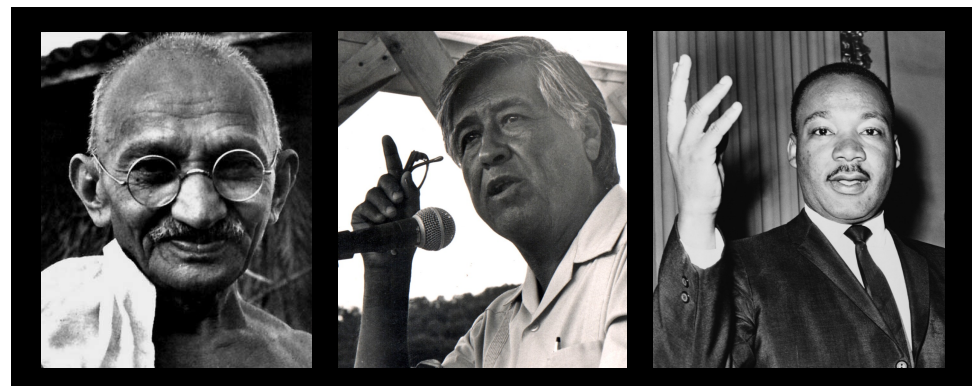


64 Daily Practices to Live Nonviolence



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.

As of 2012, more than 900 cities in all U.S. States and 67 countries participated in the Season for Nonviolence.

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 confinement, 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.

A SEASON FOR
NONVIOLENCE



carry the vision

First printing: January 2013

This booklet was inspired by AGNT's "64 Ways to Practice Nonviolence" guide.

Content editing and design was done by Shannon Richmond and George Payne of the M.K. Gandhi Institute for Nonviolence in Rochester, New York.

Special thanks to Jessie Benson, Paul Kahawatte, and others for help with layout and content.

Content has been adapted with the hope of being more relevant for those who are incarcerated.

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

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.”

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.



Words to Live By

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

—Senal Sarihan

Words to Live By

You must do the things you think you cannot do.

—Eleanor Roosevelt

Courage means standing with your values, principles, convictions and ideals under all circumstances—no matter what.

—Oscar Arias Sanchez

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.

Think About It

What is the most recent act of courage that you witnessed inside prison and outside in the news or before you were incarcerated?

Take Action!

Think of something you did that took courage and write a short paragraph (3-4 sentences) about what it meant to you and why.

January 31, Day 1

COURAGE

February 1, Day 2

SMILING

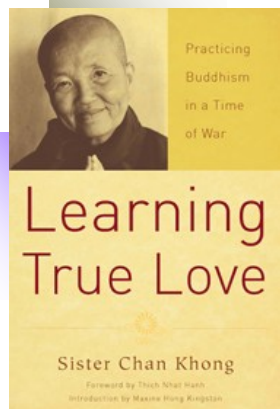
Today, smile with at least three people, knowing that your smile contributes peace.

Think About It

What keeps you from smiling at others?

Take Action!

Identify a person to whom you would normally not smile (i.e. someone from a different race, cellblock, or gang). 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.



Words to Live By

I smile to the world and the world smiles to me.

—Sister Chan Khong

Words to Live By

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



Today, look back on how far you have come during the 64-day journey. Release the weight of your past judgments of yourself and others, and release the idea that world peace is not possible. Acknowledge that you do make a difference.

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!

April 3, Day 63

RELEASE

April 2, Day 62

COMMITMENT

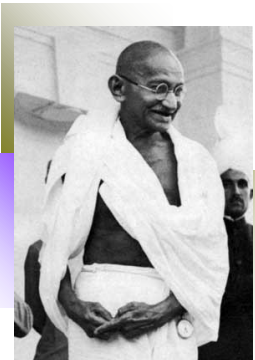
Spend five minutes reflecting on your commitment to nonviolence. Write down what it means to you to be committed to nonviolence and what you are willing to do as a demonstration of your commitment.

Think About It

What is a commitment and how do you honor your commitment? How would you evaluate your follow through in regard to your commitment?

Take Action!

Write a poem or piece of prose that begins with the line, "When there is commitment..." Explore such things as how it might change one's actions, how it makes one feel, what it looks like and how the world responds to it.



Words to Live By

We mutually pledge to each other our lives, our fortunes, and our sacred honor.

