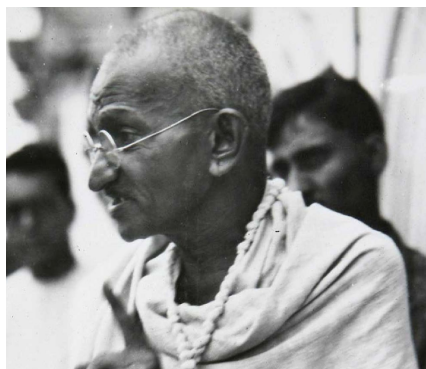


64



TO LIVE NONVIOLENCE

DAYS



Dear Friend,

The Season for Nonviolence marks the 64 days between the anniversaries of the deaths of Mohandas Gandhi on January 30 and Martin Luther King Jr. on April 4. Cesar Chavez's birthday also falls within the Season on March 31.

The Season for Nonviolence was co-founded by Arun and Sunanda Gandhi and the Leadership Council of The Association for Global New Thought (AGNT) in 1998.

We learn to practice nonviolence one step at a time, one choice at a time, one day at a time. Through our daily nonviolent choices and action, our noble and courageous spirits rise to move the world in the direction of peace.

Wherever you are in your journey, we hope this booklet will support your growth and encourage you, reminding you that you are part of a worldwide community working for nonviolence and peace.



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Gwen Olton for the M.K. Gandhi Institute for Nonviolence.**

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More about AGNT can be found on their website: www.agnt.org

JAN 31 / DAY 1

COURAGE

Today, if you are able, light a match and accept the courage to practice 64 ways of living nonviolently. If no matches are available to you, picture a flame with your imagination. This flame represents the beginning of a new season: of reflection, growth, and practicing nonviolence.



You must do the things you think you cannot do.

– Eleanor Roosevelt



●●● THINK ABOUT IT

What is the most recent act of courage that you witnessed? What is something you did that took courage?

TAKE ACTION

What is a change you want to see happen in your community? How will it take courage? Take the first small step today.

FEB 1 / DAY 2

SMILING

Today, smile with at least three people, knowing that your smile contributes peace.



... we can begin the process of making community wherever we are. We can begin by sharing a smile, a warm greeting,...

– bell hooks



●●● THINK ABOUT IT

What keeps you from smiling at others? Notice who you do and don't smile at for a day.

TAKE ACTION

Identify a person to whom you would normally not smile. What gets in the way of a smile? What might happen if you smile at them, either good or bad? Experiment several times, then write or draw about your experience.

FEB 2 / DAY 3

GRATITUDE

Begin the day by listing five things for which you are grateful. End the day by sharing with one person all of the good things in your awareness that happened during the day.



Gratitude is liberating. It is subversive. It helps us realize that we are sufficient and that realization frees us.

— Joanna Macy



●●● THINK ABOUT IT

How can gratitude lead to more liberation? What might happen if we increase our gratitude?

TAKE ACTION

Write a thank you letter to someone from the past who contributed to your well-being in some way.

FEB 3

/

DAY 4

CARING

Real caring is not just what we say, but what we do. Make a list of at least five ways that you can take better care of: yourself, your community. Practice at least one from each list today.



Are you actively practicing generosity and vulnerability in order to make the connections between you and others clear, open, available, durable?

– adrienne marie brown



●●● THINK ABOUT IT

In what ways do you care for the relationships in your life?



TAKE ACTION

Write about three areas in your life in which you could take better care of yourself and an area where you could take better care of your community. Make a commitment to take care of yourself better in those three areas. What has not caring for yourself in certain areas cost you and your community? What support do you need to make a change? Create a tracking sheet.

FEB 4 / DAY 5

BELIEVING

Today, believe that you have all the resources to move your life in the direction of peace. Be aware of the simple, peaceful responses you receive.



It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.

– Muhammad Ali



●●● THINK ABOUT IT

What are some limiting or empowering beliefs you have about yourself and about the way the world works?

