



Practicing Nonviolence for 64 Days (Jan. 30 – Apr. 4)

Self-Practice – From Violence to Wholeness: The Three-Fold Path to Peace

Weeks 1-3: Self (Mindfulness: Personal/Self Focus) – developing inner resources by exploring and practicing: creativity, integrity, uniqueness, critical thinking, inclusion and integration, simplicity, courage, beauty, gratitude, self-worth, discipline, ritual, enthusiasm, accountability, resilience, reflection, and discernment, diligence, joyfulness, faith, serenity, commitment, modesty, sacrifice, grace, optimism, education, wisdom.

Weeks 4-6: Others (Relationship & Community: Social Focus) – practicing communication skills and intelligent relationship: diversity, respect, friendliness, honesty, kindness, love, compassion, patience, conflict resolution, listening/dialogue, shadow-work, appreciation, forgiveness, generosity, sincerity, loyalty, equality, building trust.

Weeks 7-9: World (Society & Activism: Eco-Cultural Focus) – help align culture with nature... fostering collective awakening and a society working for the common good: The Commons, We the People/Community, holistic thinking, fair exchange, economic justice, law, media literacy, peace-building, disarmament, constructive activism, environmental health, ecological medicine, sustainability, wilderness, renewable energy, permaculture/eco-design, spirituality, awe/wonder, principled politics, creative globalization, excellence, abundance, celebration.

Days 1 - 21 Focus on personal/inner change. Nonviolence begins by working with our own thoughts and emotions -- learning how to be less judgmental and reactive and more open and creative with ourselves and life.

Week One, Days 1 - 7

Jan. 30 **COURAGE** Eleanor Roosevelt urged, "You must do the things that you think you cannot do." Light a candle and accept the courage to practice living in peace.

Jan. 31 **SMILING** Today, share a smile with at least 3 people, knowing that your smile contributes to peace.

Feb. 1 **APPRECIATION** Write down 10 things that you appreciate about yourself, then read it aloud.

Feb. 2 **CARING** Real caring is not just what we say, but what we do. Make a list of at least 5 ways you can take better care of yourself. Practice at least one today.

Feb. 3 **BELIEVING** Today believe that you have all the resources to move your life in the direction of peace. Be aware of simple demonstrations of peaceful responses.

Feb. 4 **SIMPLICITY** Think of 3 ways you can simplify your life and put one into practice.

Feb. 5 **EDUCATION** Learn about the power of nonviolence by educating yourself. Read an article related to nonviolence. Learn about human rights, diversity, ecology, history, forgiveness, spirituality, or peace studies.

Week Two, Days 8 - 14

Feb. 6 HEALING Today, choose a painful incident in your life and find the “gift” you were given. Share this gift with others.

Feb. 7 DREAMING Martin Luther King, Jr. had a dream. What is your dream of peace? Write it down. What is one thing you can do to honor that dream? Do it today.

Feb. 8 FAITH Today, say, “I can” even if you are not aware of how to accomplish your goal. In faith, say “I can” until you find a way.

Feb. 9 CONTEMPLATION “As a man thinketh in his heart, so he is” (Bible). For at least 3 minutes, relax, breath, & let your mind be fed by “whatsoever is good and beautiful.”

Feb. 10 GROUNDEDNESS “Some little root of the sacred tree still lives. Nourish it...” (Black Elk). Today, place a seed in the earth or nurture a plant.

Feb. 11 CREATIVITY Identify at least 5 ways in which you express your creativity every day. Today, allow something joyous and unpredictable to express through you.

Feb. 12 HUMILITY Making mistakes is part of learning and growing. Freely acknowledge at least one mistake you make today, and reflect for a couple of minutes on what you have learned.

Week Three, Days 15 – 21

Feb. 13 REVERENCE Today, go for a walk and realize the beauty around, above and below you. “Everybody needs beauty as well as bread, ...where Nature may heal and cheer and give strength to body and soul.” Muir

Feb. 14 GRATITUDE Begin the day by listing 5 things for which you are grateful and end it by sharing with one person all of the good things that happened to you today.

Feb. 15 INTEGRITY When faced with a choice today, listen to your conscience. You know what’s right. Why not do it?