—Thomas Jefferson

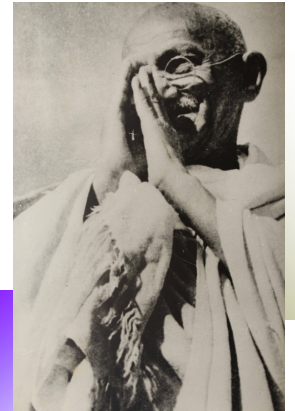
Words to Live By

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

—JFK

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life.

—Christine Northrup



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. If you are completely isolated from the general population, repeat this list to yourself in front of a mirror.

Think About It

What are you most grateful for in your life? For which of your personal qualities are you grateful?

Take Action!

Write a thank you letter to someone who deserves thanks.

February 2, Day 3

GRATITUDE

February 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. Practice at least one today.

Think About It

In what ways do you care for yourself?

Take Action!

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



Words to Live By

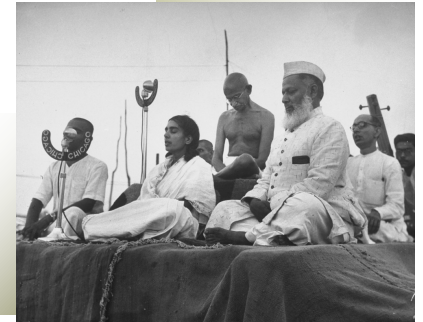
The activist is not the [one] who says the water is dirty.
The activist is the [one] who cleans up the river.

—Ross Perot

Words to Live By

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



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

Think About It

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

Take Action!

Write seven things you have learned about yourself during
the study of nonviolence. Write seven things you have
learned about peacemaking.

April 1, Day 61

PEACE

March 31, Day 60

WITNESSING

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

Think About It

How does it feel to witness an act of injustice?

Take Action!

Usually we connect the idea of a witness to 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.



Words to Live By

Interviewer: "How can we bear witness to the lacerating effects of treachery, betrayal, abandonment, so much a part of our ordinary world?"
—Peacemaker Magazine
(February 2000)

Words to Live By

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

—Muhammad Ali



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.

Think About It

What are some limiting or empowering beliefs you have about yourself?

Take Action!

List the beliefs you carry that impact your life. Did you learn them from your family, friends, culture or religion?

February 4, Day 5

BELIEVING

February 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.

Think About It

What areas of your life seem complicated?

Take Action!

Today, do one thing for the sake of simplicity in your life.



Words to Live By

Live simply so that
others may simply live.

—M.K. Gandhi

Words to Live By

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

—Jose Saramago



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
get educated, get sober, and get free.

Think About It

What is an intervention? How does it work?

Take Action!

Create a comic strip of an intervention that prevented a
disastrous outcome.

March 30, Day 59

INTERVENTION

March 29, Day 58

CITIZENSHIP

Today write one of your legislators and register your views.

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 letters to a member of the Congress, or a member of the State Assembly, on something you feel concerned about.

Words to Live By

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

Words to Live By

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

—Nelson Mandela



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

Think About It

What is something positive that you have learned that has really made a difference?

Take Action!

Begin a journal to record what you are learning about nonviolence. Add graphics, newspaper clippings, art, song lyrics, poems, etc.

February 6, Day 7

KNOWLEDGE

February 7, Day 8

HEALING

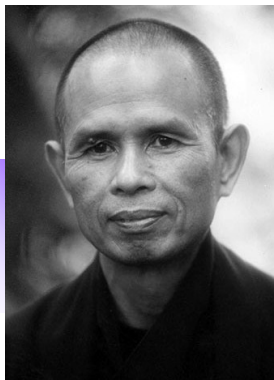
Today, choose a painful incident in your life and find the “gift” it is “giving you.” Consciously share this gift with others.

Think About It

What can get in the way of healing?

Take Action!

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?



Words to Live By

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

—Thich Nhat Hanh

Words to Live By

We are questions for one another. And service is exploring and awakening through them.

—Anonymous



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

Think About It

How are you a service to yourself, your family, those in prison around you?

Take Action!

Where can you be of service today? Choose one thing you will accomplish at mess hall, at recreation, or in your cell. Write about how it felt to surprise someone with the gift of your service.

March 28, Day 57

SERVICE

March 27, Day 56

SELF-RESPONSIBILITY

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.

Think About It

How can you take responsibility for yourself and ask for help when you need it?