⚡ TAKE ACTION

List the beliefs you carry that impact your life. Did you learn them from your family, friends, culture or religion? Which beliefs have kept you from making positive changes? Which beliefs help you propel you to action?

FEB 5

/

DAY 6

SIMPLICITY

“Live simply so that others may simply live.”

When Mohandas K. Gandhi retired his three-piece suit to wear a simple piece of cloth, he was demonstrating the principle of this statement in action.



Live simply so that others may simply live.

— M.K Gandhi



●●● THINK ABOUT IT

How does not living simply negatively impact others?

TAKE ACTION

What are some areas of your life you could simplify for the benefit of all? Today choose one area to simplify.

FEB 6 / DAY 7

EDUCATION

Knowledge strengthens your convictions and deepens your wisdom and understanding. Read an article, periodical, or book on a subject that relates to nonviolence.



Education is the most powerful weapon that you can use to change the world.

— Nelson Mandela



●●● THINK ABOUT IT

What is something positive that you have learned that has really made a difference? How can you share it with others or apply it to benefit others?

TAKE ACTION

Share or put into practice something you have learned that could benefit others.

FEB 7 / DAY 8

HEALING

Today, choose a painful incident in your life and find the “gift” it is “giving you.” Consciously share this gift with others.



Every time a seed has an occasion to manifest itself, it produces new seeds of the same kind.

– Thich Nhat Hanh



●●● THINK ABOUT IT

What can get in the way of healing?



Choose a recent painful experience or event. Write your answers to these questions: How did it affect you? Who else was affected? What needs to happen to set things right? Take the first small step you can to help set things right.

FEB 8

/

DAY 9

DREAMING

Martin Luther King, Jr. had a dream. What is your own dream for peace? What is one thing you can do to honor your dream? Do it today.



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



●●● THINK ABOUT IT

It is said that a goal is a dream with a deadline attached. Do you agree?

TAKE ACTION

Describe your vision for a world that is truly just and peaceful. What is one thing you can do every day to honor your dream? Do it!

FEB 9 / DAY 10

FAITH

Today, say, “yes, it is possible,” even if you don’t know how your goal will be realized. Have faith and say, “It is possible,” until you find a way.



Faith is permanent, happiness and unhappiness are fleeting things.

– M.K. Gandhi



●●● THINK ABOUT IT

In what ways do you have faith in yourself? In what other ways do you have faith?

TAKE ACTION

Write a 2-3 paragraphs about a time in your life when your faith made a positive difference.

FEB 10 / DAY 11

CONTEMPLATION

For at least three minutes, relax, breathe and let your mind be fed by “whatsoever is good and beautiful.”



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



●●● THINK ABOUT IT

How can contemplation help you to choose nonviolence the next time you are in a conflict?



TAKE ACTION

Practice meditation by sitting comfortably and counting your exhale. When you notice a thought, gently label it “thinking” and return to counting your out-breaths. Today try this for several minutes or longer to challenge yourself. Take note of how you feel before and after you sit.

FEB 11 / DAY 12

DISCIPLINE

The only true and lasting discipline is self-discipline. Today, make time for coming into alignment with your full potential.



I am convinced that even violent temperaments can be channeled through nonviolent discipline, if they can act constructively and express through an effective channel their very legitimate anger.

— Martin Luther King, Jr.



●●● THINK ABOUT IT

In what areas of your life are you most disciplined? In what ways does nonviolence require discipline?

TAKE ACTION

Make an agreement with yourself during the Season for Nonviolence. What will you put in place to improve your nonviolent self-discipline?

FEB 12 / DAY 13

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 every day. Today, allow something unpredictable and joyous to be expressed through you.



The first [one] to raise [their] fist is the [one] who has run out of ideas.

– H.G. Wells



●●● THINK ABOUT IT

How does nonviolence take creativity?



TAKE ACTION

Research a nonviolent acts that you find to be creative. Brainstorm & write about a creative nonviolent act you can imagine using for a local issue.

