

A SEASON FOR  
NONVIOLENCE



carry the vision

**Season for Nonviolence – 2007**  
**Greater Dallas Task Force**  
**[www.64-days.org](http://www.64-days.org)**  
**64 DAILY PRACTICES FOR TEENS**

**WEEK 1**

**Nonviolence begins with learning how to be more compassionate towards ourselves. We speak and act with respect, honor, and reverence for our own being.**

**Day 1 – COURAGE (Jan. 30)**

Courage is the ability to do what is in your heart. Today, really listen to what is in your heart. It takes courage to be nonviolent.

**Day 2 – SMILING (Jan. 31)**

Smiling is a way to establish a heart to heart connection and to create a peaceful outlook. Smile from the heart. Today, smile and make eye contact with at least 5 people. Notice how people respond to you.

**Day 3 – APPRECIATION (Feb. 1)**

Author Louise Hay says, “Praise yourself as much as you can. The love in our lives begins with us...loving yourself will help heal our planet.” Today, focus on appreciating the good qualities in yourself and others.

**Day 4 – CARING (Feb. 2)**

To truly care for others, you must first truly care for yourself. Today, think of ways you can better care for yourself. Practice at least one of those ideas today.

**Day 5 – BELIEVING (Feb. 3)**

Peace is a possibility. Believing in that possibility can make it happen. Keep peace in mind.

**Day 6 -- SIMPLICITY (Feb. 4)**

Drama makes our lives more complicated. Think of ways to free your self from drama. Practice one today.

**Day 7 – EDUCATION (Feb. 5)**

War is born from ignorance. Today, try and learn something new.

**WEEK 2**

**Building a quiet center within ourselves is the first act of peace making. Feeling centered and calm allows us to respond to situations peacefully.**

**Day 8 – HEALING (Feb. 6)**

Everything happens for a reason. Think of ways you have grown and matured from challenging experiences in your life.

**Day 9 –DREAMING (Feb. 7)**

Dreaming is the first step to doing. Today, don't only dream of peace. Live it.

### **Day 10 – FAITH (Feb. 8)**

We all have obstacles in our lives, however big or small. No one's life is better or worse than any other's. What always gets us through is faith: the faith that with every closed door is an open window. Today have faith.

### **Day 11 – CONTEMPLATION (Feb. 9)**

Today, we will practice contemplation. When you close your eyes and breathe, relax and think about the positive things in your life right now. Then open your eyes and write down your good thoughts.

### **Day 12 – GROUNDEDNESS (Feb. 10)**

Gandhi said, "To forget how to dig the earth and tend the soil is to forget ourselves." When we are angry with ourselves, we can't see things clearly. Today we should let go of our grudges against others and ourselves, so we can be grounded in our lives, and really feel our experiences.

### **Day 13 – CREATIVITY (Feb. 11)**

Every day we are creative without even realizing it. We put on make-up, or do our hair, or scribble on our homework while not listening to our teachers. Today let's all take some time to create something to express our feelings.

### **Day 14 – HUMILITY (Feb. 12)**

Making mistakes is a part of our day-to-day lives. Why don't we change our views on humility and start focusing on learning from our mistakes instead of dwelling on them. Today think of a past mistake and take the time to truly think about what you learned from it and why.

## **WEEK 3**

**Being kind to ourselves can soon be turned into a practice of peacefulness toward others. Try it.**

### **Day 15 – REVERENCE (Feb. 13)**

Did you ever see something that took your breath away? Today we focus on how beautiful our world is, and how beautiful we are. Let's not focus on the negative.

### **Day 16 – GRATITUDE (Feb. 14)**

Life is a gift. Give thanks to the people and situations in your life. Make a list of all you are grateful for.

### **Day 17 – INTEGRITY (Feb. 15)**

Integrity is doing what you know is right, even if no one is around. Having integrity makes you feel better about yourself, because you always do what you know is right. Think of a time when you had integrity, and think of a time when you wish you had.

### **Day 18 – FREEDOM (Feb. 16)**

Bishop Desmond Tutu once said, "When people decide to be free, there is nothing that can stop them." Today let yourself be who you are and don't allow anyone to influence you differently.

