

# SEASON FOR PEACE AND NONVIOLENCE



## CARRY THE VISION



A Science of Mind Community

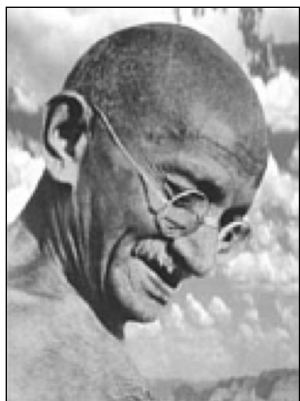
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<https://www.cslportland.org>

About the

# Season for Nonviolence



The first Season for Nonviolence, inaugurated in 1998 to honor the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., inspired a grassroots campaign of unified activism. The inaugural event was held at the United Nations and brought forth substantive endorsements and commitments from the UN

Secretary General, Kofi Annan, the U.S. Ambassador to India, the Director General of UNESCO on behalf of its Culture of Peace and nonviolence appeal by the Nobel Peace Laureates. Since then, four hundred major peace organizations, religious, business, arts and learning institutions became official co-sponsors of the Season which drew massive media coverage, proclamations by half of all U.S. Governors, and more than 300 ongoing programs in nonviolence in communities across the nation. Season co-founders are Arun and Sunanda Gandhi of the M.K. Gandhi Institute for Nonviolence.



The International Season for Nonviolence honors Gandhi's and King's vision of a nonviolent world. Conceived by Gandhi's grandson, Arun, and his wife, Sunanda, the worldwide, grassroots movement intends to demonstrate that every person can move the world in the direction of peace through daily choice and action based on compassion, respect and understanding.

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The “Season for Peace and Non-Violence” material is being brought to you by:



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“Wherever you are on your spiritual journey,  
you are welcome here!”

See the back cover for more information

## DAY 1 - January 30<sup>th</sup>



The thought for today is:  
**COURAGE**

Eleanor Roosevelt has urged, “You must do the things that you think you cannot do.”

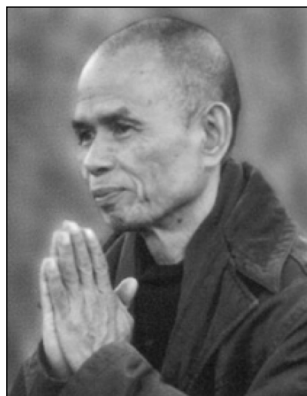
In what way can you practice Courage in your life today?

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## DAY 2 - January 31<sup>st</sup>

The thought for today is:  
**SMILING**

Buddhist teacher, Thich Nhat Hanh said, “If, in our daily life, we can smile, not only we, but everyone will profit from it. This is the most basic kind of peace work.”



Today share a smile with someone knowing that your smile contributes to peace.



## DAY 3 - February 1<sup>st</sup>



The thought for today is:

### APPRECIATION

Author Louise Hay says, "Praise yourself as much as you can... The love in our lives begins with us ... Loving yourself will help heal this

planet."

Today, write 10 things that you appreciate about yourself.

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## DAY 4 - February 2<sup>nd</sup>

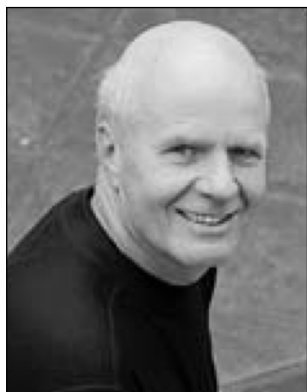
The thought for today is:  
**CARING**

According to Peter McWilliams, "Nonviolence toward the self is caring for oneself. Self-love is a crowning sense of self worth.... It is what the Greeks call reverence for the self."



What can you do to take better care of yourself today?

## DAY 5 - February 3<sup>rd</sup>



The thought for today is:  
**BELIEVING**

Author Wayne Dyer wrote about the impact that our beliefs have on our daily lives.