FEB 13 / DAY 14

HUMILITY

Making mistakes is part of learning and growing. Today, freely acknowledge at least one mistake you have made and reflect for a couple of minutes on what you have learned.

“

I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

— M.K Gandhi

”

●●● THINK ABOUT IT

What role might humility play in our causes for justice and building beloved community?

⚡ TAKE ACTION

Make a list of 2-3 ways you could practice humility for the causes you work on. Practice at least one of them today.

FEB 14 / DAY 15

REVERANCE

Today, immerse yourself in the sensation of an activity such as going for a walk, drinking a hot cup of tea, or looking around you. What do you notice as you slow down with this activity?



Be a good ancestor. Stand for something bigger than yourself. Add value to the Earth during your sojourn.

– Marian Wright Edelman



●●● THINK ABOUT IT

What does being a good ancestor mean to you?

TAKE ACTION

Write a letter to someone who is not yet born. What wisdom would you share? What do you hope for their life?

FEB 15 / DAY 16

LEADERSHIP

Nonviolent leadership expresses integrity, courage, wisdom and vision that is meant for the highest good of all concerned.



Time is neutral and does not change things. With courage and initiative, leaders change things.

– Jessie Jackson



●●● THINK ABOUT IT

Must a person be a “born leader?” How has your idea of good leadership changed throughout your life?

TAKE ACTION

Choose a place in your life where you can set an example of integrity, courage, or wisdom. Do it and write down the results.

FEB 16 / DAY 17

INTEGRITY

“Do the right thing.” Film director Spike Lee used these words as a title for one of his movies. When faced with a choice today, listen to your conscience. You know what’s right. Do it.



The time is always right to do what is right.

– Martin Luther King, Jr.



●●● THINK ABOUT IT

How is integrity different from honesty? When is a time when you showed integrity, even when it was hard?

TAKE ACTION

Make a list of 3-5 actions you could take that would increase your sense of integrity. Do at least on of them today!

FEB 17 / DAY 18

FREEDOM

Civil rights activist Diane Nash said, “Freedom, by definition, is people realizing that they are their own leaders.”



The law will never make people free; it is people who must make the law free.

– Henry David Thoreau



●●● THINK ABOUT IT

What does it mean to be free? List things you would like your community to be free to do and what you would like your community to be free *from*.

TAKE ACTION

What is one small step you can take to increase “freedom to” do something or “freedom from” something for you and your community? See if you can take that step today.

FEB 18 / DAY 19

ACCEPTANCE

Today, choose not to judge yourself (your looks, your capabilities, your quality of life). See yourself as unique, lovable, capable and intelligent!



Grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

– Reinhold Niebuhr



●●● THINK ABOUT IT

How can you have acceptance for yourself and ask for change when needed?

TAKE ACTION

Write down one thing about yourself that you struggle to accept. Imagine hugging this part of yourself, as if it were a small child. Get in touch with any pain or shame you feel and imagine sending love to this part of yourself.

FEB 19 / DAY 20

SELF-FORGIVENESS

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, today, forgive yourself for forgetting the good that is in you.

“

We go on. Because it is the hard thing to do. And we owe ourselves the difficulty.

— Nikki Giovanni

”

●●● THINK ABOUT IT

What are some thoughts and feelings that get in the way of self-forgiveness? How has not forgiving yourself kept you from moving forward?

⚡ TAKE ACTION

Identify an area of your life or an action you took that requires self-forgiveness. Describe how you feel about it. Then develop your own set of steps to self-forgiveness. Take the first step.

FEB 20 / DAY 21

INSPIRATION

Think of at least two people who exemplify the practice of non-violence. What do you admire about them?



The more you sense the rareness and value of your own life, the more you realize that how you use it, how you manifest it, is all your responsibility. We face such a big task, so naturally we sit down for a while.

— Kobun Chino Otogawa Roshi



●●● THINK ABOUT IT

Is inspiration a function of the head or the heart?