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.



Words to Live By

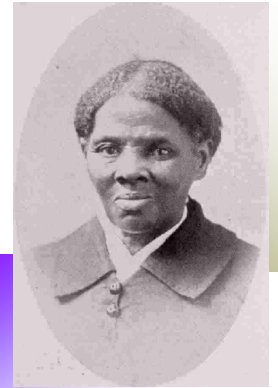
The final forming of a person's character lies in their own hands.

—Anne Frank

Words to Live By

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



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.

Think About It

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

Take Action!

What is one thing you can do every day to honor your dream? Do it!

February 8, Day 9

DREAMING

February 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.

Think About It

In what ways do you have faith in yourself?

Take Action!

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



Words to Live By

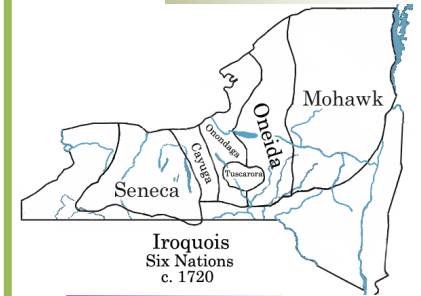
Faith is permanent,
happiness and
unhappiness are fleeting
things.

—Mohandas K. Gandhi

Words to Live By

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

—The Great Law of the
Haudenosaunee



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

Think About It

How does taking responsibility differ
from taking the blame?

Take Action!

Draw a picture of the community in which you live.

March 26, Day 55

RESPONSIBILITY

March 25, Day 54

GIVING

Today give away one thing you are no longer using.

Think About It

What does it mean to “give of yourself?”

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 each day for a week.



Words to Live By

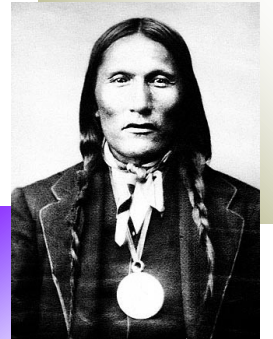
The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live.

—Ethel Percy Andrus

Words to Live By

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



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

Think About It

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

Take Action!

Practice meditation in your cell by sitting still and counting your out-breaths. 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.

February 10, Day 11

CONTEMPLATION

February 11, Day 12

DISCIPLINE

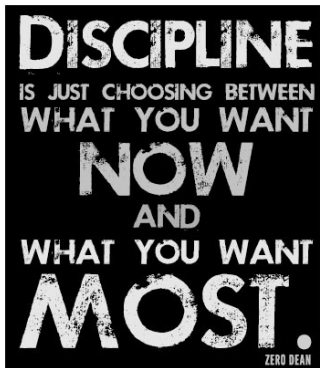
The only true and lasting discipline is self-discipline. Today, make time for coming into alignment with your full potential.

Think About It

In what areas of your life are you most disciplined?

Take Action!

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



Words to Live By

Success isn't measured by money or social rank. Success is measured by your discipline and inner peace.

—Mike Ditka

Words to Live By

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

—Edmund Burke



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

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.

March 24, Day 53

ACTION

March 23, Day 52

EQUALITY

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

Think About It

Does being equal mean being the same?

Take Action!

What kind of people don't you see in your immediate community? With whom don't you come into contact? Think about the differences between tolerance, acceptance, and inclusivity.



Words to Live By

This world crisis came about without women having anything to do with it. If the women of the world had not been excluded from world affairs, things today might have been different.

—Alice Paul

Words to Live By

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

—H.G. Wells



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.

Think About It

How does your personal "inner critic" block your creative process?

Take Action!

Find a magazine and create a collage that represents your hopes and dreams about the world. Recognize the gift of your creativity no matter how you feel about your creation.

February 12, Day 13

CREATIVITY

February 13, Day 14

HUMILITY

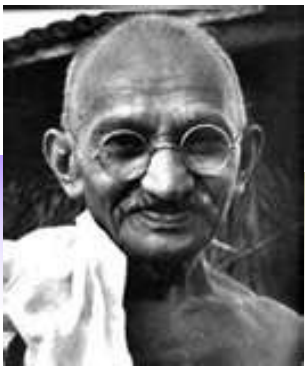
Making mistakes is part of learning and growing. Today, freely acknowledge at least one mistake you have made and reflect for a couple of minutes on what you have learned.