### **Day 19 – ACCEPTANCE (Feb. 17)**

Today is a day to accept yourself just as you are. You are on this planet to do something no one has ever done before. Try your best to accept and approve of yourself and others. Let go of the need to judge. Know that everything in your life is unfolding perfectly.

### **Day 20 – SELF-FORGIVENESS (Feb. 18)**

You are greater than any mistake you have ever made. What are some of the things you have done to upset yourself? If you think it would help, write an apology letter to yourself for everything you have ever done that you wish you hadn't. When you are done, take the letter outside, and burn it. As you watch it go up in flames, consciously release your guilt and frustration with yourself, and know that you are forgiven.

### **Day 21 – INSPIRATION (Feb. 19)**

Think about somebody who inspires you to be a better person. What are some of the things they do? Think of ways that you can inspire others in your life. How can you lead by example and be an inspiration to others?

## **WEEK 4**

**The more we are compassionate to others, the more they can begin to interact with us in a positive way.**

### **Day 22 – MISSION (Feb. 20)**

“My life is my message,” Gandhi said. Gandhi's mission was to be nonviolent. What is your life's mission? Think about what you want to bring to the world. What are your intentions? Write down some of your ideas if you choose.

### **Day 23 – PRAYER (Feb. 21)**

Gandhi said: "Prayer from the heart can achieve what nothing else in the world can." Take a moment. Visualize peace in your heart, in your friends, in your family, on the planet. Let peace begin with you.

### **Day 24 – HARMONY (Feb. 22)**

Bring Harmony today. See the good in yourself and others. Say only good things about others today.

### **Day 25 – FRIENDLINESS (Feb. 23)**

Do you know that strangers are simply friends you haven't met yet? Expand your circle of friends today. Meet someone new. Say "Hi" to five people you don't know or just be friendly to someone that you have never made the effort with before.

### **Day 26 – RESPECT (Feb. 24)**

We all deserve respect. Think of how it feels to be disrespected. We are all very different people, but really we are all the same. We are all human. The world would be really boring if we were all the same. Respect the diversity of others..

### **Day 27 – GENEROSITY (Feb. 25)**

Start a chain reaction today. Give generously from your heart. Share a kind word. Do someone a kindness. Watch it flow from person to person. Give mindfully and it flows back to enrich you.

### **Day 28 – LISTENING (Feb. 26)**

Do you know how to really listen to another person? Do you know how to give another person your full attention, as if nothing else matters than what the other person is saying? Do you know how to look directly at the person who is speaking without thinking about other things? Do you know how to keep your body still while you're listening? Try this today. Be present now. Listen with your heart.

## **WEEK 5**

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

### **Day 29 – FORGIVENESS (Feb. 27)**

Gandhi said, "If we practice an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless." When you release a hurt, you can lighten your burdens. Think of someone who has wronged you. You don't have to forgive the action, forgive the person. Recognize their divine self. Share the story with a friend. Share forgiveness.

### **Day 30 – AMENDS (Feb. 28)**

Making amends means apologizing to someone you hurt and really meaning it. Think of someone you have hurt. Today, consider making amends to this person. A huge burden will be lifted off both of you. This simple act can heal relationships.

### **Day 31 – PRAISING (March 1)**

Mark Twain said: "I can live for two months on a good compliment." Appreciation makes people grow. Appreciate the people around you today. Don't be shy. Let them know.

### **Day 32 – PATIENCE (March 2)**

What really drives you insane? Your parents, brothers and sisters, a certain friend? Today, practice patience with these challenging people or situations in your life. Take deep breaths if you have to. Being patient is a powerful act of nonviolence. Notice how the situation gets worse when you fly off the handle. Try to control your reaction to annoying situations in your life. Notice the different response you get when you are patient.

### **Day 33 – ACKNOWLEDGEMENT (March 3)**

People make a difference every day. Who makes a difference in your life? Tell this person if you can. It feels really good to be truly acknowledged. Tell them how they helped you and thank them. It is also important to acknowledge yourself. Focus on the good in yourself and others today, and share it.

