

DAY 4: FEBRUARY 2ND

CARING

QUOTATION:

*"I feel the capacity to care is the thing
which gives life its deepest significance."*

~ Pablo Casals

AFFIRMATION:

*Our lives are a sacred trust, therefore I tend to my body,
mind, spirit, and all my relations with respect and love.
Today I hold it as an honor and a privilege to take care of
this life I have been given.*

PRACTICE:

*Make a list of at least five ways that you can take
care of yourself, physically and/or mentally, and
honor that list today through demonstration.*

DAY 17: FEBRUARY 15TH

INTEGRITY

QUOTATION:

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity."

~ W. Clement Stone

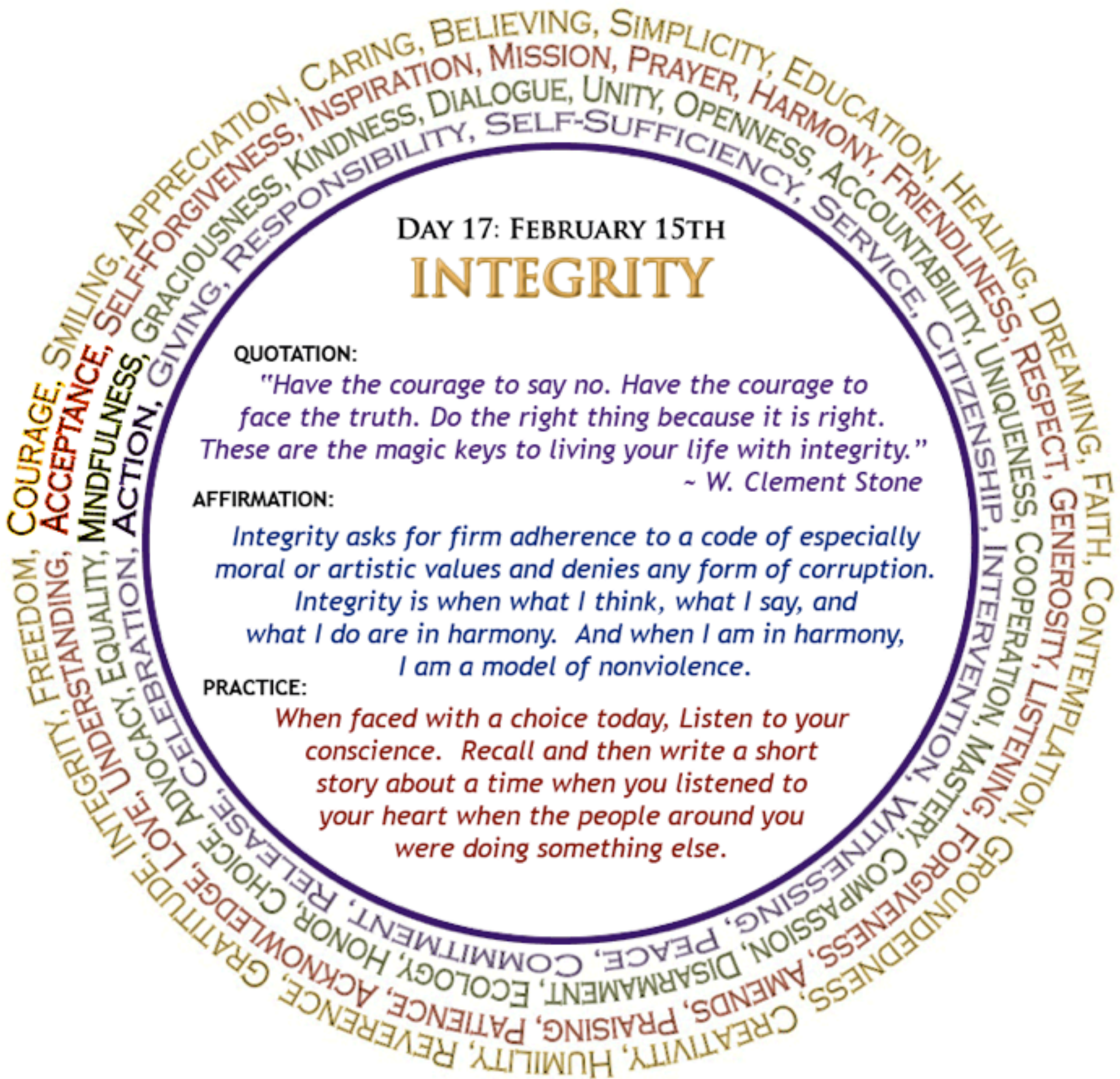
AFFIRMATION:

Integrity asks for firm adherence to a code of especially moral or artistic values and denies any form of corruption.