Think About It

Is there such a thing as false humility? What forms does false humility take?

Take Action!

Draw a picture of someone in your life or family who demonstrates a quality of humility.



Words to Live By

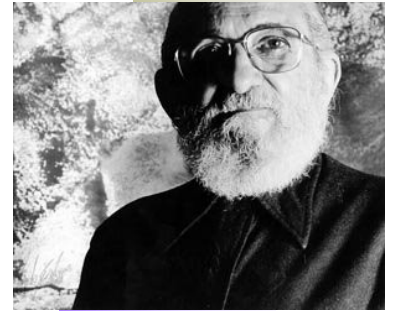
I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

—Mohandas Gandhi

Words to Live By

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

—Paulo Freire



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

Think About It

Who are your advocates? Describe how they advocate for you.

Take Action!

Recount a time when an advocate came forward and changed the outcome on your behalf. Write a short story and illustrate it.

March 22, Day 51

ADVOCACY

March 21, Day 50

CHOICE

Be considerate of every person's dignity, and choose not to participate in disrespectful conversation.

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? Write down some of your thoughts.



Words to Live By

The artist must elect to fight for freedom or slavery. I have made my choice. I had no alternative.

—Paul Robeson

Words to Live By

Only reverence can restrain violence—reverence for human life and the environment.

—William Sloan Coffin, Jr.



Today, go for a walk in the yard and realize the beauty around, above, and below you.

Think About It

Did you ever see something so beautiful it took away your breath?

Take Action!

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

February 14, Day 15

REVERENCE

February 15, Day 16

LEADERSHIP

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

Think About It

Must a person be a “born leader?”

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.



Words to Live By

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

—Jesse Jackson

Words to Live By

It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor [them] for what [they are].

—Hermann Hesse



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.

Think About It

How do you honor yourself?

Take Action!

Make a vocabulary list of honorable traits and people in history or in your family who carry these traits. It is good to reflect on who are our role models and why.

March 20, Day 49

HONOR

March 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.

Think About It

Think about all the ways the earth supports you. What do you do to support the earth to keep providing you with oxygen, clean water, food, trees, animals, and beautiful landscape?

Take Action!

Identify an environmental cause that you would like to support. What would you do if you were on the outside to promote this cause? Is there anything that you can do from inside prison?

Words to Live By

Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children.

—Native American proverb



Words to Live By

If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.

—Albert Camus



"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.

Think About It

How is integrity different from honesty?

Take Action!

Confess something that you have been holding inside.

February 16, Day 17

INTEGRITY

February 17, Day 18

FREEDOM

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

Think About It

What does it mean to be free? What freedoms do you still have, even in confinement?

Take Action!

Select one assumption you act on and give yourself freedom to not act on it. Tell a fellow inmate what happens when you don't act on this assumption.



Words to Live By

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

—Henry David Thoreau

Words to Live By

You cannot serve two masters.
You cannot prepare for war and expect to have peace.

—Albert Einstein



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.

Think About It

What is a handgun for? What is a knife for?

Take Action!

Develop and implement a disarmament campaign within your facility.

March 18, Day 47

DISARMAMENT

March 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.

Think About It

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

Take Action!

Write an acrostic poem of the word “compassion.”



Words to Live By

If we have no peace, it is because we have forgotten that we belong to each other.

—Mother Teresa

Words to Live By

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



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

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.

February 18, Day 19

ACCEPTANCE

February 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.

Think About It

What are some thoughts and feelings that get in the way of self-forgiveness?

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.

Words to Live By

When we forgive ourselves, we are remembering that place of goodness and wholeness within us.

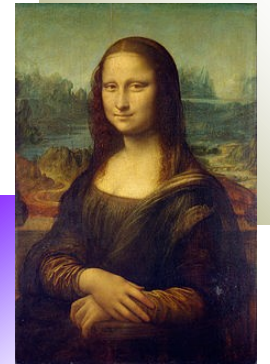
—Unknown



Words to Live By

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

—Leonardo de Vinci



Breathe deeply, silently counting backwards from 10 to calm yourself and cool off before you speak or act with impatience or anger. Do this at least once today.

Think About It

What does it mean “to master something?”

Take Action!

Master the feeling--Use the breathing practice above to calm yourself before acting in a destructive way. Breathe in and out while counting backwards.

