

Newsletter

GANDHI'S REFLECTIONS...

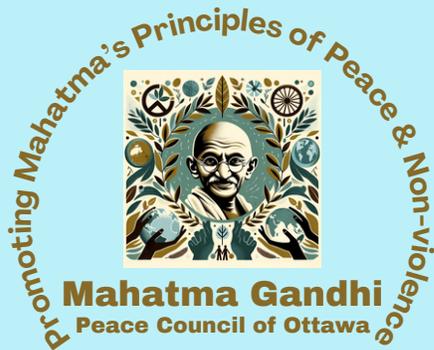
Echoes of Peace, Non-violence, and Harmony

Editorial Team: Anil Agrawal & Dr. Sushil Kumar

AUGUST 2025

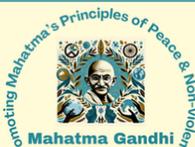


ISSUE 18



Our Mission

To educate communities on Gandhi's principles of peace, justice, and harmony across cultures.



"Gandhi's Legacy Talks & Community Dialogue" Series
(Schedule here)

Speaker: Prasanna Sivapiragasam

Topic: Environmental Sustainability... Living in Harmony with Nature

Saturday, September 27, 2025 (3:00 - 5:30 PM)

Admission FREE. Register at: <https://gandhiji.ca/2025-09-27>

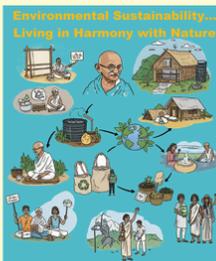
VENUE: Minto Recreation Complex (2nd flr, Cambrian Room),
3500 Cambrian Rd, Barrhaven (Greenbank Rd & Cambrian Rd) (Map)



About the Session: This presentation explores Mahatma Gandhi's philosophy of living in harmony with nature as a timeless model for environmental sustainability. It highlights Gandhi's emphasis on mindful consumption, simplicity, self-reliance, and non-violence—not just toward people, but toward the Earth. His lifestyle choices, such as minimalism, local production, and sustainable living in ashrams, serve as practical examples. The talk connects these principles to modern environmental challenges like climate change, overconsumption, and ecological degradation. I also showcases how individuals, communities, and businesses can apply Gandhi's teachings today through everyday sustainable practices and policy advocacy. Gandhi's message, rooted in compassion and ecological responsibility, remains a powerful guide for building a more sustainable and equitable future.

We will explore actions each of us can take and examples of organizations and community resources that can help us on our journey towards living in harmony with nature.

About the Session Leader: Prasanna Sivapiragasam is a Parent, Youth values Educator, Engineer and Sustainability advocate. Though his primary role is in semiconductor technology, he is passionate about promoting sustainability and helping organizations benchmark and reduce their environmental footprint. Through co-founding and volunteering with Sustainable Enterprise Alliance - Ottawa's first Green Business Network in 2007, he has conducted presentations and workshops on the Business Case for Sustainability to a broad audience. He believes that Climate Change is mankind's greatest challenge and opportunity. There is a clear business and moral case for us to take action, however we can, to meet the challenge.



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Honoring our Life Members

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Video: What Makes Gandhi a Mahatma

Book Summary: In the Footsteps of Gandhi: Conversations with Spiritual Social Activists

Article: Is Gandhi Still a Mystery to People Today?

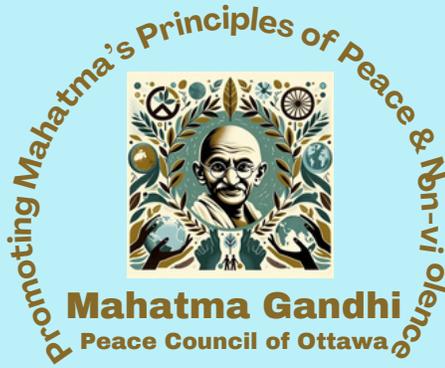
Video: Nonviolence: 198 Methods of Non-Violent Action

Book Summary: The Strategist Saint: Uncovering the Political Genius of Mohandas Gandhi

Gandhi's VOWS: The Enduring Teachings of Mahatma Gandhi

An eye for an eye will only make the whole world blind... Gandhi

An ounce of patience is worth more than a tonne of preaching.



