7 — Healing

"The greatest healing therapy is friendship and love."
~Hubert H. Humphrey

Affirmation

Within every experience, there exists a gem ... a lesson, a kernel of truth, a new perspective, an unforeseen alliance. Today I am willing to be **healed** by even the most unlikely circumstances.

How do I shift from suffering and anguish toward integrity, wholeness and inner peace in order to experience healing?

Daily Action

Today, reflect on a challenging or painful incident in your life to find the "gift" it has brought you. How can you use this memory to **heal** and to become a more creative and peaceful person?

What actions will I take towards healing?

Day 9: February 8 — Dreaming

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
~Harriet Tubman

Affirmation
Today I take ownership of my own **dream** for peace and nonviolence.
What do I do to let go of the probable and step boldly into the world of the possible and dare to dream?
Daily Action
Martin Luther King, Jr. had a great **dream**. What is your own dream for peace?
What actions will I take to honour my dream of peace?

Day 10: February 9 — Faith

"Faith is permanent, happiness and unhappiness are fleeting things."
~Mahatma Gandhi

Affirmation

Trust without reservation requires that we say, "Yes. Yes, it is possible. Yes, I can. Yes, I will." Today say, "I can" even if you are not aware of how to accomplish your goal. Have **faith** and say, "I can" until you find a way. Today I practice the art of having faith.

When was a time when I told myself "yes, it is possible"? What example do I have for when my faith made a positive difference?

Daily Action

Say, "Yes, it is possible," to every obstacle you meet. Write down three things you are having a challenge with and with each one write "It is possible for me to overcome this obstacle and be successful." What would the first step be? Can you take the **faith** and make that step today?

What actions will I take that is based on faith?

Day 11: February 10 — Contemplation

"The (one) who sat on the ground in (their) tipi meditating on life and its meaning, accepting the kinship of all creatures and acknowledging unity with the universe of things was infusing into (their) being the true essence of civilization."
~Chief Luther Standing Bear

Affirmation

How much time do we spend on automatic pilot, not fully aware of the thoughts that have triggered our words and actions? Today I take all the time I need to become fully present to myself.

What do I do to contemplate my presence and my inner experience while responding to those around me and the needs of the world?

Daily Action

Take time today to relax, breathe and let your mind be fed by what is good and beautiful. As you think and **contemplate**, so you are!

What actions will I take as contemplation?

Day 12: February 11 — Groundedness

"To forget how to dig the earth and tend the soil is to forget ourselves."
~Mahatma Gandhi

Affirmation

Today I feel **grounded** by the knowledge that I am not separate. I will bring my awareness to the present moment, uncluttered by thoughts of the past and projections into the future. No matter what is going on I will stay balanced and aware of what is happening now rather than being reactive and defensive.

How do I ground myself in the present, in terms of place and time?

Daily Action

Take some time to be outside, to walk in a park, or beside a stream, to feel the wind in your hair, and the earth or fallen leaves in your hands. Reflect on the ways of nature, and how we can learn to live in harmony with those ways.

What actions will I take to ground myself?

Day 13: February 12 — Creativity

"Almost always, the creative dedicated minority has made the world better."
~Martin Luther King Jr.

Affirmation

Gandhi said, "My life is my message." Today I contemplate the notion that my life is also my **creative** medium.

What do I do to express my creativity? How has creativity helped me see past obstacles to peace and nonviolence?

Daily Action

Reflect on what you are creating in your life today by identifying at least five ways in which you can express your **creativity** joyously. Today, allow something unpredictable and joyous to be expressed through you. Create something that expresses your feelings about nonviolence.

What actions will I take to express my creativity?

Day 14: February 13 — Humility

"We must speak with all the humility that is appropriate to our limited vision, but we must speak."

~Martin Luther King Jr.

Affirmation

Over time we come to realize that the only thing that doesn't change is the fact that everything is going to change. Today I prepare for the certainty of uncertainty with **humility**, an open heart, and beginner's mind.

How do I embrace the mistakes I make as opportunity for learning? How do I stay humble with an open mind?

Daily Action

Making mistakes is a part of learning and growing. Today, remember one mistake you made and think about what you learned from it.

What actions will I take to make myself humble?

My reflections after Week 2

Week 3

Day 15–21
February 14–20

By practising nonviolence with ourselves, we begin to see how it might apply toward others. Each personal practice can be turned into a practice toward another.

Day 15: February 14 — Reverence

"Only as a child's awareness and reverence for the wholeness of life are developed can his humanity to his own kind reach its full development."
~Rachel Carson

Affirmation

What greater gift can we give one another than to pay honour, respect and **reverence** to the preciousness of life? Today, I will take time to admire and appreciate nature and all my fellow beings.

What do I revere in nature and in all those around me?

Daily Action

Open yourself up to a feeling of **reverence** for all forms of life, especially each and every person that you meet during the day. Take a walk outside and experience and appreciate the beauty that surrounds you....the sky, the plants, the animals and birds.

What actions will I take to show my reverence?