Today believe that you have all the resources you need to move your life in the direction of peace and happiness.

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## DAY 6 - February 4<sup>th</sup>

The thought for today is:  
**SIMPLICITY**

To simplify is to invite peacefulness into your life. Think of three ways you can simplify your life and put at least one of them into practice today.

## DAY 7 - February 5<sup>th</sup>

The thought for today is:  
EDUCATION

Knowledge strengthens your conviction and deepens your understanding and acceptance.

What can you read, see or do today to expand your knowledge about human rights, diversity, ecology, history, politics or spirituality?

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## DAY 8 - February 6<sup>th</sup>

The thought for today is:

HEALING

Poet and activist Maya Angelou turned a traumatic childhood experience into a catalyst for creativity and achievement.



Today, reflect on a painful incident in your life to find the “gift” it has brought you. Consciously share this gift with others, now.

## DAY 9 - February 7<sup>th</sup>



The thought for today is:  
**DREAMING**

Martin Luther King, Jr., had a great dream. What is your dream for peace in your life?

What one thing can you do today to honor that dream?

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## DAY 10 - February 8<sup>th</sup>

The thought for today is:

**FAITH**

When Cesar Chavez was organizing farm workers in California, he challenged them to say, “Si, se puede” – yes, it is possible - when they didn’t know how they would overcome obstacles.



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

DAY 11 - February 9<sup>th</sup>

The thought for today is:  
CONTEMPLATION

Take a moment to relax, breathe and let your mind be fed by what is good and beautiful.

As you think, so you are!

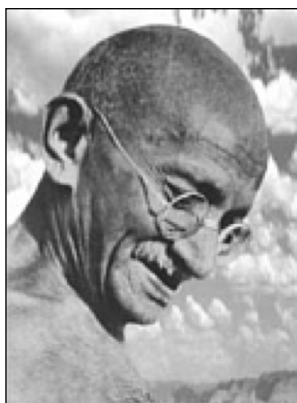
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DAY 12 - February 10<sup>th</sup>

The thought for today is:  
GROUNDEDNESS

Gandhi said, “To forget how to dig the earth and tend the soil is to forget ourselves.”

Black Elk said, “Some little root of the sacred tree still lives. Nourish it, that it may leaf and bloom and fill with singing birds.”



Today nurture a plant or plant a seed in and for the earth.

DAY 13 - February 11th

The thought for today is:  
CREATIVITY

The human soul's natural desire is to create. Your life is your creative expression.

What are you creating in your life today and how can you express it more joyously?

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DAY 14 - February 12th

The thought for today is:  
HUMILITY

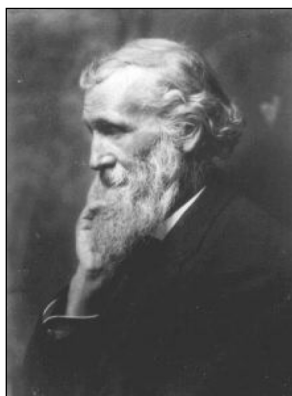
Making mistakes is part of learning and growing.

Today, compassionately acknowledge your mistakes and see them as lessons of growth and understanding.

## DAY 15 - February 13<sup>th</sup>

The thought for today is:  
**REVERENCE**

Environmentalist John Muir said,  
“Everybody needs beauty as well  
as bread, places to play in and  
pray in, where Nature may heal  
and cheer and give strength to  
body and soul.”



Today, take some time to walk in nature and experience  
the beauty that surrounds you.

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## DAY 16 - February 14<sup>th</sup>

The thought for today is:  
**GRATITUDE**



On her show, Oprah Winfrey  
frequently promoted the daily  
practice of gratitude.

Begin today by listing 5 things for  
which you are grateful and share  
these good things with another so  
that they can reflect on gratitude as well.

DAY 17 - February 15<sup>th</sup>

The thought for today is:  
**INTEGRITY**



“Do the Right Thing!” 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 is right to do. Will you do it?