Integrity is when what I think, what I say, and what I do are in harmony. And when I am in harmony, I am a model of nonviolence.

PRACTICE:

When faced with a choice today, Listen to your conscience. Recall and then write a short story about a time when you listened to your heart when the people around you were doing something else.



DAY 18: FEBRUARY 16TH

FREEDOM

QUOTATION:

"Every human has four endowments- self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change."

~ Stephen Covey

AFFIRMATION:

Freedom means that we have the independent will to act and respond creatively, that we have the self-awareness to self-reflect and to change as dictated by the compass of conscience. Moment by moment today, I become conscious of my freedom.

PRACTICE:

*Claim your definition of freedom.
Write a haiku poem about freedom.*

DAY 27: FEBRUARY 25TH
GENEROSITY

QUOTATION:

No one is so generous as he who has nothing to give.
~ French Proverb

AFFIRMATION:

Have you ever noticed that a generous spirit always finds ways to give of itself, despite having limited resources? Today I take pleasure in finding creative ways to be generous.

PRACTICE:

Find three ways to give generously of your time, talent and resources to others. Create a 'Gift Certificate' for someone.

DAY 33: MARCH 3RD

ACKNOWLEDGEMENT

QUOTATION:

When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each moment. When we live at this level, we participate in the creation of a better world.

~ Scout Cloud Lee

AFFIRMATION:

When I acknowledge someone, how could I possibly do harm toward them? When I tell someone what a difference he or she has made in my life and acknowledge that person for being there for me, I am affirming our connectedness.

PRACTICE:

Take time to acknowledge each person you meet or see today- including yourself- in the spirit of ahimsa and forgiveness.

*Take time today to acknowledge the realm of nature,
the community of life on Earth,
and the Earth itself.*

DAY 37: MARCH 7TH

GRACIOUSNESS

QUOTATION:

"I think sometimes it is more important to be gracious than to win."

- Dorothy Kilgallen

AFFIRMATION:

Making a concession because it serves a greater purpose, is graciousness. Yielding to other drivers or letting a child win a game are two small examples. I take notice of how willing I am to be gracious today.

PRACTICE:

Create a skit with at least three other people to show the difference between graciousness and selfishness. Observe and share with the others how graciousness adds to nonviolence.

DAY 44: MARCH 14TH

COOPERATION

QUOTATION:

*"The only thing that will redeem mankind is cooperation."
- Bertrand Russell*

AFFIRMATION:

*The only way we will make it through is together. Really.
Let us cooperate with one another, collaborate with
one another, be each other's support systems
and cheerleaders today.*

PRACTICE:

*Find a very heavy object. Try to pick it up by yourself.
Now ask 3 or 4 other people to assist. How did
working together with other people help make
this task easier for you?*

DAY 53: MARCH 23RD

ACTION

QUOTATION:

*"Concern should drive us into action,
not into a depression."*

~ Karen Horney

AFFIRMATION:

I may not be able to solve world hunger, but I can help feed someone who is hungry in my community. What we are able to do is often a question of scale and proximity. Today I remind myself that small and local actions matter!

PRACTICE:

*Explore actions from the heart you can take today to express your commitment to peace and nonviolence - in both your personal life and in the public domain.
Find a way to make one small change that will contribute to the well being of your home, school, workplace or community.*

DAY 61: MARCH 31ST

PEACE

QUOTATION:

*"Without peace within,
peace in the world is an empty wish."*

~ Paul Ferrini

AFFIRMATION:

*For the sake of my family, my community...
for the sake of peace in the world, today I make
inner peace my highest priority.*

PRACTICE:

*Choose to meet each experience with an intention for
peace. Be aware of any feelings of anger or irritation and
replace the feeling with calm. Envision any areas of
unrest transformed into safe havens for all people.*

See beyond conflict and discord to the truth:

*peace is everywhere
present and active.*