OUR MANIFESTO FOR 2025

Initiatives & Activities for Diverse Communities in Ottawa

Lectures/Seminars To Educate Community in Gandhian Principles

Gandhi Memorial Day Lecture 2025 (Jan 2025)

Featuring William van Geest (Ecology Ottawa) on "Why Bother with Local Environmental Action?... on Greening Canada's Capital."

M.K. Gandhi Annual Lecture 2025 (Nov 2025)

Our flagship event (Endowed Lecture) held in collaboration with the College of the Humanities, Carleton University,

"Living Gandhi's Legacy - Talks & Community Dialogue" Series

(Click Here to
Open the Web Page)

- (2025-Feb-15) Fearlessness: Overcoming Personal and Social Challenges
- (2025-Mar-16) Truth as a Way of Life
- (2025-Apr-27) Food and Mindful Living
- (2025-May-31) Personal Peace and Inner Harmony
- (2025-Jun-15) Non-Violence: A Path to Conflict Resolution
- (2025-Jul-26) Power of Equality of Religions (Faiths)
The Ripple Effect of Kindness [rescheduled to Jan 2026]
- (2025-Sep-27) Environmental Sustainability
- (2025-Oct-18) The Legacy of Gandhi in the Modern World
- (2025-Nov-08) Simplicity in a Material World
- (2025-Dec-13) Community Leadership – Leading with Gandhi's Values

Virtual Education Initiatives for the Different Segments of Community

Monthly Newsletter (Gandhi's Reflections)

Educating community by sharing Articles/Essays, Videos, and Book Summaries related to Gandhian Principles and Values.

Gandhi's Vows Education

- Gandhi's Vows for Kids (9-13)
- Gandhi's Vows for Youth (14-27)
- Gandhi's Vows for Everyone

Self-paced Workshops

- **Inner Peace Journey:** Discover how to manage stress, build positive relationships, and embrace social responsibility for a fulfilling life.
- **Cultivating Kindness Society:** Building Compassionate Lives, One Thought, One Act, One Community at a Time

Community Celebrations (Cultural Programs) & Service Initiatives

Bhajan Bliss Music Concert (Apr 12)

Pandit Kaivalya Kumar Gurav singing classical Bhajans

Gandhi Jayanti 2025 Celebrations

Garlanding of statue (Oct 2)
Cultural Function (Aug 30)

Community Services

Environmental Stewardship
Community Dialogues
Companion Visits
Storytelling/Culture Exchange

Let your thoughts be free of hatred, your actions be guided by truth, and your heart open to all. That is the path to a peaceful society.



Honoring Our Life Members: Trustees, Sponsors, and Patrons

Your unwavering support and commitment inspire us every day.

Trustees/Life Members- **New:**

Dr. Kanta Marwah
Mr. Anil Agrawal
Dr. Nishith Goel
Dr. Jagmohan Humar, C.M.
Dr. Pradeep Merchant, C.M.
(Late) Mr. Kailash Mittal
Mr. Nathan Oxford
Dr. Vasant Ruparalia
Mr. Jack Uppal

Sponsors/Life Members - **New:**

Mr. Sain Dass Aeri
Ms. Anjali Agrawal
Mrs. Suman Agrawal
Dr. Indu Gambhir
Mr. Atul Garg
Dr. Rajendra Gupta
Mrs. Rashmi Gupta
Mr. Rajesh Jain
Dr. Uma Kumar
Dr. Noel Salmond
Mr. Kanwal Talwar

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Mr. Rajesh Dayal
Dr. Harsha Dehejia
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Mrs. Sneh Dhingra

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Mr. Brij Gupta
Mr. Krishan Gupta
Mr. Pawan Gupta
Mr. Sahil Gupta
Mr. Shiv Gupta
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Mr. Amitav Sanyal
Dr. Radhika Sekar
Mr. Pradeep Srivastava
Mr. N. Subramani
Mr. Kanwal (Ken) Talwar
Dr. Arvin Telli
Mr. Saif Terai
Mr. Ravinder Tumber