Day 16: February 15 — Gratitude

"We often take for granted the very things that most deserve our gratitude."
~Cynthia Ozick

Affirmation
How much of our lives are we truly present for? How many moments or encounters do we not even notice? **Gratitude** awakens me to the many gifts and blessings in my life and I can't help but feel thankful.
What am I grateful for: strengths and weaknesses, challenges and gifts?
Daily Action
List five things which you are **grateful** for, then reflect on who and what made those experiences possible. Send thank you notes to these people and also to someone who would least expect you to thank them.
What actions will I take to show my gratitude?

Day 17: February 16 — Integrity

"If you have integrity, nothing else matters. If you don't have integrity, nothing else matters."

~Albert Camus

Affirmation

Integrity asks for firm adherence to a code of moral values and denies any form of corruption. Integrity is when what I think, what I say, and what I do are in harmony. And when I am in harmony, I am a model of nonviolence.

What does integrity mean to me?
What do I do to maintain my integrity?

Daily Action

When faced with a choice today, listen to your conscience and let your **integrity** be the guide. Recall a time when you listened to your heart and "did the right thing" despite the fact that people around you were doing something else.

What actions will I take as part of my integrity?

Day 18: February 17 — Freedom

"I would like to be remembered as a person who wanted to be free... so other people would be also free."
~Rosa Parks

Affirmation

Freedom means that we have the independent will to act and respond creatively and responsibly, that we have the self-awareness to self-reflect and to change, as dictated by the compass of conscience. Moment by moment today, I become conscious of my freedom and I am grateful.

How do I connect my freedom to fulfilling in the good and being selfless?

Daily Action

A critical part of **freedom** in the long term is having some sort of internal compass directing you towards those things that are most important to you. Having deeply held values is what makes you resilient, and what pushes you towards the best actions for you. Find at least one way you can be more expressive of who you truly are.

What actions will I take support the freedom for myself and others?

Day 20: February 19 — Self-Forgiveness

"Forgiveness of self is where all forgiveness starts. If I am unable to forgive myself, it is impossible for me to truly forgive others. And I must forgive others. What I give out is what I receive. If I want forgiveness, I have to give forgiveness."
~Betty J. Eadie

Affirmation

Today I **forgive** myself my mistakes, my errors in judgment, my missteps and words misspoken. As I forgive myself for simply being human, I can forgive others the same.

What do I need to forgive myself for?
How do I judge myself less?

Daily Action

When you judge yourself, you tend to believe that who you are is what you have done or not done, what you have or don't have. Knowing that who you are is greater than all these things, starting today, **forgive** yourself for forgetting the good that is in you.

What actions will I take to forgive myself?

Day 21: February 20 — Inspiration

"Creative thinking inspires ideas. Ideas inspire change."
~Barbara Januszkiewicz

Affirmation

Today I pause to **acknowledge** all the people who have inspired me, those who have aroused and quickened my creativity and curiosity, my compassion and generosity, my hunger to learn and to grow.

How does inspiration awaken me to new possibilities by allowing me to transcend ordinary experiences and limitations?