March 16, Day 45

MASTERY

March 15, Day 44

COOPERATION

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

Think About It

In what ways has cooperative work been challenging for you in the past?

Take Action!

Create a symbol of cooperation.



Words to Live By

People who work together will win, whether it is against complex football defenses, or the problems of modern society.

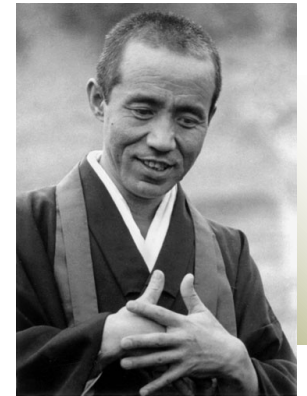
—Vince Lombardi

Words to Live By

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 of at least two people who exemplify the practice of nonviolence. What do you admire about them? Practice these behaviors today so that other people may be inspired.

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?

February 20, Day 21

INSPIRATION

February 21, Day 22

MISSION

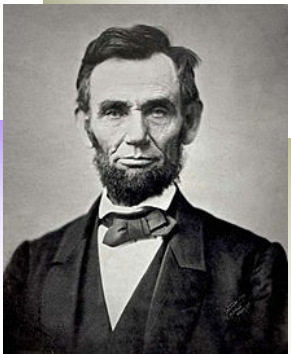
Write down what you want to stand for in your life. Note at least one way you can show that you stand for your beliefs.

Think About It:

What is the difference between a mission and a goal?

Take Action!

Choose an activity that would make your prison a better place, and would symbolize a commitment to those inside. Plan and take the steps to carry out your project.



Words to Live By

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

—Abraham Lincoln

Words to Live By

There is a vitality, a life force, an energy, a quickening that is translated through you into action and because there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium and be lost. The world will not have it.

--Martha Graham



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.

Think About It

How are you unique?
What makes you unique?

Take Action!

Try to recall a story from your parents and grandparents (or foster parents) about your family's history.

March 14, Day 43

UNIQUENESS

March 13, Day 42

ACCOUNTABILITY

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

Think About It

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

Take Action!

Be accountable for your words. Make a list of every thought you think and every word you speak that is violent (e.g., judgmental, critical, unkind, diminishing). Each time you become aware, take a deep breath and gently remind yourself of your intention to move towards nonviolence in thought and speech.

Words to Live By

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

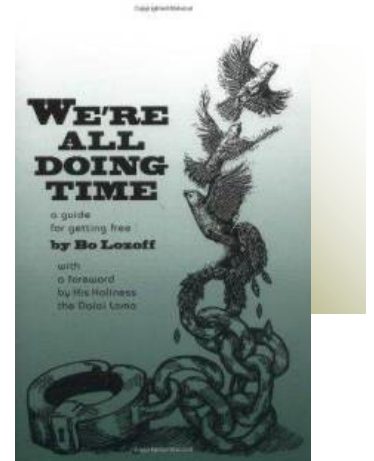
—Moliere



Words to Live By

Prayer is just a way of discovering some of our own hopes and fears.

—Bo Lozoff



"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.

Think About It

When was the last time, if ever, you prayed for someone?

Take Action!

Write your own private prayer for peace.

February 22, Day 23

PRAYER

February 23, Day 24

HARMONY

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

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?



Words to Live By

If there is order in the nation, there will be peace in the world.

—Chinese Proverb

Words to Live By

We hate some persons because we do not know them; and we will not know them because we hate them.

—Charles Caleb Colton



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

Think About It

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

Take Action!

In the prison mess hall go beyond your comfort zone and introduce yourself to someone to whom you have never spoken, a fellow prisoner or guard. What happened?

March 12, Day 41

OPENNESS

March 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.

Think About It

What unifies us and what separates us?

Take Action!

Write a poem on unity and nonviolence.



Words to Live By

Behold how good and how pleasant it is for brothers and sisters to dwell together in unity.

—Hebrew Scriptures

Words to Live By

The best way to destroy an enemy is to make him a friend.

—Abe Lincoln



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

Think About It

How can you become a friendlier person?

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.

February 24, Day 25

FRIENDLINESS

February 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.

Think About It

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

Take Action!

Agree to speak with complete respect to your fellow inmates and guards for the whole day.



Words to Live By

No one can make you feel inferior without your consent.

—Eleanor Roosevelt

Words to Live By

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

—Martin Buber



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

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.