AN APPEAL TO THE COMMUNITY

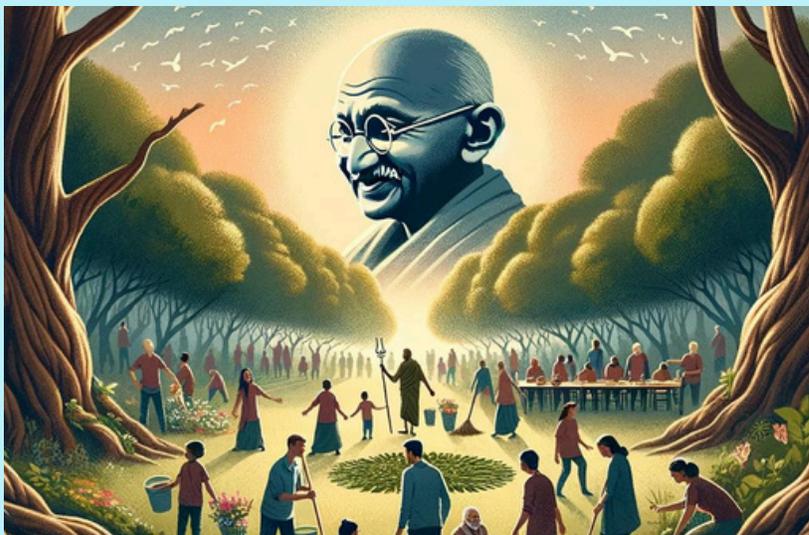
Join Us in Making a Difference - Become a Life Member and Support Our Mission

JOIN US TODAY: GANDHIJI.CA/JOINUS

Your contribution helps us continue to educate and inspire our community with Gandhian principles. Together, we can make a lasting impact.



If we could erase the "I's" and "Mine's" from religion, politics, economics, etc., we shall soon be free and bring heaven upon earth.



Echoes of Gandhi: Past Lectures Revisited

[Click Here To See The Roster of All Events \(2024 - 2006\)](#)

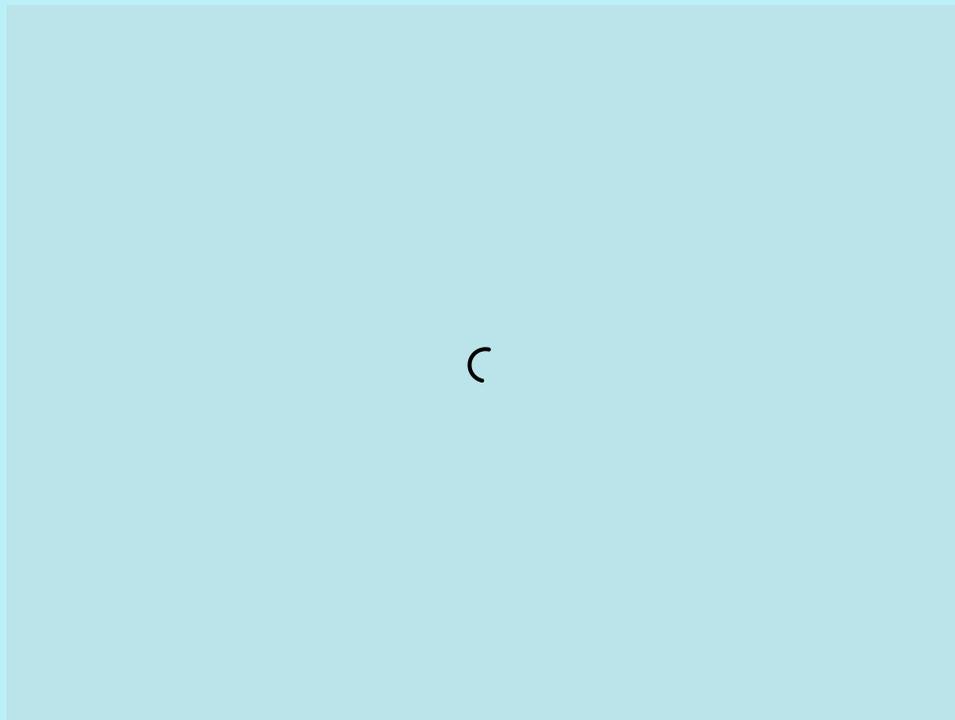
The highlighted talk below is displayed on the following page.