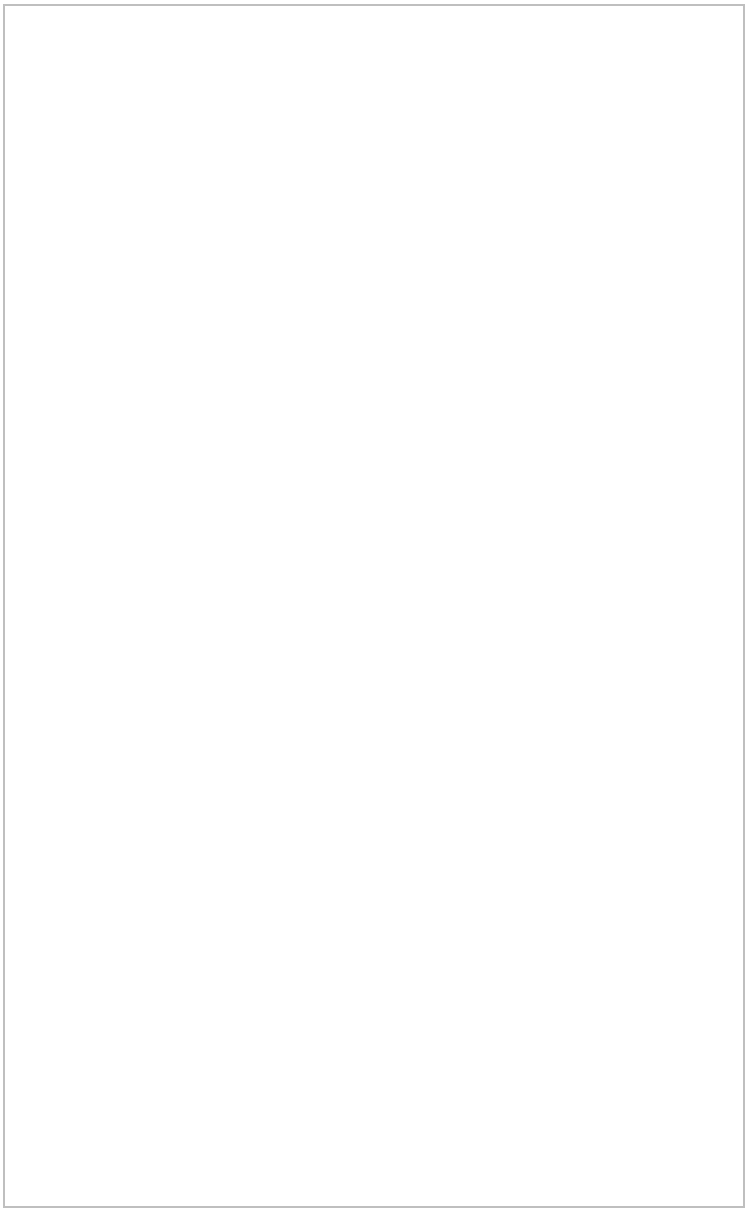
Daily Action

Think of at least two people who exemplify the practice of nonviolence. Acknowledge what it is you admire about them, and what **inspires** you about them. See the potential that is also within you and choose to cultivate these nonviolent characteristics in your daily life.

What actions will I take based on my inspirations?

My reflections after Week 3

My plans for the rest of the season



Week 4

Day 22–28
February 21–28

"The nonviolent approach does not immediately change the heart of the oppressor. It first does something to the hearts and souls of those committed to it. It gives them new self-respect; it calls up resources of strength and courage they did not know they had."

~Martin Luther King Jr.

Day 22: February 21 — Mission

"A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history."
~Mahatma Gandhi

Affirmation

Why am I here and what am I here to do? What is my purpose? How do I make a difference? Today I consider that the answers to these questions are woven into the fabric of my nature, my values and beliefs, and what I am willing to take a stand for as my **mission**.

How does my mission give me meaning? How does my mission connect myself to the community?

Daily Action

Write down what you stand for in your life or your **mission**. Choose an activity that would make your home, school, workplace, or community a better place, and would symbolize a commitment to the people there. Plan and take the steps to carry out your project.

What actions will I take to fulfil my mission?

Day 23: February 22 — Prayer

"Prayer from the heart can achieve what nothing else in the world can."
~Mahatma Gandhi

Affirmation

Today, my simple **prayer** and blessing: May we remember love and in so doing, hold each other as precious.

What do I pray for? How do I align my prayer with actions?

Daily Action

Begin and end today with a **prayer** for peace. You can write your own prayer for peace. Alternatively, all major religions have prayers for peace. Let peace begin with you.

What actions will I take as part of my prayer?

Day 24: February 23 — Harmony

"A spirit of harmony can only survive if each of us remembers, when bitterness and self-interest seem to prevail, that we share a common destiny."
~Barbara Jordan

Affirmation

If I feel hurt or angry or feel that I have been violated in some way, gossip, judgment, and retaliation can only make matters worse. As I fully understand the impact of our connectedness today, I make living in **harmony** my priority.

What do I do to work with each other, as opposed to against each other? How do I harmonize with others who are not the same as me?

Daily Action

Choosing not to engage in any form of gossip today contributes to **harmony**. Choose to see the good in others instead of finding fault. Spend the entire day without criticizing anything or anyone. Look only for the good in yourself and others.

What actions will I take for harmony?

Day 25: February 24 — Friendliness

"Fear makes strangers of people who should be friends."
~Shirley MacLaine

Affirmation

Today I regard everyone I meet as a new **friend**. What do I have to lose but my fear and sense of separation? How can I be a friendlier person?

How do I extend friendship to those I disagree with?

Daily Action

Make a list of 3 acts of kindness you could do today that would be a gesture of **friendship** towards someone you don't know well. Do one of them.

What actions will I take to show friendliness to others?

Day 26: February 25 — Respect

"To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."
~Nelson Mandela

Affirmation

Today I understand that holding others in esteem as human beings is separate and distinct from liking or approving of their actions. I recognize the basic human dignity and **respect** of each person, even when their ideas or values are different than my own.

How do I show respect for those around me? How do I maintain respect for those who are different or have ideas that are different from mine?

Daily Action

As you interact with and observe people during the day, be aware of ways in which you can show **respect** to each person. Value their perspectives and be considerate. Listen to what others have to say with respect. The act of listening has a calming effect on others, even if they are in a heated tirade, just listening models a nonviolent response.

What actions will I take to show my respect?

Day 27: February 26 — Generosity

"Attention is the rarest and purest form of generosity."
~Simone Weil

Affirmation

Have you ever noticed that a **generous** spirit always finds ways to give of itself, despite having limited resources? Today I take pleasure in finding creative ways to be generous.

What are the ways I can contribute to my family, friends and community through my generosity?

Daily Action

Find at least three ways to give **generously** of your time, talent and resources to others.

What actions will I take to show my generosity?

Day 28: February 27 — Listening

"What if we were to willingly listen to one another with the awareness that we each see the world in unique ways?"
~Margaret Wheatley

Affirmation

What would become possible if we each approached every conversation as an opportunity to learn? Today I **listen** to others by listening for what I can learn from them.

How does it feel to listen without interrupting, without giving advice, and without changing the story to fit my own life?