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DAY 18 - February 16<sup>th</sup>

The thought for today is:  
**FREEDOM**

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

Take a leadership role today in your own life. Find a way where you can express who you truly are.





DAY 19 - February 17<sup>th</sup>



The thought for today is:  
**ACCEPTANCE**

“Resentment, fear, criticism and guilt cause more problems than anything else,” says author Louise Hay.

Today, choose not to judge yourself. See yourself as unique, loving, capable and bright. Accept yourself just as you are!

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DAY 20 - February 18<sup>th</sup>

The thought for today is:  
**SELF – FORGIVENESS**

When we judge ourselves, we tend to believe that who we are is what we have done or not done, what we 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.

Day 21 - February 19<sup>th</sup>

The thought for today is:  
INSPIRATION

There are many people who inspire us. Take a moment to reflect upon who inspires you and what characteristics you most admire in them. See the potential that is also within you and choose to cultivate these characteristics in your daily life.

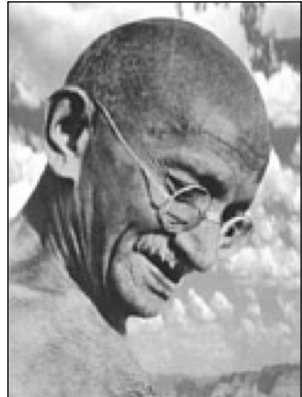
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DAY 22 - February 20<sup>th</sup>

The thought for today is:  
MISSION

“My life is my message,” said Mahatma Gandhi.

What do you want to stand for in your life? Note one way you can show through action that you stand for your beliefs. Take this action today.



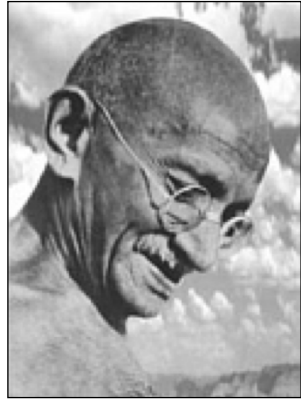
DAY 23 - February 21<sup>st</sup>

The thought for today is:

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.



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DAY 24 - February 22<sup>nd</sup>

The thought for today is:

HARMONY

Choosing not to engage in any form of gossip today contributes to harmony. Choosing to see the good in others, rather than finding fault, leads to peaceful relationships.

DAY 25 - February 23<sup>rd</sup>



The thought for today is  
**FRIENDLINESS**

To humorist Will Rogers, strangers were simply friends he hadn't met.

Today is a good day to make a new acquaintance. Befriend a stranger.

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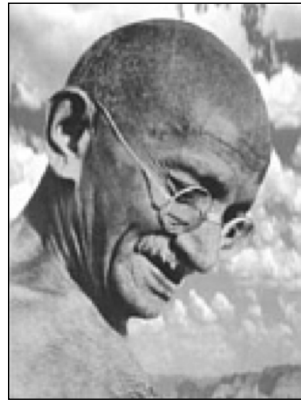
DAY 26 - February 24<sup>th</sup>

The thought for today is:

**RESPECT**

Gandhi taught "Language is an exact reflection of the character and growth of its speakers."

Respecting yourself and others means making a choice not to use profanity or "put downs."



DAY 27 - February 25<sup>th</sup>



The thought for today is:

## GENEROSITY

Mother Teresa said, “There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart.”

Today, find a way to give generously of your time, attention or resources to others.

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DAY 28 - February 26<sup>th</sup>

The thought for today is:

## LISTENING

Can you stop what you are doing and thinking and take time to listen to the feelings behind someone’s words to you? Being fully present for the conversation and interested in what that person is saying is a practice of nonviolence.

DAY 29 - February 27<sup>th</sup>

The thought for today is:  
**FORGIVENESS**

When we forgive, we do not condone hurtful behavior. We simply realize that there is something within us that is more important than this wounding experience. Today, be willing to let go of the past, forgive someone and move on with your life.