Feb. 16 FREEDOM Take a leadership role today in your own life. Find one way you can be more expressive of who you truly are.

Feb. 17 ACCEPTANCE “Resentment, fear, criticism and guilt cause more problems than anything else.” L. Hay. Choose not to judge yourself. See yourself as unique, loving, capable and bright. Accept yourself as you are.

Feb. 18 SELF-FORGIVENESS Knowing that who you are is greater than what you have done or not done, have or don’t have, forgive yourself for forgetting the good that is you.

Feb. 19 INSPIRATION Think of at least 2 people who exemplify the practice of peace. What is it you admire about them? Practice these behaviors today.

Days 24 – 46 Focus on interpersonal change. To create a peaceful world, we must practice caring behaviors with one another – exploring the gifts of relationship and creating the abundance and safety that comes with community.

Week Four, Days 22 – 28 Days

Feb. 20 MISSION “My life is my message” - Gandhi. Write down what you want to “stand for” in your life. Note at least one way you can show through action that you stand for your beliefs. Take this action today.

Feb. 21 PEACE Conflict is everywhere. Let peace begin with you. “Prayer from the heart can achieve what nothing else in the world can,” said Gandhi. Begin and end the day with a prayer for or meditation on peace.

Feb. 22 HARMONY Today, choose to see the good in others rather than finding fault. Choosing not to engage in any form of gossip contributes to harmony.

Feb. 23 FRIENDLINESS Will Rogers said that strangers were just friends he hadn’t met yet. View those you encounter today as friends. Make a new acquaintance.

Feb. 24 UNIQUENESS Praise, compliment and honor the uniqueness of at least 3 people today. Notice the positive impact you make by valuing the individuality of each one.

Feb. 25 GENEROSITY “There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart.”- Mother Teresa. Spend 10 minutes assisting someone who needs your nurturing.

Feb. 26 LISTENING Today, stop what you are doing and take 5 minutes to listen to the feelings behind someone’s words to you. Be fully present for the conversation and show interest in what the person is saying.

Week Five, Days 29 – 35

Feb. 27 FORGIVENESS There are more important things than remembering a hurt. Write a letter to forgive someone and move on with life. You do not have to mail the letter.

Feb. 28 AMENDS Make amends today. Apologize to someone you have hurt and mean your apology sincerely.

Mar. 1 COMPASSION “Find someone who thinks he is alone and let him know he is not.” Mother Teresa.

Mar. 2 PATIENCE When your plans seem delayed, choose to be patient by identifying at least 3 ways that you can constructively use this time to support your goal.

Mar. 3 ACKNOWLEDGMENT Tell someone today what a difference he or she has made in your life. Acknowledge that person for being there for you.

Mar. 4 LOVE “Nonviolence is based on the assumption that human nature...unfailing responds to the advances of love.” - Gandhi. Focus on what you appreciate most about the person you like the least.

Week Six, Days 36 – 42

Mar. 5 UNDERSTANDING “When you understand, you cannot help but love. Practice looking at all living beings with the eyes of compassion.” - Thich Nhat Hanh. Send a silent thought of love to 5 people today. Share your experience with someone.

Mar. 6 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 others.

Mar. 7 GRACIOUSNESS When you are out driving today, slow down and let the other car pull in front of you. Stop and let pedestrians cross the street. Hold the door open for someone else to enter first.

Mar. 8 KINDNESS Participate in random and senseless acts of kindness. Perform 3 acts of kindness today.

Mar. 9 DIALOGUE A healthy society supports a diversity of beliefs with honor and respect for other people’s opinions. “Speak your truth quietly and clearly; and listen to others.” - Desiderata. Today, speak up but do not enter into the spirit of argument.

Mar. 10 UNITY Today, look for 3 ways to see beyond outer differences in opinions, appearances or goals. Find the meeting point of underlying unity that exists in diversity.

Mar. 11 OPENNESS “He who builds himself a fence, fences out more than he fences in.” (Turkish proverb) Today, be open to understanding ideas and people that you have previously opposed.

Days 47 - 64 Focus on your interactions in and with the World. Nonviolence challenges us to take a stand for Truth, Justice and Health/Ecology by taking action that honors the worth and interconnectedness of all life.