March 10, Day 39

DIALOGUE

March 9, Day 38

KINDNESS

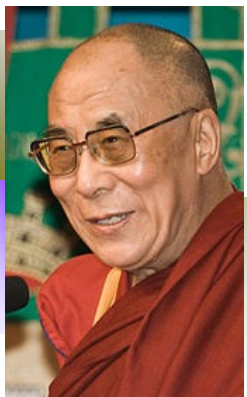
Kindness is love and care for others in action. It is not limited to those we know, it has the power to transform someone's moment, day, or life.

Think About It

When was the last time you were shown kindness by someone you didn't know?

Take Action!

Today, practice at least three random acts of kindness.



Words to Live By

My religion is simple, my religion is kindness.

—His Holiness, the Dalai Llama

Words to Live By

Real generosity is doing something nice for someone who will never find out.

—Frank C. Clark



"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.

Think About It

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

Take Action!

Buy or make a small gift for a family member or friend.

February 26, Day 27

GENEROSITY

February 27, Day 28

LISTENING

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

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?

Words to Live By

An enemy is one whose story we have not heard.

—Gene Knudsen Hoffman

Words to Live By

Deliberate with caution, but act with decision; and yield with graciousness, or oppose with firmness.

—Charles Colton



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

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 daily. Keep a journal for one week and look over it. What insights did you have?

March 8, Day 37

GRACIOUSNESS

March 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.

Think About It

To what daily activities do you bring your complete mindfulness? Name these activities. How does mindfulness change the simplest task?

Take Action!

Go on a silent walk. Pay attention to your surroundings, no matter how bleak or frightening. Write a paragraph or poem while the sensations and images are still fresh.

Words to Live By

Mindfulness is the practice of doing physical things perfectly, in a state of emptiness in which we become consciously “one” with whatever physical or mental activity we are currently engaged in.

—Master Fwap

Words to Live By

When you forgive, you in no way change the past—but you sure do change the future.

—Bernard Meltzer



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

Think About It

What keeps you from forgiving yourself?

Take Action!

Make amends to someone you have hurt.

February 28, Day 29

FORGIVENESS

March 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.

Think About It

What must you relinquish to make amends?

Take Action!

Make amends to someone you have hurt. Write about your experience. How did you feel before? After? How did they respond?



Words to Live By

Humility leads to strength
and not to weakness. It is
the
highest form of
self-respect.

—Anonymous

Words to Live By

Peace cannot be kept by
force. It can only be achieved
by understanding.

—Albert Einstein



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

Think About It

What does it mean to “walk in another
person’s shoes?”

Take Action!

Write an acrostic poem with the word “understanding.” To
write an acrostic poem, use each letter of the word
“understanding” to begin each new line of the poem.

March 6, Day 35

UNDERSTANDING

March 5, Day 34

LOVE

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

Think About It

Is it possible to love someone, but not like them? How?

Take Action!

Write a letter to someone whose love has affected you (living or deceased). Tell them what their support means to you.

Words to Live By

Love takes off the masks that we cannot live without and know we cannot live within.

—Albert Camus

Words to Live By

It is a conviction that war is not an answer to human conflict any more than cannibalism is to human hunger.

—Bruce Kent

危机

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.

Think About It

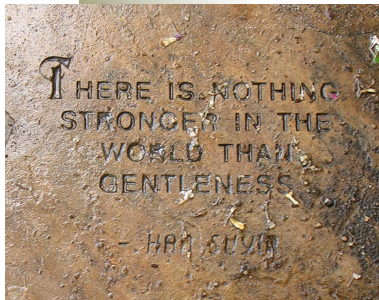
The Chinese symbol for “conflict” is a combination of “crisis” and “opportunity.”

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.

March 2, Day 31

CONFLICT RESOLUTION



March 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.

Think About It

How easy is it for you to be patient with others? How easy is it for you to be patient with yourself?

Take Action!

Write about a time when someone was patient with you and how that made a difference in your life. What positive qualities empower a person to practice patience?



Words to Live By

Time accomplishes for the poor what money does for the rich.

—Cesar Chavez

Words to Live By

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

—Oprah Winfrey



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."

Think About It

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

Take Action!

Write down ten things you appreciate about yourself, your so-called enemies, your work or classes, your country, or stuff you take for granted.

March 4, Day 33

APPRECIATION