



## A SEASON FOR NONVIOLENCE

Violence is a loud  
voice calling for help.

Every person can move the  
world forward in the direction  
of peace through daily  
nonviolent choices & actions.

The *Season*, launched at  
the United Nations in 1998,  
marks the annual 64 calendar  
days between the memorial  
anniversary of the assassination  
of Mohandas K. Gandhi on  
January 30th and that of the  
Rev. Dr. Martin Luther King Jr.  
on April 4th.



CARRY THE VISION

# 64 Daily Practices That Make a Difference

**M.K. Gandhi Institute for Nonviolence**  
***A Season for Nonviolence***  
**January 30 – April 4**

By focusing education and community action on attaining peace in the spirit of Gandhi and King, *A Season for Nonviolence* promotes the teaching that every person can move the world forward in the direction of peace through daily nonviolent choices and actions at home, at school, in the workplace and community. It is, therefore, the purpose of the *Season* and the following *64 Daily Practices* to educate and inspire individuals and organizations alike to actively seek out nonviolent means by which to empower themselves and others to co-exist in peace and prosper together in community.

**DAY 1 Courage**

The teaching for today is COURAGE. Eleanor Roosevelt urged, “You must do the things that you think you cannot do.” In what way can you practice courage in your life today?

**DAY 2 Smiling**

The teaching 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 Appreciation**

The teaching 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.

**DAY 4 Caring**

The teaching 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.” Real caring is not just what we say, but what we do. What can you do to take better care of yourself today?

**DAY 5 Believing**

The teaching for today is BELIEVING. Author Wayne Dyer writes 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.

**DAY 6 Simplicity**

The teaching 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 Education**

The teaching 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?

**DAY 8 Healing**

The teaching 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. Make a choice to consciously share this gift with others.

**DAY 9 Dreaming**

The teaching for today is DREAMING. Dr. 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?

**DAY 10 Faith**

The teaching for today is FAITH. When Cesar Chavez was organizing farm works 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 Contemplation**

The teaching 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!

**DAY 12 Groundedness**

The teaching for today is GROUNDEDNESS. Mohandas K. 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 Creativity**

The teaching 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 peacefully?

**DAY 14 Humility**

The teaching 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 Reverence**

The teaching 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.

**DAY 16 Gratitude**

The teaching for today is GRATITUDE. On her show, Oprah Winfrey frequently promotes 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 Integrity**

The teaching 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?

**DAY 18 Freedom**

The teaching 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 Acceptance**

The teaching 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!

**DAY 20 Self-Forgiveness**

The teaching 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 Inspiration**

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

**DAY 22 Mission**

The teaching for today is about MISSION. "My life is my message," said Mahatma Gandhi. What do you want to stand for in your life? Note one way you can demonstrate through action your beliefs. Take this action today.

**DAY 23 Prayer**

The teaching for today is PRAYER. Mahatma Gandhi said, "Prayer from the heart can achieve what nothing else in the world can." Begin and end the day with a prayer for peace. Let peace begin with you.

**DAY 24 Harmony**

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

**DAY 25 Friendliness**

The teaching 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.

**DAY 26 Respect**

The teaching for today is RESPECT. Gandhi taught that "Language is an exact reflection of the character and growth of its speakers." Respecting yourself and others means making a choice today not to use profanity or "put downs."

**DAY 27 Generosity**

The teaching 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.

**DAY 28 Listening**

The teaching for today is LISTENING. Can you stop what you are doing 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 Forgiveness**

The teaching 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 make the choice to get beyond the past, forgive someone, and move on with your life.

**DAY 30 Making Amends**

The teaching for today is MAKING AMENDS. Choose today to apologize to someone you may have hurt.

**DAY 31 Praise**

The teaching 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.

**DAY 32 Patience**

The teaching for today is PATIENCE. According to 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 Acknowledgment**

The teaching 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.