Week Seven, Days 43 – 49

Mar. 12 ACCOUNTABILITY Today, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.

Mar. 13 RESPECT Be aware today of “jokes” or remarks that show disrespect toward groups, sexes, classes of people, religions. Be considerate of everyone’s dignity; choose not to participate in disrespectful conversations.

Mar. 14 COOPERATION When we work together we are stronger than when we work alone. Today, find one significant way that you can cooperate more effectively with people in your family, workplace, school or community.

Mar. 15 MASTERY Breathe deeply, silently counting backwards from ten to calm yourself and cool off before speaking or acting in anger. Do this at least once today.

Mar. 16 DISARMAMENT Have a conversation with someone today about what the world would be like if there was no need for weapons. Imagine such a world.

Mar. 17 MEDIA Observe your interactions with different forms of media today – radio, TV, computer, films, etc. Notice the impact of the information and entertainment you use.

Mar. 18 ECOLOGY Value the Earth today by being aware of what you consume and by conserving and recycling natural resources.

Week Eight, Days 50 – 56

Mar. 19 ECONOMY Explore today the economic-political causes of war and peace and what you can do to make a difference.

Mar. 20 HONOR “There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is.” - Albert Einstein. Today, stop to honor the hands that prepare your food, the earth for its bounty and the people who provide services for you.

Mar. 21 ADVOCACY 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 oppressed.

Mar. 22 EQUALITY Have you ever noticed groups of people who are under-represented in your activities and lifestyle? Find one way to connect with a person from these groups today.

Mar. 23 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 for this generation.” Robert Kennedy. Today, find a way to make one small change.

Mar. 24 GIVING Practice generosity by sharing time, energy or material resources. One option: clean out your closet, bureau or garage. Give away what you no longer need.

Mar. 25 RESPONSIBILITY The quality of your community starts with you. Today, pick up trash that is not your own, or speak up when you see an injustice. Every little bit helps.

Week Nine, Days 57 – 63

Mar. 26 SELF-SUFFICIENCY People need the dignity of work and opportunity to provide for themselves. Today, create a job or help someone apply for or find employment.

Mar. 27 SERVICE “Everybody can be great, because anybody can serve...You only need a heart full of grace and a soul generated by love.” MLK. Sign up to volunteer at least 2 hours this month with an organization of your choice. Share your commitment with 1 person.

Mar. 28 CITIZENSHIP Today, call or write one of your state or federal legislators and register your views.

Mar. 29 INTERVENTION Today, have the courage to intervene in a caring way with someone who may be using alcohol or drugs - through honest and caring action.

Mar. 30 WITNESSING Those who practice nonviolence cannot close their eyes to injustice or cruelty. We’re here to be a witness for justice and compassion. Stand up for Truth by your presence, words and actions.

Mar. 31 PEACE Today, make a choice to meet each experience with intention for peace.

April 1 COMMITMENT Spend 5 minutes reflecting on your commitment to nonviolence. Write down what it means to you and what you are willing to do as a consequence of your commitment. Make your commitment public by sharing this with at least 2 people.

Final Three Days

April 2 SELECT one of the virtues (positive character trait) that speaks to you from “Self-Practice: The Three Fold Path to Peace” (at top of this list), and practice that virtue today. And consider using this list through-out the year.

April 3 RELEASE Today, look back on how far you have come during this 64-day journey. Release the weight of your past, judgments of yourself and others and the ideas that world peace is not possible by acknowledging that you – by your caring behavior, make a difference.

April 4 CELEBRATION Celebrate the journey you made with others who believe that every individual can move the world in the direction of peace with their nonviolent action.

We Still Have a Dream

Community, Peace, Freedom and Meaningful Work

Not war, not violence Creating not destroying.

“Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate; only love can do that.

Hate multiplies hate,

violence multiplies violence,

and toughness multiplies toughness

in a descending spiral of destruction...

The chain reaction of evil

hate begetting hate,

wars producing more wars

must be broken, or we shall be plunged

into the darkness of annihilation.”

- Martin Luther King

More Information:

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HSS 329, (415) 338-6416

www.sfsu.edu/~holistic/seasonofnonviolence.html