### **Day 34 – LOVE (March 4)**

Gandhi wrote, "Nonviolence is based on the assumption that people respond to love and kindness." Take a moment and think about those who love you, and how that love makes you feel. Try to really express your love to others today. There is no need to hold back. We all need love.

### **Day 35 – UNDERSTANDING (March 5)**

The Vietnamese teacher Thich Nhat Hanh says, "When you understand, you cannot help but love." Instead of letting words go in through one ear and out the other, take a moment to hear what the person is saying. Try to be the person that actually listens. Send every stranger you meet today a silent (to yourself) "I love you" thought.

## **WEEK 6**

**Being peaceful does not depend on others being a particular way. But when we choose to be peaceful in relationship, we invite others to nonviolence in return.**

### **Day 36 – MINDFULNESS (March 6)**

Mindfulness is thinking about what you're doing and knowing why you're doing it. As you walk through the day, be mindful of the way you treat others and the way you treat yourself. Today really pay attention.

### **Day 37 – GRACIOUSNESS (March 7)**

Today, become aware of how you can sometimes be selfish in your life. Be really honest with yourself. Now focus on ways you can change that and be a more gracious person. What changes do you want to make?

### **Day 38 – KINDNESS (March 8)**

Today, do a random act of kindness. Do something kind for someone for no reason other than to be kind. Notice how it makes you feel. Imagine if everyone did this all the time.

### **Day 39 – DIALOGUE (March 9)**

We might not always agree with other people, but when we truly listen to what they have to say, we are having a dialogue. We never argue in a dialogue. We say what we think, and then we listen to the other person so we can understand what they think and learn from them. Choose a partner and talk about something with them that you usually disagree about. Have a dialogue instead of a disagreement or argument.

### **Day 40 – UNITY (March 10)**

The world is made up of so many different people...different races, religions, sexual orientations, body types. We are all so different. Yet something unites us all as one. Today, focus on our unity. What makes us all the same, despite how different we might seem?

### **Day 41 – OPENNESS (March 11)**

There is a Turkish proverb which says, "He who builds himself a fence, fences out more than he fences in." Try not to build fences round yourself to keep people out. Being open minded helps you learn things about people that you never would have. You don't have to agree with someone's life, but you learn more if you don't shut people out.

### **Day 42 – ACCOUNTABILITY (March 12)**

Be accountable for your words and actions today. Make a note of where you are in your life. Are you being violent? Be willing to take responsibility for changing those behaviors today.

## **WEEK 7**

**We can see and understand another person whether or not we agree with them.**

### **Day 43 – UNIQUENESS (March 13)**

How are you unique? What makes you different from your family? Your friends? Today, focus on your own beautiful uniqueness. Don't judge yourself for your differences. Celebrate them.

### **Day 44 – COOPERATION (March 14)**

When we work together we are stronger than when we work alone. What are some things you can do with others around you to make the world more peaceful?

### **Day 45—MASTERY (March 15)**

To practice nonviolence, you must learn to master your anger. If you find yourself angry, use positive thoughts and count backwards, from 10 through one, to calm yourself. If you do this when you become angry, you will achieve mastery over your emotions.

### **Day 46 – COMPASSION (March 16)**

Mother Theresa said, "Find someone who thinks he is alone, and let him know that he is not." Today, offer your support to someone who needs it. Remember that everyone you meet goes through difficult things in their life. We all need love and support. Be that compassionate person today, and when you need compassion, people will be there to support you too. We must give compassion and love in order to receive it.

### **Day 47 – DISARMAMENT (March 17)**

"...Nothing to kill or die for...Imagine all the people living life in peace..."- John Lennon. Talk to a random person today about what life would be like without weapons or war.

### **Day 48 – ECOLOGY (March 18)**

Today, value the earth by recycling and using recycled products. Don't just think for today. Think about what your world will be like for your grandchildren's grandchildren and beyond that. It is our responsibility to heal this planet. We all deserve to have clean air, clean water, and a healthy food supply. Today, make a vow to stop contributing to the destruction of the planet. Do all you can and encourage others as well. If we want the world to change for the better, we must change it

### **Day 49 – HONOR (March 19)**

Honor the people in your life who have loved and supported you through your hardest times, and those who will come to follow.