**DAY 34 Love**

The teaching 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 Understanding**

The teaching 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 teaching of love to others today.

**DAY 36 Mindfulness**

The teaching 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 yourself and others.

**DAY 37 Graciousness**

The teaching for today is GRACIOUSNESS. When you are out driving today, slow down and allow that other driver to safely pull in front of you. Stop and let pedestrians cross the street. This is an act of grace.

**DAY 38 Kindness**

The teaching 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 Dialogue**

The teaching 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.

**DAY 40 Unity**

The teaching for today is UNITY. Differences give variety to life. See beyond outer differences in opinions and appearances and find a meeting point of underlying unity that exists in diversity.

**DAY 41 Openness**

The teaching 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.

**DAY 42 Accountability**

The teaching for today is ACCOUNTABILITY. In times of conflict, practicing personal accountability allows us to take responsibility for how we contribute to a conflict and make a different choice that can lead to a more peaceful resolution.

**DAY 43 Uniqueness**

The teaching for today is UNIQUENESS. Dale Carnegie said that 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.

**DAY 44 Cooperation**

The teaching 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 Mastery**

The teaching 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 today.

**DAY 46 Compassion**

The teaching 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 Disarmament**

The teaching for today is DISARMAMENT. Have a conversation with someone today about what the world would be like if there were neither weapons nor any need for them. Imagine such a world for yourself and your family.

**DAY 48 Ecology**

The teaching 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 Honor**

The teaching 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 give thanks to the earth for its bounty.

**DAY 50 Choice**

The teaching for today is CHOICE. Be aware of any jokes or remarks that show disrespect toward others. Be considerate of every person's dignity and choose not to participate in disrespectful communication.

**DAY 51 Advocacy**

The teaching 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.

**DAY 52 Equality**

The teaching 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 new experiences into your life today.

**DAY 53 Action**

The teaching for today is ACTION. Robert F. Kennedy once said, “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.” Find a way to make one small change that will contribute to the well being of your home, school, workplace or community today.



**DAY 54 Giving**

The teaching for today is GIVING. Practice giving 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? Freely give away what you are no longer using today.

**DAY 55 Responsibility**

The teaching for today is RESPONSIBILITY. The quality of your community starts with you. Take responsibility wherever you are. Pick up and properly discard trash that is not your own whether you find it at home, at the office, or on the street. Every little bit helps.

**DAY 56 Self-Sufficiency**

The teaching 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 find employment by making an introduction, reviewing a resume, or serving as a reference?

**DAY 57 Service**

The teaching for today is SERVICE. It was Rev. Dr. Martin Luther King, Jr. who 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?

**DAY 58 Citizenship**

The teaching 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 Intervention**

The teaching 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 and/or drugs. Through your honest and straightforward communication, encourage them to get educated, get help, and get sober. You can make a difference in someone's life.

**DAY 60 Witnessing**

The teaching 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 Peace**

The teaching for today is PEACE. Thich Nhat Hanh said, "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." Choose to meet each experience with an intention for peace.

**DAY 62 Commitment**

The teaching for today is COMMITMENT. Do you have a commitment to nonviolence in your life? What are you willing to do as a consequence of that commitment? Set an intention for action that you can easily accomplish today.

**DAY 63 Release**

The teaching for today is RELEASE. A Sufi proverb says, "When the heart weeps for what it has lost, the spirit laughs for what is found." Choose today to 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.

**DAY 64 Celebration**

The teaching 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 commitment to nonviolence and the courage to speak and act with respect, reverence, and compassion for the world.

We hope the *64 Daily Practices That Make a Difference* have truly made a difference in your life and the lives of those around you. As you move beyond the 64 calendar days of *A Season for Nonviolence*, make a choice to consciously continue to reflect upon the lessons and insights gained from these practices. Your ongoing commitment to the daily practice of nonviolence, no matter how small, will surely grow into a good habit that spans the entire calendar year.

Peace.



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