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DAY 30 - February 28<sup>th</sup>

The thought for today is:  
**MAKING AMENDS**

Making amends is more than just an apology. We should also be concerned with “making things right.” Is today the day to apologize to someone you have hurt? Is today the day that you bring justice to the situation you caused or influenced?

DAY 31 - March 1<sup>st</sup>

The thought for today is:

## PRAISE

Appreciation helps people to grow. Offer praise to the people you encounter today for their personal qualities, achievements or helpful service.

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DAY 32 - March 2<sup>nd</sup>

The thought for today is:

## PATIENCE

According to farm activist, Cesar Chavez, “Nonviolence is not non- action... It is hard work... It is the patience to win.”

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



DAY 33 - March 3<sup>rd</sup>

The thought for today is:

## **ACKNOWLEDGMENT**

Tell someone what a difference he or she has made in your life. Make this a day you don't take for granted those people who are important to you.

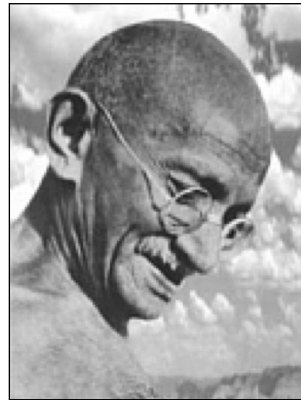
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DAY 34 - March 4<sup>th</sup>

The thought for today is:

## **LOVE**

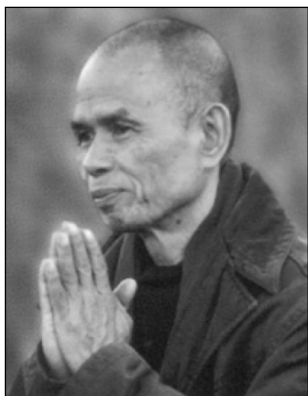
Mahatma Gandhi wrote,  
"nonviolence is based on the  
assumption that human nature  
... unfailingly responds to the  
advances of love."



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



DAY 35 - March 5<sup>th</sup>



The thought for today is:  
**UNDERSTANDING**

Thich Nhat Hanh, Buddhist teacher, says, “When you understand, you cannot help but love. Practice looking at all living beings with the eyes of compassion.”

Send a silent thought of love to others today.

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DAY 36 - March 6<sup>th</sup>

The thought for today is:  
**MINDFULNESS**

If we just act in each moment with composure and mindfulness, each minute of our life is a work of art. 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 others.

DAY 37 - March 7<sup>th</sup>

The thought for today is:  
GRACIOUSNESS

When you are out driving today, slow down and make plenty of room for the cars around you. Stop and let pedestrians cross the street. Use your turn signals mindfully and allow others to merge with ease. This is an act of grace.

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DAY 38 - March 8<sup>th</sup>

The thought for today is:  
KINDNESS

Every day we hear of random and senseless acts of violence. Participate in the counter-revolution of kindness and ask yourself how you can be more kind to yourself and others today.

DAY 39 - March 9<sup>th</sup>



The thought for today is:  
DIALOGUE

Marianne Williamson describes a healthy society as one in which “Those who disagree can do so with honor and respect for other people’s opinions and an appreciation for our shared humanity.”

Today, speak your truth quietly and clearly but do not enter into the spirit of argument.

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DAY 40 - March 10<sup>th</sup>

The thought for today is:  
UNITY

Differences give variety to life and are often only on the surface, anyway. See beyond outer differences in opinions and appearances and find a meeting point of underlying unity that exists in diversity.

DAY 41 - March 11<sup>th</sup>

The thought for today is:  
OPENNESS

A Turkish proverb says, “He who builds himself a fence, fences out more than he fences in.”