## **WEEK 8**

**Nonviolence challenges us to stand for Truth and take action that honors every human being.**

### **Day 50 – CHOICE (March 20)**

You have the option to choose a path of violence or nonviolence. We are always at choice in our lives. Today, choose nonviolence.

### **Day 51 – ADVOCACY (March 21)**

"Every action for peace requires someone to exhibit the courage to challenge violence and inspire love," said Buddhist teacher, Thich Nhat Hanh. How can you advocate for a better world today?

### **Day 52 – EQUALITY (March 22)**

"Unity among every living thing." Today, try to view everyone through loving, non-judgmental eyes. See them as though they are your own brothers and sisters.

### **Day 53 – ACTION (March 23)**

“Be the change you wish to see in the world,” said Gandhi. Today, you have the choice between positive and negative action. Choose the most positive actions for the universe.

### **Day 54 – GIVING (March 24)**

Giving and receiving go hand in hand. The more you give, the more you receive. Practice giving with no thought of return. Notice how people who never give to others, never receive from others. When you shut down your ability to give, you also shut down your ability to receive. Practice this and notice how your life changes for the better. Give of your time, your energy, your material possessions, or just give love and support.

### **Day 55 – RESPONSIBILITY (March 25)**

Take responsibility for your actions today. The quality of our world depends on you. What can you do today to better the world or even just your own environment? Think of ways you can be more responsible for helping your community, family, or your friends.

### **Day 56 – SELF-SUFFICIENCY (March 26)**

Think about what you want to do for a living. What do you want your life to look like? What do you want to have? How do you want to feel? What steps do you need to take to get to your goals? How can you become self-sufficient?

## **WEEK 9**

**By practicing being peaceful, we become better citizens of the world.**

### **Day 57 – SERVICE (March 27)**

Dr. Martin Luther King, Jr. said, "Everybody can be great, because any body can serve. You only need a heart full of grace and a soul generated by love." Choose one thing you can do to help serve the world. How would you enjoy serving? Make a commitment today to give back to the world in your own unique way. Every little thing makes a difference. Serving others makes you feel good about yourself.

### **Day 58 – CITIZENSHIP (March 28)**

How can you be a better citizen of your community? You belong to many communities...your family, school, church, and your town. How can you improve your community today? Think about ways you can bring more peace to your environment.

### **Day 59 – INTERVENTION (March 29)**

Alcohol and drug abuse cause violence and are a consequence of violence. We all know someone whose life is affected by some sort of addiction. What can you do to help one of these people in your life? Encourage them to love themselves enough to reach out for help. Support them through this difficult time, and help them find the help they need.

### **Day 60 – WITNESSING (March 30)**

Those who practice nonviolence look at injustice and think, "It is possible for this situation to be different." When you see injustice, what can you do to bring about a peaceful change? How can you stand up for peace in your life?

### **Day 61 – PEACE (March 31)**

Thich Nhat Hanh wrote, "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." If you focus on peace, joy, and love in your life, you will experience more of that. But if your mind is filled with negativity, it is hard to experience the good in life.

### **Day 62 – COMMITMENT (April 1)**

Take a moment to think of your commitment to nonviolence. Are you willing to commit to a nonviolent lifestyle? What are you willing to change about yourself? Get with a partner and talk about this.

### **Day 63 – RELEASE (April 2)**

Today, look back on how far we have come during this 64 daily practices of nonviolence. Make a list of what you need to release in order to be a nonviolent person. Is it your temper, your impatience, your judgmental attitude? Know that you always have a choice, and you can let go of things that do not serve you anymore. You can take your list and burn it, if you'd like. Release what is no longer serving you, and make new commitments to yourself to be more peaceful and loving. Know that you truly make a difference in the world.

### **WEEK 10**

**Strength grows when we release ill-will, anger, and hate and replace it with an overflowing love for all ....**

### **Days 64 and 65 – CELEBRATION (April 3 and 4)**

Today is a day to celebrate all the work that you have done. Be proud of yourself for being willing to be the change you wish to see in the world. "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

**Content adapted by:  
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