Daily Action

Be fully present to each conversation you engage in and **listen** longer than usual – and with more patience – to what others are saying. Give the other person your full attention. Look directly at the person who is speaking, without thinking about other things.

What actions will I take to listen more deeply?

My reflections after Week 4

Week 5

Day 29–35
February 28–March 6

In order to create a peaceful world, we must learn to practise nonviolence with one another in our day-to-day interactions.

Day 29: February 28 — Forgiveness

"The result of forgiveness is the stopping of the recycling of anger within ourselves and in the world. Peace will come to the world when each of us takes the responsibility of forgiving everyone, including ourselves, completely."

~Gerald Jampolsky

Affirmation

Refusing to **forgive** keeps us stuck in the moment of the "assault." Today I forgive, knowing it is time to move on with my life.

What and who do I need to forgive so I can let go of the past?

Daily Action

Be willing to let go of the past, and forgive those who have hurt you, and towards whom you feel anger. Forgive yourself too. Today, write a letter of **forgiveness** to someone (you do not have to mail it unless you want to).

What actions will I take to forgive others?

Day 30: March 1 — Amends

"An apology is the superglue of life. It can repair just about anything."
~Lynn Johnston

Affirmation

While I may feel ashamed of having said or done something, today it is clear to me that right relationship (with myself and others) is only possible to the extent that I am willing to make **amends**, feel remorse, take responsibility, and attempt to repair any harm I may have caused.

For what and from whom I need to seek forgiveness? How do I make amends for the harm I did in the past?

Daily Action

Amends are reparation or compensation for injury. Make amends today. Offer a sincere apology to someone you may have hurt, and think of something else you can do to set things right.

What actions will I take to make amends?

Day 31: March 2 — Praising

"Those who are lifting the world upward and onward are those who encourage more than criticize."
~Elizabeth Harrison

Affirmation

As trite as it may sound, what we appreciate, appreciates! I notice what grows and expands as a result of my feeling and expressing **praise** today.

How do I give praise sincerely?
How do I show my appreciation to those around me?

Daily Action

Give sincere **praise** to the people you encounter today for their personal qualities, achievements or helpful service. Telling someone what you appreciate about them is an important part of nonviolent communication.

What actions will I take to give praise to others?

Day 32: March 3 — Patience

"Nonviolence is not inaction. It is hard work. It is the patience to win."
~Caesar Chavez

Affirmation
The desire for immediate relief or gratification can be compelling and seductive. However, today I remind myself that a moment of **patience** may forestall a lifetime of regret.
How do I respond rather than react, and by doing so, stay centered and at peace? What challenges my patience and how do I overcome them?
Daily Action
Look for opportunities to practice **patience**. When your plans seem delayed, choose to be patient by identifying at least three ways that you can constructively use this time.
What actions will I take to maintain my patience?

Day 33: March 4 — Acknowledgement

"When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each moment. When we live at this level, we participate in the creation of a better world."
~Leonardo de Vinci

Affirmation

When I **acknowledge** someone, how could I possibly do harm toward them? When I tell someone what a difference he or she has made in my life and acknowledge that person for being there for me, I am affirming our connectedness.

What do I want to acknowledge?
Who do I want to acknowledge?

Daily Action

Take time to **acknowledge** each person you meet today. Find time to acknowledge the people who have made a difference in your life.

What actions will I take to give acknowledgement to others?

Day 34: March 5 — Love

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
~Martin Luther King Jr.

Affirmation

Today I explore the notion that **love** is not so much a feeling as a lens through which we consider and interpret our experience. Today I will view life and the world around me from the perspective of *love* for all.

How do I feel when I channel my energy towards love for myself and others around me, even those who I don't agree with?

Daily Action

As you meet people during the day, reflect on how **love** can enhance your perception of the other.

What actions will I take to express my love?

Day 35: March 6 — Understanding

"Nothing in life is to be feared. It is only to be understood."
~Marie Curie

Affirmation

Even the most hard-to-fathom behaviour can be explained by a constellation of beliefs, events, reactions, and circumstances. Today I seek this deeper level of **understanding**.

What does it feel when I try to understand others, their feelings, their actions and reactions?

Daily Action

When you find yourself disagreeing with someone, focus on **understanding** what they are saying – and why. Listen compassionately to them and tell them what you understand them to be saying. With empathy, say clearly and quietly what you believe to be true.

What actions will I take to enhance my understanding of others?

My reflections after Week 5

Week 6

Day 36–42
March 7–13

To require others to change for us to be more peaceful does violence to us both. By choosing to be peaceful in relationships, we invite others to nonviolence in return.

Day 36: March 7 — Mindfulness

"Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that."
~Sylvia Boorstein

Affirmation

If we just act in each moment, with composure and **mindfulness**, each minute of our life is a work of art. Today I practice mindfulness, being awake to and accepting of my present experience. It isn't more complicated than that.

What do I notice when I pay attention to the present moment? How does that make me feel?

Daily Action

Choose something simple to do, such as eating a piece of fruit. Bring your complete attention to this experience. Notice what your hands do, the way the food feels in your mouth, the taste, the texture, the idea of nourishing your body. Is this different from the way you normally eat? Practice being **mindful** in everything you do today.