TAKE ACTION

Identify inspirational people you know who stand for nonviolence. What other qualities do they exemplify? Practice these behaviors today so that other people may be inspired.

FEB 21 / DAY 22

MISSION

Write down what you want to stand for in your life. Note at least one way you can show that you stand for your beliefs.



Determine that the thing can be done, and then we shall find the way.

– Abraham Lincoln



●●● THINK ABOUT IT

What is the difference between a mission and a goal?

TAKE ACTION

Choose an activity that would make your community a better place, and would symbolize a commitment to those within it. Plan a few steps of this activity & take the first one.

FEB 22 / DAY 23

PRAYER

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

“

The times are urgent - we must slow down.

– Bayo Akomolafe

”

●●● THINK ABOUT IT

What could be the purpose or use of prayer outside of a particular religion?

⚡ TAKE ACTION

Write your own private prayer, mantra, or short wish for peace.

FEB 23 / DAY 24

HARMONY

Today, choose to see the good in yourself and others rather than finding fault.



Happiness is when what you think, what you say, and what you do are in harmony.

– M.K Gandhi



●●● THINK ABOUT IT

How do you know when things are in harmony?

⚡ TAKE ACTION

Decide on three areas in your life that could be more harmonious. What steps are you willing to take to be an agent of more harmonious interactions in those areas?

FEB 24 / DAY 25

FRIENDLINESS

Strangers are friends we haven't met. View those you encounter today in that light. Make a new acquaintance.

“

Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you.

– Rasheed Ogunlaru

”

●●● THINK ABOUT IT

What does friendliness mean to you? What aspects of friendliness do you want to grow in your life?



TAKE ACTION

Make a list of 3 acts of kindness you could do today that would be a gesture of friendship towards someone you dislike. Do one of them.

FEB 25 / DAY 26

RESPECT

Gandhi taught, “Language is an exact reflection of the character and growth of its speakers.” Today, respect yourself and others by choosing not to use insults.



Nonviolence is absolute respect for each human being.

– Adolfo Perez Esquivel



●●● THINK ABOUT IT

What happens when you choose to respect someone who does not respect you?

⚡ TAKE ACTION

What are your ideas for bringing more respect into some of your relationships? Write down some ideas and make a plan to practice one of them.

FEB 26 / DAY 27

GENEROSITY

“We make a living by what we get, but we make a life by what we give,” said Winston Churchill. Today, claim your power to transform the world by giving, especially to those who you may judge don’t deserve a gift.



That’s what I consider true generosity: you give your all and yet you always feel as if it costs you nothing.

– Simone de Beauvoir



●●● THINK ABOUT IT

What is the most meaningful gift you’ve received, material or non-material?



TAKE ACTION

What do you share and give that feels really good and energizing to give? How can you share this gift with the world? Write down several ideas and try one today.

FEB 27 / DAY 28

LISTENING

Stop what you are doing and take five minutes to listen to the feelings behind someone's words to you.



An enemy is one whose story we have not heard.

– Gene Knudsen Hoffman



●●● THINK ABOUT IT

How can you give the gift of listening to those around you? How does it feel to listen without interrupting, without giving advice, and without changing the story to your own life?

TAKE ACTION

In your next conversation, try actively listening: give the person space to talk without changing the subject, summarize what you hear, and try to understand the essence of what is said. How do they respond? How does it feel for you?

FEB 28 / DAY 29

FORGIVENESS

Today, write a letter to forgive someone. You do not have to mail it.



We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love.

– Martin Luther King, Jr.



●●● THINK ABOUT IT

What do you think about this quote from King? How might you develop your capacity to forgive?



TAKE ACTION

Talk to someone today about a time when you have forgiven someone. Ask them about a time they have forgiven someone as well.

MAR 1 / DAY 30

AMENDS

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



Taking responsibility means engaging critically with your actions, not delegating all of the thinking to someone else.

– Kai Cheng Thom



●●● THINK ABOUT IT

What must you relinquish to make amends?

TAKE ACTION

What is something you have done or participated in that you could make amends for? Take the first step in making amends.

