

# “Gandhi’s Legacy Talks & Community Dialogues” Series

(Schedule here)

**Speaker: Lalith Ananda Gunaratne**

**Topic: Fearlessness: Overcoming Personal and Social Challenges...  
Courage in Action: Living Without Fear (Abhaya)**



**Saturday, Feb 15, 2025 (3:00 - 5:30 PM)**

**FREE. Register: <https://gandhiji.ca/2025-02-15>**



**VENUE: Minto Recreation Complex (2nd flr, Cambrian Room),  
3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) ([Map](#))**

## About the Session

Acknowledging life’s inherent uncertainty and impermanence, how can we cultivate the courage and resilience needed to navigate its storms?

This presentation, rooted in Gandhian principles of courage and bravery and enriched with personal stories, explores ancient mindfulness practices validated by modern science. It offers practical tools to remain fearless and grounded amidst the challenges of modern life.

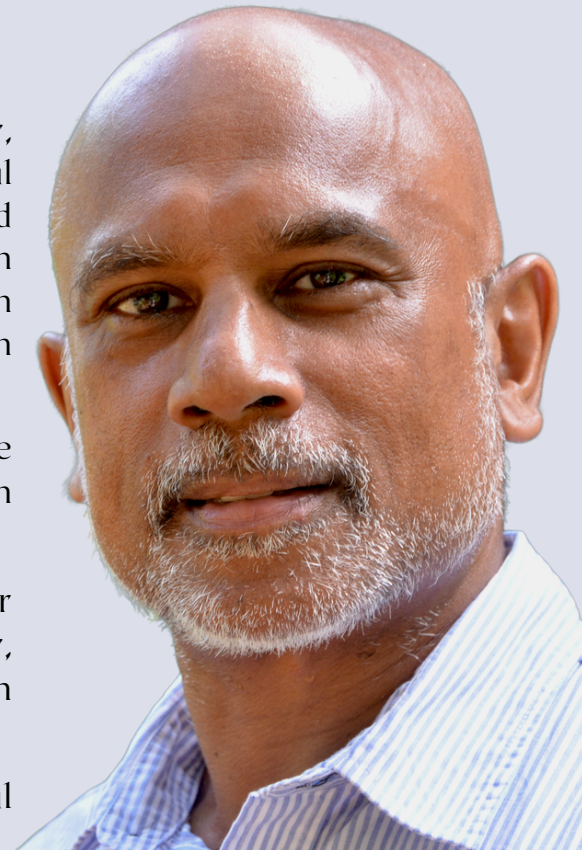
## About the Session Leader

Lalith Ananda Gunaratne is a parent, entrepreneur, educator, adventurer, and storyteller with a lifelong spiritual mindfulness practice, supported by an engineering and business education. In the mid-1980s, he pioneered an innovative solar energy venture to electrify rural Sri Lankan homes during a civil war, building the business from scratch and selling it to Shell International in 1999.

His daily practice of mindfulness, martial arts, and exercise kept him grounded through the volatility of a war-torn country, enabling him to thrive amidst uncertainty.

Since then, Lalith has been an international ambassador for renewable energy, a mindful leadership educator, mentor, and business developer. He moved to Ottawa in 2011.

Lalith brings his life experiences, education, and spiritual inquiry into this practical and inspiring presentation.





# LIVING GANDHI'S LEGACY (Monthly Talks & Community Dialog)

**Gandhi's Teachings: A Pathway to  
Personal and Social Transformation.**

**Speakers from different walks of life in the community—those inspired by Gandhi's philosophy — will be leading the sessions. They will:**

- Provide a thoughtful and engaging presentation (35-45 minutes) on the chosen topic, focusing on its practical applications and sharing stories, examples, and personal experiences to connect with the audience.
- Facilitate Q&A / community dialog - participants reflect and share insights.

## THE SERIES - TOPICS & SCHEDULE

[Click on date to Register]

**Feb 15 Fearlessness: Overcoming Personal and Social Challenges...** Courage in Action: Living Without Fear (Abhaya) ([About](#))

**Mar 16 Truth as a Way of Life...** Living Authentically in a Complex World ([About](#))

**Apr 27 Food and Mindful Living...** Control of the Palate (Asvada) for Health and Balance ([About](#))

**May 25 Personal Peace and Inner Harmony...** Meditation and Reflection] ([About](#))

**Jun 25 Non-Violence: A Path to Conflict Resolution...** Transforming Aggression into Understanding ([About](#))

**Jul 20 Community Leadership – Leading with Gandhi's Values...** Empowering Communities Through Truth, Non-Violence, and Inclusivity ([About](#))

**Aug 17 The Ripple Effect of Kindness...** Acts of Kindness as Catalysts for Change ([About](#))

**Sep 21 Environmental Sustainability...** Living in Harmony with Nature ([About](#))

**Oct 18 The Legacy of Gandhi in the Modern World...** Gandhi's Relevance in the 21st Century ([About](#))

**Simplicity in a Material World...** The Joy of Non-Possession (Aparigraha) ([About](#))

**Unity in Diversity...** The Power of Equality of Religions (Sarva-Dharma-Samanatva) ([About](#))

**Ethical Integrity in Daily Life...** The Value of Non-Stealing (Asteya) ([About](#))

**Supporting Local Economies...** Swadeshi: The Call for Self-Reliance ([About](#))

**For More Information, please visit:**  
<https://gandhiji.ca/gandhis-legacy-talks>



**Join Us in Inspiring Change** Gandhi once said, "Be the change you wish to see in the world."  
**This series aims to bring Gandhi's vision to life, one conversation at a time.**  
Let us help Ottawa embrace the transformative power of Gandhi's principles.