What actions will I take to be mindful?

Day 37: March 8 — Graciousness

"Forgive your adversaries with the graciousness of a true hero."
~Melissa Szymanski

Affirmation

Making a concession because it serves a greater purpose, is **graciousness**. Yielding to other drivers or holding a door open for someone are two small examples. I take notice of how willing I am to be gracious today.

How do I feel when I make a concession to serve a greater purpose? What happens when I stop trying to convince others to agree with me?

Daily Action

Give others the right of way, stop and let others pass, hold a door or offer someone a helping hand. Know that even these simple acts of **graciousness** contribute to a culture of nonviolence.

What actions will I take to express graciousness?

Day 38: March 9 — Kindness

"The ideas that have lighted my way have been kindness, beauty and truth."
~Albert Einstein

Affirmation

There is no place and no person for whom a little extra **kindness** would not be welcome. Today I practice random acts of kindness and delight in the boomerang effect.

What does kindness mean in my day-to-day?

Daily Action

Do something **kind** for someone for no reason other than to be kind. Bring beauty to a place where it may be needed without letting anyone know that you were the one who did it.

What actions will I take to show kindness to others?

Day 39: March 10 — Dialogue

"A healthy society is 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."
~Marianne Williamson

Affirmation

If we think we are right, how open will we be to hearing someone else's point of view? How available for discussion can we be if we feel the need to defend a position? Today I release preconceived notions of right/wrong and win/lose so that **dialogue** becomes possible.

What does have a dialogue with someone I disagree with mean to me?

Daily Action

Speak your truth quietly and clearly, and do not enter into the spirit of argument. Listen with an open heart, with compassion, to the truth as perceived by others.

What actions will I take to maintain peaceful dialogues and to listen and speak respectfully?

Day 40: March 11 — Unity

"We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."
~Martin Luther King Jr.

Affirmation

The notion of **unity** does not imply lack of diversity. Rather, it speaks to the threads of connection running through all that is. While acknowledging and appreciating our differences, today I focus on the brilliance of the common threads that connect us all.

What does unity and diversity look like to me?

Daily Action

Look for three ways to see beyond outer differences in opinions, appearances, or goals. Looking beyond these outer differences, strive to see the **unity** which underlies everything.

What actions will I take to balance diversity and unity, differences and similarities?

Day 41: March 12 — Openness

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."
~Charles Darwin

Affirmation

Today I ask: Isn't the energy we use to self-protect and self-defend better used cultivating the courage to live **openly**, being available, able to feel empathy, able to understand? When I can be open to these opportunities for growth, I can use this as a way to find nonviolent ways to resolve differences.

What does it mean to have an open mind?

Daily Action

There is a Turkish proverb which says, "He who builds himself a fence, fences out more than he fences in." Be **open** to understanding ideas and people that you have previously opposed or excluded.

What actions will I take to maintain an open mind?

Day 42: March 13 — Accountability

"It is wrong and immoral to seek to escape the consequences of one's acts.."
~Mahatma Gandhi

Affirmation

As adults, we must take responsibility for what we say and do not say, what we do and do not do. It is for each of these choices that we are **accountable**. Today I take responsibility for my choices, my words and my actions.

Who am I accountable to?
What does accountability mean for me?