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

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DAY 42 - March 12<sup>th</sup>

The thought for today is:  
ACCOUNTABILITY

In conflicting situations, personal accountability allows us to take responsibility for how we contribute to a conflict and to make a different choice that can lead to a peaceful resolution.

DAY 43 - March 13<sup>th</sup>



The thought for today is:  
**UNIQUENESS**

Dale Carnegie says, “The greatest need people have is for love and approval.”

Praise, compliment and honor the uniqueness of someone you know today and notice the positive impact you make by valuing the individuality of this person.

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DAY 44 - March 14<sup>th</sup>

The thought for today is:  
**COOPERATION.**

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?

DAY 45 - March 15<sup>th</sup>



The thought for today is:  
**MASTERY**

Labor organizer Cesar Chavez teaches, “If you use violence you have to sell part of yourself for that violence. Then you are no longer a master of your own struggle.”

Breathe deeply, silently counting backwards from ten to calm yourself before you speak or act with impatience or anger.

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DAY 46 - March 16<sup>th</sup>

The thought for today is:  
**COMPASSION**

Mother Teresa implored us to “Find someone who thinks he is alone and let him know that he is not.”

Allow compassion to lead your life, your words and actions.



DAY 47 - March 17<sup>th</sup>

The thought for today is:  
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 for yourself and your family.

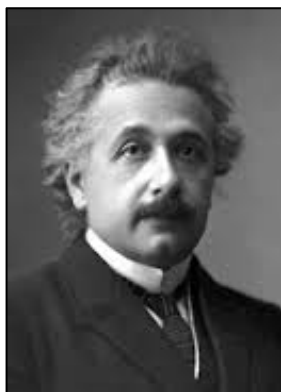
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DAY 48 - March 18<sup>th</sup>

The thought for today is:  
ECOLOGY

Value the Earth by conserving natural resources and avoiding the purchase of products that deplete rain forests or exploit labor forces. Take one step in recycling today.

DAY 49 - March 19<sup>th</sup>



The thought for today is:

### HONOR

Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is."

As you begin each meal today, stop to honor all the hands that brought it to you and bless the earth for its bounty.

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DAY 50 - March 20<sup>th</sup>

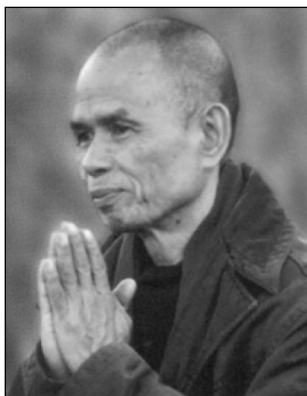
The thought for today is:

### CHOICE

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



DAY 51 - March 21<sup>st</sup>



The thought for today is:  
**ADVOCACY**

“When someone stands up to violence,” says Buddhist teacher, Thich Nhat Hanh, “a force for change is released. Every action for peace requires someone to exhibit the courage to challenge violence and inspire love.”

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

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DAY 52 - March 22<sup>nd</sup>

The thought for today is:  
**EQUALITY**

Have you ever noticed the groups of people who are under-represented in your activities and lifestyle?

Enrich your life by considering how you could invite different people and unusual experiences into your life today.

DAY 53 - March 23<sup>rd</sup>



The thought for today is:  
**ACTION**

“Each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation,” said Robert Kennedy.

Find a way to make one small change that will contribute to the well being of your home, school, workplace or community today.

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DAY 54 - March 24<sup>th</sup>

The thought for today is:  
**GIVING**

Practice generosity by sharing time, energy and material resources with those in need. Clean out your closet or garage. Are there things that might be of value to someone else? Give away what you are no longer using.

DAY 55 - March 25<sup>th</sup>

The thought for today is:  
RESPONSIBILITY

The quality of your community starts with you. Take responsibility wherever you are. Pick up trash that is not your own, whether at home, at the office or on the street. Every little bit helps.