CONFLICT RESOLUTION

Conflict is a natural part of being in relationships and community. As we have different experiences and perspectives, we'll disagree with one another. Today view conflict as something that can stimulate creativity, development, and cooperation. Look for a win-win solution while actively listening and speaking openly.



On some level it all comes down to Feeling Better versus Getting Better...the only way to truly get better is to face and deal with each other, sit down and communicate.

– Sarah Schulman



●●● THINK ABOUT IT

What did you learn about conflict growing up? How has what you were taught impacted how you handle conflict today?

TAKE ACTION

Write about a conflict you were recently in. What would a win-win solution be? If the conflict is unresolved, approach the other person with your idea with sincerity and care.

MAR 3 / DAY 32

PATIENCE

When your plans seem delayed, choose to be patient by identifying at least three ways that you can constructively use this time to support your goal.



Patience is not learned in safety.

– Pema Chödrön



●●● THINK ABOUT IT

What do you think is meant by the quote above? What is your experience with patience and impatience?

TAKE ACTION

Talk with someone about an area of your life in which you want to increase patience.

MAR 4 / DAY 33

APPRECIATION

Louise Hay says, “Praise yourself (and others) as much as you can. The love in our lives begins with us. Loving yourself will help heal this planet.”



People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

– Maya Angelou



●●● THINK ABOUT IT

What is the one thing that you appreciate most in your life today?

TAKE ACTION

Write down five things you appreciate about yourself, your so-called enemies, your work or classes, your community, or other things you may take for granted. Share at least one of these with someone else.

MAR 5 / DAY 34

LOVE

Send a silent thought of love to 10 people today. Share your experience with someone.



Human souls are irresistible. When we truly see another human soul, we can't help but fall in love.

– Miki Kashtan



●●● THINK ABOUT IT

John Lewis talked of nonviolence as “love in action”, what do you make of this idea?

⚡ TAKE ACTION

What nonviolent action would demonstrate your “love in action”? Write down 5 ideas and try one of them today.

MAR 6 / DAY 35

UNDERSTANDING

Today, focus on what you appreciate most about the person you like the least.



Proximity leads to understanding.

– Sharon Salzberg



●●● THINK ABOUT IT

Have you distanced yourself from those you don't agree with or enjoy?

⚡ TAKE ACTION

What is a strategy you find useful when trying to understand something difficult? Today try this strategy to understand something you don't like.

MAR 7 / DAY 36

MINDFULNESS

Be aware of the motivation behind your action, the intention behind your words, and the needs and experiences of other people. By doing so, you are making life more beautiful for yourself and others.



... when you are mindful, you are fully alive. You are fully present. You can get in touch with the wonders of life that can nourish and heal you.

– Thich Nhat Hanh



●●● THINK ABOUT IT

How might mindfulness impact the work we do for love, peace, and justice?

TAKE ACTION

Go on a silent walk. Pay attention to your surroundings, with all of your senses. Write a paragraph or poem while the sensations and images are still fresh.

MAR 8 / DAY 37

GRACIOUSNESS

Give others the right of way, stop and let others pass, hold a door or offer someone a helping hand.



There is hardly a more gracious gift we can offer somebody than to accept them fully...

– Elizabeth Gilbert



●●● THINK ABOUT IT

What are some simple acts of graciousness that you have witnessed or experienced in the last few weeks?



TAKE ACTION

Find at least one opportunity to be gracious today. Write about the opportunity at the end of the day. What insights did you have?

MAR 9 / DAY 38

KINDNESS

Kindness is love and care for others in action. It is not limited to those we know, it has the power to transform someone's moment, day, or life.



My religion is simple, my religion is kindness.

– His Holiness, the Dalai Llama



●●● THINK ABOUT IT

What is the place of kindness in our nonviolent work and struggles?

TAKE ACTION

Today practice an act of kindness, however small to: a loved one, a stranger, and someone you don't enjoy.

MAR 10 / DAY 39

DIALOGUE

Today, speak up but do not enter into the spirit of argument.