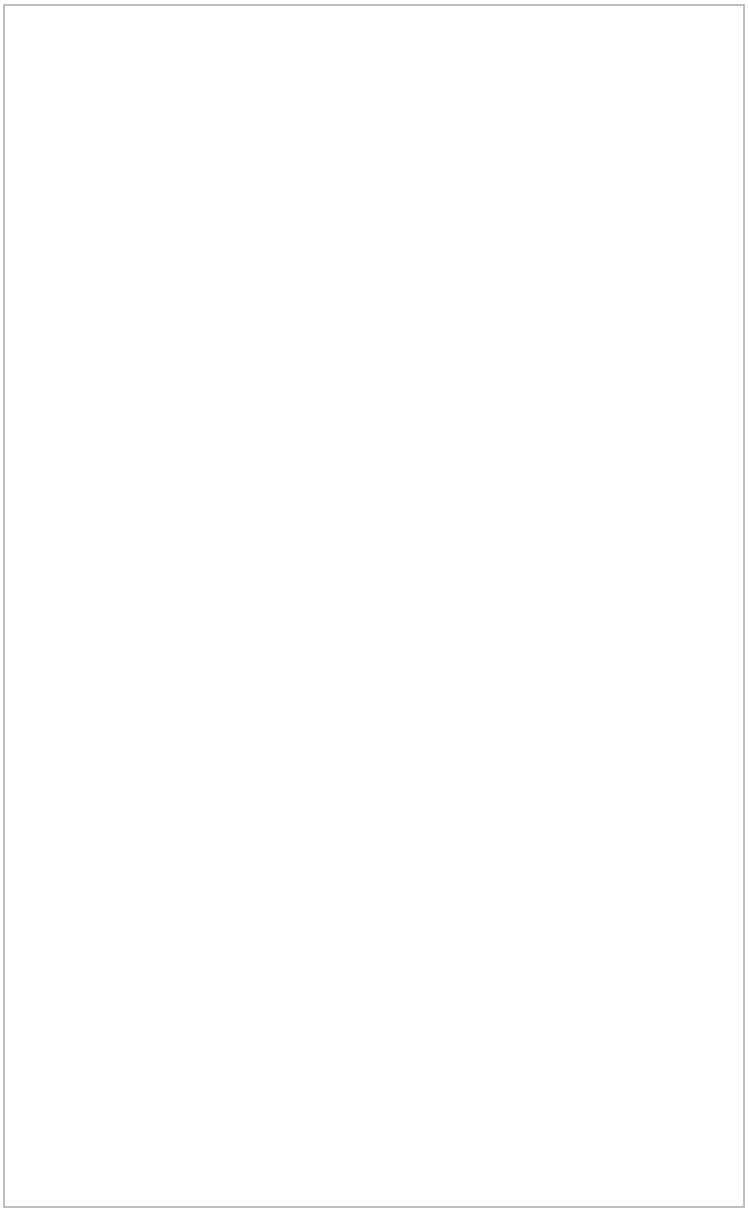
Daily Action

Be **accountable** for your words. Make a list of every thought you think and every word you speak that is violent (e.g. judgmental, critical, unkind, diminishing). Each time you become aware, take a deep breath and gently remind yourself of your intention to move towards nonviolence in thought and speech.

What actions keep myself accountable for my words and my actions?

My reflections after Week 6

My plans for the rest of the season



Week 7

Day 43–49
March 14–20

Relationships based on nonviolence are built on the ability to see and understand another human being, whether or not we agree. Seeing people from our common ground gives us practice for bringing nonviolent actions, choices and behaviours into our communal life.

Day 43: March 14 — Uniqueness

"There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique."
~Martha Graham

Affirmation

No two people have the same constellation of qualities, talents, ideas, feelings, perceptions, etc. Not even identical twins! Today I celebrate my **uniqueness** and finally stop comparing myself with others.

How do I see my own uniqueness and the uniqueness of others?

Daily Action

Praise, compliment or honour the **uniqueness** of someone you know and by doing so, notice the positive impact you make by recognizing their uniqueness.

What actions will I take to honour uniqueness in myself and others?

Day 44: March 15 — Cooperation

"The only thing that will redeem mankind is cooperation."
~Bertrand Russell

Affirmation

The only way we will make it through is together. Really. Let us **cooperate** with one another, collaborate with one another, be each other's support systems and cheerleaders today.

How does cooperation look like in my daily life?

Daily Action

When we work together, we are stronger than when we work alone. Is there one significant way that you can **cooperate** more effectively with the people in your family or workplace, school or community today?

What actions will I take to encourage cooperation, instead of competition in my daily life?

Day 45: March 16 — Mastery

"One can have no smaller or greater mastery than mastery of oneself."
~Leonardo de Vinci

Affirmation
The impetus to gain **mastery** over my mind and senses comes from deep within myself.
How do I master my own anger? **What does mastery look like to me?**
Daily Action
When you think of something or get into a situation where anger comes up, acknowledge the anger then breathe deeply, silently counting backwards from ten, to calm yourself and cool off before you speak or act with impatience or anger and then decide what action to take. **Mastery** of nonviolence will come as you continue to practice.
What actions will I take to continue my path towards mastery?

Day 46: March 17 — Compassion

"True compassion is more than flinging a coin to a beggar; it is not haphazard and superficial. It comes to see that an edifice that produces beggars needs restructuring."
~Martin Luther King Jr.

Affirmation

Today I experiment with putting myself in someone else's shoes and notice the impact that has on how I feel about our relationship.

How does am I compassionate towards myself and all those around me?

Daily Action

When you meet someone who seems difficult today, remember that we all go through tough times. Share your love and **compassion**.

What actions will I take to exercise my compassion towards others and nature?

Day 47: March 18 — Disarmament

"Without inner disarmament, it is very difficult to achieve genuine, lasting world peace."

~The Dalai Lama

Affirmation

We cannot achieve peace in our families, communities, countries, or the world unless we disarm from the inside out. Today I lay down my personal weapons or **disarm** myself of competitiveness, defensiveness, righteousness, sarcasm, judgment, cynicism, negativity…

What could the world be without weapons?
What could I be without weapons?

Daily Action

In 2012, the world's countries spent $1.7 trillion on their militaries. Do some research to learn about the top arms-producing and military service companies. If you make purchases or investments that support these companies, today you may wish to explore other options to **disarm** yourself.

What actions will I take to disarm personally and to push for disarmament in the world?

Day 48: March 19 — Ecology

"We do not inherit the Earth from our Ancestors, we borrow it from our Children."
~Native American proverb

Affirmation

Our undeniable interdependence guides me to be mindful of the quality of and consequences for my interactions today. This extends not only to other people, but to animals, institutions, the earth, and the **ecology** of my own body, mind, and spirit.

What is the ecology that I am striving for?