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DAY 56 - March 26<sup>th</sup>

The thought for today is:  
SELF-SUFFICIENCY

People need the dignity of work and the opportunity to provide for themselves and their families. Economic self-sufficiency is a requirement for a nonviolent world.

Can you help someone today to find employment by helping with a resume or application, making phone calls, helping them dress appropriately, or practice interviewing?

## DAY 57 - March 27<sup>th</sup>



The thought for today is:  
**SERVICE**

Martin Luther King, Jr. said,  
“Everybody can be great ...  
because anybody can serve  
... you only need a heart full of  
grace and a soul generated by  
love.”

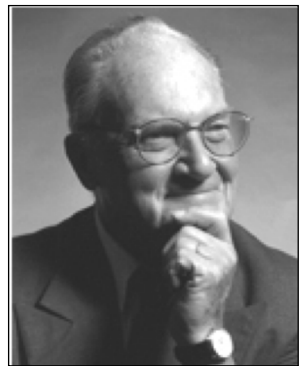
How can you serve today?

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## DAY 58 - March 28<sup>th</sup>

The thought for today is:  
**CITIZENSHIP**

Robert Muller, former Assistant Secretary General to the United Nations urges, “Use every letter you write, every conversation you have, every meeting you attend, to express your fundamental beliefs and dreams.”



Make a difference in your community by becoming involved.

DAY 59 - March 29<sup>th</sup>

The thought for today is:  
INTERVENTION

Alcohol and drug abuse is both a consequence and a cause of violence. Have the courage to intervene in a caring way with someone who is abusing alcohol or drugs. Through your honest and straightforward communication, encourage that person to get educated, get help and get sober and free from drugs. You can make a difference in someone's life.

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DAY 60 - March 30<sup>th</sup>

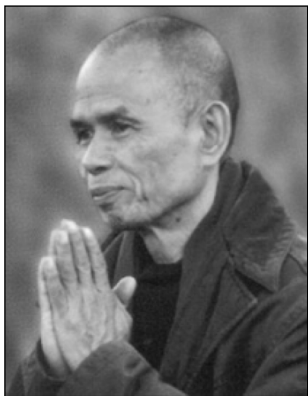
The thought for today is:  
WITNESSING

“We are each other's bond,” writes poet, Gwendolyn Brooks.

Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion. Are you willing to stand up for truth by your presence, your words and your actions today?



DAY 61 - March 31<sup>st</sup>



The thought for today is:  
**PEACE**

“Practice watering seeds of joy and peace and not just seeds of anger and violence, and the elements of war in all of us will be transformed,” says Thich Nhat Hanh.

Choose to meet each experience with an intention for peace.

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DAY 62 - April 1<sup>st</sup>

The thought for today is:  
**COMMITMENT**

Do you have a commitment to nonviolence in your life? What are you willing to do as a consequence of this commitment? Set an intention for action that you can easily act upon today.

DAY 63 - April 2<sup>nd</sup>

The thought for today is:  
RELEASE

A Sufi proverb says, “When the heart weeps for what it has lost, the spirit laughs for what is found.”

Release the weight of your past, the judgments of yourself and others, and be the change you wish to see. You really do make a difference in our world.

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DAY 64 - April 3<sup>rd</sup>



The thought for today is:  
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.”

Celebrate your knowledge and maturity. Nonviolence is building the courage to speak and act with respect, reverence and compassion for our own being.



## A Science of Mind Community

SEASON FOR PEACE  
AND NONVIOLENCE



CARRY THE VISION

“We at the Portland Center for Spiritual Living invite you to join with us in celebrating our desire for universal peace by setting a clear intention to practice nonviolence in our lives. Our greater vision of a heart-led world includes honoring all life. Our Center offers ongoing classes and

workshops teaching Universal Spiritual Principles to change your life and make the world a better place. Wherever you are on your spiritual path, you are welcome here.”

“Let’s make this a world that works for everyone!”

<https://www.cslportland.org>