Dialogue is a conversation between equals, whose destination is unknown.

— Martin Buber



●●● THINK ABOUT IT

What is the difference between debate and dialogue?

TAKE ACTION

Find someone who holds a belief different than your own. Ask them to explain why this is important to them. Look for similarities in why you believe what you do.

MAR 11 / DAY 40

UNITY

Today, 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.



Unity, to be real, must stand the severest strain without breaking.

– Gandhi



●●● THINK ABOUT IT

What does it take to be in unity with others? Does it necessitate agreement?

TAKE ACTION

Write a paragraph or more about your responses to the above questions.

MAR 12 / DAY 41

OPENNESS

Today, be open to understanding ideas and people that you have previously excluded.



Honesty and openness is always the foundation of insightful dialogue.

– bell hooks



●●● THINK ABOUT IT

How do you balance openness and staying safe in new situations?

TAKE ACTION

Go beyond your comfort zone and introduce yourself to someone to whom you have never spoken. What happened?

MAR 13 / DAY 42

ACCOUNTABILITY

How can you be accountable without accepting blame? What is the difference?

“

It is not only what we do, but what we do not do, for which we are accountable.

– Moliere

”

●●● THINK ABOUT IT

How does accountability differ from punishment?

TAKE ACTION

What can you take accountability for that doesn't involve punishment? Write down some ideas and try one today.

MAR 14 / DAY 43

UNIQUENESS

Today, let the music of who you are play. Look for the unique qualities and talents of those around you that you may take for granted.



We are all members of a great human orchestra and it is now time to play the Save the World Symphony. You do not have to play a solo but you have to know what instrument you hold and find your place in the score.

– Sandra Steingraber



●●● THINK ABOUT IT

How are you unique? What gifts, strengths, and talents do you have that can ge of benefit or service to others?

TAKE ACTION

Write about how you can employ your gifts in a new or different way to benefit the community for the causes of peace and justice.

MAR 15 / DAY 44

COOPERATION

Today, find one significant way that you can cooperate more effectively with the people in your household or community.



If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

– Nelson Mandela



●●● THINK ABOUT IT

What were you taught growing up about cooperation? How did this interact with what you were taught about competition?

TAKE ACTION

Think about a time where you could have collaborated better. Then describe how you would do things differently if you had a “do-over”.

MAR 16 / DAY 45

MASTERY

Breathe in through the nose slowly and deeply, into the belly. Breathe out through the nose, even more slowly, emptying the body of air. Do this ~5 times.



One can have no smaller or greater mastery than mastery of oneself.

– Leonardo de Vinci



●●● THINK ABOUT IT

What does it mean “to master something?” What are areas of your life do you feel a sense of mastery?

⚡ TAKE ACTION

Master the feeling--Use the breathing practice above everytime you feel agitation or a negative escalation today. Notice how you feel afterwards.

MAR 17 / DAY 46

COMPASSION

Mother Teresa implored us to “find someone who thinks he is alone and let him know that he is not.” Today, do as Mother Teresa suggests.



We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury; it is a necessity for our well-being, resilience, and survival.

— Roshi Joan Halifax



●●● THINK ABOUT IT

Can you be compassionate and angry, hurt, and upset at the same time?

TAKE ACTION

Write down the names of people or groups for whom it is easy for you to care about immensely, feel neutral about, and actively dislike or feel contempt for. How might you demonstrate compassion for each? What can you try today?

MAR 18 / DAY 47

DISARMAMENT

Have a conversation with someone today about what the world would be like if there were no weapons nor any need for them. Imagine such a world.



Inner disarmament, external disarmament; these must go together, you see. Peace is not just the mere absence of violence - genuine peace must start in each individual heart.

– Dalai Lama



●●● THINK ABOUT IT

Why is disarmament a part of nonviolence? What are ways in which you arm yourself?



TAKE ACTION

What would it take to begin the process of your own disarmament? Take one step towards disarmament today.