Daily Action

Identify an environmental or **ecological** cause you would like to support. Think of some way that you could become involved in this undertaking starting today.

What actions will I take to help heal the environment?

Day 49: March 20 — Honour

"Those who are good and pure in conduct are honoured wherever they go. The good shine like the Himalayas, whose peaks glisten above the rest of the world even when seen from a distance."

~The Buddha

Affirmation

Today I contemplate the radical, yet simple idea that I can feel **honoured** only insofar as I honour others.

Who do I honour by committing to peace and nonviolence?

Daily Action

Before each meal today, stop to **honour** all the hands that have in some way been involved in bringing this food to you and to bless the earth for its bounty.

What actions will I take to honour myself and others around me?

My reflections after Week 7

Week 8

Day 50–56
March 21–27

Nonviolence challenges us to stand for Truth by taking action that honours the dignity and worth of every human being.

Day 50: March 21 — Choice

"Every person is an activist, whether we realize it or not, because every choice we make changes the world. It is up to us to decide to be activists for healing or for suffering, for creating or destroying."

~Julia Butterfly Hill

Affirmation

I live today knowing that in every moment…in EVERY moment…I can **choose** to open or to shut down.

What is the basis when I make my choices? How do I choose to be respectful, considerate, thoughtful and accepting?

Daily Action

Reflect on the **choices** you face throughout the day and on how they translate your commitment to nonviolence into your thoughts, words and actions.

What actions will I take to connect my choices with nonviolence?

Day 51: March 22 — Advocacy

"I saw within my own actions a chance to be either a part of the problem or a part of the solution."

~Paulo Freire

Affirmation
Today I **advocate** for what is right and just, even if it is inconvenient, unpopular, or risky to do so.
What does it mean to me to advocate for peace and nonviolence?
Daily Action
Be an ally. Without blaming or judging others, listen from your heart, and speak out with love for those who are disrespected, abused or not listened to. Find out how you can be an **advocate** in current conflicts.
What actions will I take to speak up for peace and nonviolence?

Day 52: March 23 — Equality

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."
~Maya Angelou

Affirmation

Today I make a fearless and thorough assessment of how, when, where, and why I see myself as **equal**, no better than or less than anyone else.

What do I do when I catch myself seeing myself as better or less than others?

Daily Action

Be mindful of ways that you see yourself as better than others. When you listen to people today, listen to them as **equals**; when you speak, speak to others as **equals**. Enrich your life by considering how you can invite different people and unusual experiences into your life today.

What actions will I take to make sure that I treat everyone as equals?

Day 53: March 24 — Action

"How wonderful it is that nobody need wait a single moment before starting to improve the world."
~Anne Frank

Affirmation

I may not be able to solve world hunger, but I can help feed someone who is hungry in my community. What we are able to do is often a question of scale and proximity. Today I remind myself that small and local **actions** matter!

What do I do to connect my thoughts and words with actions?

Daily Action

Find a way to make one small change that will contribute to the well-being of your family, school, workplace or community. Humble thoughtful **action** is what moves us toward a better world. When dreaming and doing come together we create the future. Action turns our visions into realities.

What actions will I take to connect my nonviolent actions with compassion?

Day 54: March 25

Giving

"For it is in giving that we receive."
~St. Francis of Assisi

Affirmation

Today I know that as I free myself from the tyranny of "I want," "What about me?" and "That's mine!" I am able to step into someone else's reality; I am able to feel what is needed and **give** what I have, whether it be time, treasure or talent.

What does giving look like for my time, talent, energy and material resources?

Daily Action

Clean out your closets or garage and **give** away things you're not using. Give your time to a volunteer organization and your financial resources to a cause that supports and practices nonviolence.

What actions will I take to share my time, talent, energy and material resources?

Day 55: March 26 — Responsibility

"In our every deliberation, we must consider the impact of our decisions on the next seven generations."

~The Great Law of the Haudenosaunee

Affirmation

The quality of my community starts with me. Whatever I am today is the result of what I have thought, spoken, and done in all the previous moments before now. The **responsibility** for both present and future is in my own hands.

What do I take responsibility for?

Daily Action

Bob Dylan said, "A hero is someone who understands the **responsibility** that comes with his freedom." If there is a conflict present in your life, take responsibility for your part in the conflict and take steps towards resolving it.

What actions will I take to maintain personal responsibility and an inner core of integrity?

Day 56: March 27 — Self-Sufficiency

"Freedom is the greatest fruit of self-sufficiency."
~Epicurus

Affirmation

Self-sufficiency is a prerequisite for freedom, both freedom from and freedom to. And today I wonder if it may not also be a prerequisite for peace.

What does self-sufficiency mean to me?
What can I do for myself?

Daily Action

People need the dignity of work and the opportunity to provide for themselves and be **self-sufficient**. Discover the satisfaction of making something for yourself instead of buying it.

What actions will I take to achieve self-sufficiency by not being too concerned about others' opinions of me?

My reflections after Week 8

Week 9

Day 57–63
March 28–April 3

Nonviolence challenges us to stand for Truth by taking action that honours the dignity and worth of every human being.