MAR 19 / DAY 48

ECOLOGY

Practice recycling today by using at least one recycled product or by recycling a product. Waste is stuff we haven't found a purpose for yet.



We have always been told that when we make decisions that we have to look to seven generations and see how those decisions will affect those people

– Sidney Hill, Tadodaho



●●● THINK ABOUT IT

How are the causes of environmental justice, social justice and non-violence connected?

TAKE ACTION

Imagine you are planning the world for someone seven generations from now. What do you hope for them? What can you do today to enact that world?

MAR 20 / DAY 49

HONOR

Before each meal today, stop to honor all the hands that brought it to you and to bless the earth for its bounty. Even if the food is not very good, be thankful that it provides nourishment.



It is important to remember that while honor is an entitlement to respect ... a person of honor cares first of all not about being respected but about being worthy of respect.

— Kwame Anthony Appiah



●●● THINK ABOUT IT

How do you honor yourself?

TAKE ACTION

Make a list of honorable traits and people in history or in your family who carry these traits. Today, practice on of these traits that doesn't come as naturally to you.

MAR 21 / DAY 50

CHOICE



What people have the capacity to choose, they have the ability to change.

– Madeleine Albright



●●● THINK ABOUT IT

What does it take to make choices that may not coincide with those around you?



TAKE ACTION

“We always have a choice.” What comes up in you when you hear this? Are there things we always have choice over? Write down some of your thoughts.

MAR 22 / DAY 51

ADVOCACY

Today be an ally. Without blaming or judging others, speak out for those who are disrespected.



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

– Paulo Freire



●●● THINK ABOUT IT

Who are your advocates? How do you advocate for others?

TAKE ACTION

Recount a time when someone came forward and changed an outcome on your behalf. List some ways you come forward for others. Try one today.

MAR 23 / DAY 52

EQUITY

Find one way to connect with a person from another group today.



A right delayed is a right denied.

– Martin Luther King, Jr.



●●● THINK ABOUT IT

What is the difference between equality and equity?

TAKE ACTION

Who is missing from your immediate community? With whom don't you come into contact? Think about the differences between tolerance, acceptance, inclusivity and equity. Write down your thoughts.

MAR 24 / DAY 53

ACTION

Today, find a way to make one small change that will contribute to the well-being of your community.



Nobody made a greater mistake than he or she who did nothing because he could only do a little.

– Edmund Burke



●●● THINK ABOUT IT

What is the meaning of the statement “actions speak louder than words?” Is it true?

TAKE ACTION

Journaling: Make a list of what you believe in; make a commitment to take action on one thing in which you believe.

MAR 25 / DAY 54

GIVING

Today give away one thing you are no longer using.



The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live.

– Ethel Percy Andrus



●●● THINK ABOUT IT

What makes giving more challenging? What makes giving easier?

TAKE ACTION

What can you give other than material possessions? What else can you share? Make a list. Give at least one of these gifts today.

MAR 26 / DAY 55

RESPONSIBILITY

Today, pick up trash that is not your own, whether in your community or somewhere else. Every little bit helps.



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

– The Great Law of the Haudenosaunee



●●● THINK ABOUT IT

Is taking responsibility empowering? How or in what ways? What were you taught about responsibility growing up?

TAKE ACTION

What is something you could take more responsibility for in your community and world? What will you do today to demonstrate this responsibility.

MAR 27 / DAY 56

SELF-SUFFICIENCY

Freedom can come from taking responsibility for our lives and how we interpret events. Instead of viewing ourselves as completely powerless, we can recognize that we can choose how to understand our situation and respond to it, even when life is hard.



The final forming of a person's character lies in their own hands.

— Anne Frank



●●● THINK ABOUT IT

How might asking for support or help be a part of self-sufficiency?

TAKE ACTION

Choose one area of your life for which to take more responsibility. For example: your health, your language, your spiritual life, your perception, your attitude. Today, do one concrete thing towards that goal.