Day 57: March 28 — Service

"The end of all education should surely be service to others."
~Cesar Chavez

Affirmation

Being useful to others without seeking anything in return is the essence of what is known as seva, or selfless **service**. Today I make myself happy by doing some form of seva.

What does service mean to me?
What do I do to serve without thinking of anything in return?

Daily Action

Do one thing today as a **service** to help somebody at home, at school, at work, or in your community.

What actions will I take to cultivate a spirit of service in myself and others around me?

Day 58: March 29 — Citizenship

"As global citizens, it is our responsibility to become active participants in our democracy, and to make sure that everyone's civil rights are protected."
~Robert Alan Silverstein

Affirmation

Democracy is based on the principle of government "by the people…for the people." Being a **citizen** does not simply confer rights, privileges, and entitlements; it carries with it responsibility, an obligation to exhibit citizenship. Today, I will find ways to partner with my fellow citizens as we take steps to improve the quality of the conditions in which we live.

What does being a citizen mean to me?

Daily Action

Today if you are feeling unhappy about a direction being taken by elected officials, take time to call or write your representative to make them aware of your concerns. Effective democracy relies on the importance of all **citizens** voicing their opinions.

How do I participate in my community to model nonviolent action and peaceful resolution?

Day 59: March 30 — Intervention

"What people see you do may not be remembered; what they hear you say may be forgotten; but how they feel your intervention in their times of need will forever be remembered."

~Israilmore Ayivor

Affirmation

Today I **intervene** in a situation to prevent it from escalating or deteriorating by stepping in, taking a stand, and speaking the truth.

What have I learned from historical examples of citizens taking a stand?

Daily Action

Today, have the courage to **intervene** in a caring way with someone whose behaviour is destructive. Through your honest, direct, and loving communication, encourage them to get educated, get on the right track, and get free.

What actions will I take to serve as community interventions?

Day 60: March 31 — Witnessing

"For the dead and the living, we must bear witness."
~Elie Wiesel

Affirmation

Starting today, I will no longer deny or turn my back on injustice, inequity, intolerance, or cruelty of any kind. There is no going back. I am a **witness**.

How do I keep my eyes open to injustice or cruelty?

Daily Action

Those who practice nonviolence look at injustice or cruelty and think, it is possible for this situation to be different. When you **witness** injustice, what can you say or do to bring about a peaceful change?

What actions will I take to witness for justice and compassion?

Day 61: April 1

Peace

"There is no path to peace - Peace is the path."
~Mahatma Gandhi

Affirmation

For the sake of my family, my community...for the sake of **peace** in the world, today I make inner peace my highest priority.

What is peace for myself and for everyone around me?

Daily Action

Choose to meet each experience with an intention for **peace**. Be aware of any feelings of anger or irrationality and replace the feeling with calm. Envision any areas of unrest transformed into safe havens for all people. See beyond conflict and discord to the truth: peace is everywhere present and active.

What actions will I take to maintain peace for myself and for everyone around me?

Day 62: April 2 — Commitment

"Commitment is healthiest when it is not without doubt but in spite of doubt."
~Rollo May

Affirmation

Our **commitment** is needed most in the face of what is difficult or risky or unpopular, situations that by their very nature, inspire doubt. Today I understand that my **commitment** actually means the most when I have doubts and commit anyway.

What do I commit myself to? What does commitment to peace and nonviolence mean to me?

Daily Action

Set forth a **commitment** to nonviolence with an intention that you can act upon today. Identify what you are willing to do as a consequence of your commitment to nonviolence. Clarify and affirm your personal commitment by taking the first steps towards action.

What actions will I take to express my commitment to peace and nonviolence?

Day 63: April 3 — Release

"Holding on is believing that there's only a past; letting go is knowing that there's a future."

~Daphne Rose Kingma

Affirmation
Today I am excited by the idea that in every moment I can choose to **release** my habitual identity in favour of "the possible me."
What do I release to make room for this present moment?
Daily Action
Reflect back on how far you have come during this 64-day journey. **Release** the idea that World Peace is not possible by acknowledging that you really do make a difference.
What actions will I take to release all hostility, the weight of the past, the judgments of myself and others and be the change I wish to see?

Week 10

Day 64
April 4

"It is no longer a choice, my friends, between violence and nonviolence. It is either nonviolence or nonexistence."

~ Martin Luther King Jr.

"There is no hope for the aching world except through the narrow and straight path of nonviolence."

~ Mahatma Gandhi

Day 64: April 4 — Celebration

"Life is a celebration of awakenings, of new beginnings, and wonderful surprises that enlighten the soul."
~Cielo

Affirmation

Today I **celebrate** all the moments we choose to be compassionate, kind, tolerant, generous…I celebrate that together we are creating a culture of peace and nonviolence in the world.

Why is it important to celebrate nonviolence and peace?

Daily Action

Celebrate your knowledge and maturity, your choice of nonviolence, and the journey you have chosen.

What actions will I take to celebrate about the journey I've made with countless others who believe that every individual can move the world in the direction of peace and nonviolence?

My reflections after the season of nonviolence

My thoughts, ideas & actions
for a peaceful and nonviolent future