MAR 28 / DAY 57

SERVICE

Today, sign up to do something “extra.” Share your commitment with at least one person.



Everybody can be great ... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

– Martin Luther King, Jr.



●●● THINK ABOUT IT

How are you of service to yourself, your family, those around you?

TAKE ACTION

Where can you be of service today? Choose one thing you will accomplish and write about how it felt to be of service.

MAR 29 / DAY 58

CITIZENSHIP

Today write one of your legislators and register your views.



I have said that the Declaration of Independence is the ringbolt to the chain of your nation's destiny; so indeed, I regard it. The principles contained in that instrument are saving principles. Stand by those principles, be true to them on all occasions, in all places, against all foes, and at whatever cost..

— Frederick Douglas



●●● THINK ABOUT IT

What does it mean to be a citizen of this country? Of this earth?



TAKE ACTION

Express your citizenship today by writing a letter or email to a member of the Congress, or a member of the State Assembly, on something you feel concerned about.

MAR 30 / DAY 59

INTERVENTION

Today, have the courage to intervene in a caring way with someone whose behavior is destructive. Through your honest, direct, and loving communication, encourage them to make positive changes.



As citizens, we all have an obligation to intervene—it's the citizen who changes things.

— Jose Saramago



●●● THINK ABOUT IT

What is an intervention? How does it work?

TAKE ACTION

What are creative interventions to violence and aggression that you have witnessed or heard about? Look for opportunities to creatively intervene today.

MAR 31 / DAY 60

WITNESSING

Today be willing to stand up for truth by your presence, your words and your actions.



Peacemaking is the functioning of bearing witness. Once we listen with our entire body and mind, loving action arises.

– Bernie Glassman



●●● THINK ABOUT IT

How can you bring your full presence to situations that are challenging or unjust?

TAKE ACTION

Usually we connect the idea of a witness to a tragedy or a crime. However, we can be a witness to wonderful events as well. Think of a time when you witnessed an unexpected, wonderful event. Report what you saw with all of the details as though you are a journalist.

APRIL 1 / DAY 61

PEACE

Today, make a choice to meet each experience with an intention for peace.



Once peace is made within, one will have gained sufficient strength and power to use it in the struggle of life, both within and without.

– Hazrat Inayat Khan



●●● THINK ABOUT IT

Is peace possible? What does peace look like in a relationship? In the world?

TAKE ACTION

MLK described negative peace (absence of tension) and positive peace (presence of justice). Write about where in your life you witness negative peace. How can you work to transform it to positive peace?

APRIL 2 / DAY 62

COMMITMENT

Spend five minutes reflecting on your commitment to nonviolence. Write down what it means to you to be committed to nonviolence and what you are willing to do as a demonstration of your commitment.



Nonviolence is an absolute commitment to the way of love.

— Martin Luther King, Jr.



●●● THINK ABOUT IT

What do you make of King's quote?

TAKE ACTION

Write about a commitment you are making to nonviolence and how you will evaluate your progress.

APRIL 3 / DAY 63

RELEASE

Today, reflect on what you would need to release in order to grow your nonviolence practice.



**Am I willing to give up what I have in order to be what I am not yet?
Am I willing to let my ideas of myself, of humanity, be changed? Am
I able to follow the spirit of love into the desert, to empty myself
even of my concept of emptiness?**

— M.C. Richards



●●● THINK ABOUT IT

What do you need to release in order to be the person you want to be?



TAKE ACTION

Do a drawing that includes words and phrases of old judgments and ideas that you are ready to release. What are you ready to embrace in their place? Shout it out or talk about with a friend!

APRIL 4 / DAY 64

CELEBRATION

Margaret Mead said, “Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it is the only thing that ever has.”



**When you look back on your life, you should
have changed the world somehow.**

— Senal Sarihan



●●● THINK ABOUT IT

What does celebration have to do with “rites of passage?” Why are both important in our lives?



TAKE ACTION

Enjoy how far you have come in studying the 64 Ways to Practice Nonviolence. Share this with a friend or loved one.



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