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (Talk published in Newsletter-Issue #1)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (Talk published in Newsletter-Issue# 2)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (Talk published in Newsletter-Issue# 3)
- 4) 2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion (Talk published in Newsletter-Issue# 4)
- 5) 2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris (Talk published in Newsletter-Issue# 5)
- 6) 2020 "Mahatma Gandhi - Beyond the Civil Rights Movement (Panel) (Talk published in Newsletter-Issue# 6)
- 7) 2019 "Gandhi and Human Rights" by Vinay Lal (Talk published in Newsletter-Issue #7)
- 8) 2019 "Gandhi: His Relevance in the Modern World - Panel Discussion (Talk published in Newsletter-Issue# 8)
- 9) 2019 "Jai Jagat: A 10,000 KM March..." by Jill Carr-Harris Talk published in Newsletter-Issue# 9)
- 10) 2018 "Gandhi and the Human Rights to Peace" by Douglas Roche (Published in this Issue #10)
- 11) 2018 "Reflections on Gandhi, the Great Law of Peace and Indigenous Resurgence" by Taiiake Alfred (In Issue #11)
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri (In Issue #12)
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion [No video]
- 14) 2016 "A Centre for Peace (A Vision for the Sacred Islands in the Ottawa River)" by Douglas Cardinal (No video)
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment" by Dr. Noel Salmond (No video)
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma (In Issue #13)
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University (No video)
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal [[Transcript only](#)]
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber [[Transcript](#)]
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel [[Video in Issue 14](#)] [[Transcript](#)]
- 21) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond [[Video in Issue 15](#)]
- 22) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik [[Video in Issue 16](#)]
- 23) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia [[Video in Issue #17](#)]
- 24) 2008 "Gandhi and Women" by Trichur Rukmani [[In Issue #18](#)] [[Transcript](#)]**
- 25) 2007 "Gandhi, Religion & Non-violence" by Dr. Paul Younger
- 26) 2007 "Gandhi and the Question of the Worship of Images" by Dr. Noel Salmond
- 27) 2006 "Gandhiji's Ideals: Truth and Non-violence, Religion and Non-Violence" by Dr. Trichur Rukmani

***He who is ever brooding over result often loses nerve
in the performance of his duty.***



2008 GANDHI JAYANTI LECTURE
Dr. Trichur Rukmani on "Gandhi and Women"
Transcript of the Talk



If the
video
doesn't
play
here,
play it on
YouTube.

ChatGPT Summary of the Video: The video entitled "Gandhi and Women" features Dr. Trichur Rukmani delivering a keynote speech on the occasion of the 2008 Gandhi Jayanti, organized by the Mahatma Gandhi Peace Council of Ottawa. Dr. Rukmani discusses Mahatma Gandhi's unique ability to mobilize women from all classes, especially middle-class women, to actively participate in the Indian freedom struggle during the 1920s and 1930s. She highlights Gandhi's approach to women's issues, his spiritual and moral principles, and his emphasis on self-sacrifice, non-violence, and self-respect.

The speech also explores Gandhi's personal relationships, particularly with his wife Kasturba, and how his ideals were reflected in his family life. Dr. Rukmani emphasizes Gandhi's lasting impact on women's empowerment, social reform, and political activism, noting that his leadership helped bring about significant changes in Indian society and inspired women to take on active roles in the fight for justice and equality. The talk underscores the deep spiritual and ethical foundation of Gandhi's activism and its relevance to contemporary social and political movements.

... Page 2/3

The more we give up our attachment to the physical frame of the person we love, the purer and more expansive our love grows.



Past Lecture (2008 Video): Dr. Trichur Rukmani on "Gandhi and Women" (Page 2/3)

Key Takeaways from this video:

Key Takeaways from Dr. Trichur Rukmani's 2008 Gandhi Jayanti Keynote Speech:

- 1. Gandhi's Mobilization of Women:** Gandhi uniquely succeeded in inspiring women from all social classes, especially conservative middle-class women, to actively participate in the Indian freedom struggle, marking a significant social phenomenon in both Indian and world history.
- 2. Spiritual and Moral Foundation:** Gandhi's activism was deeply rooted in spiritual and religious principles such as non-violence, self-sacrifice, self-control, and tolerance, which he applied practically in political and social arenas.
- 3. Role of Women in Freedom Movement:** Women played a crucial role in Gandhi's campaigns, including the Salt Satyagraha, often facing hardships like imprisonment and social opposition with courage and resilience.
- 4. Gandhi's Personal Life and Ideals:** His relationship with his wife Kasturba reflected the complexities of his moral commitments and leadership style, highlighting the interplay between personal and public life in his philosophy.
- 5. Empowerment and Equality:** Gandhi advocated for women's empowerment and equal participation in social and political life, while also emphasizing the importance of family welfare and moral fiber.
- 6. Cultural and Historical Context:** Gandhi drew on Indian religious and cultural traditions, such as the figures of Sita and Rama, to communicate ideals of purity, duty, and self-discipline, adapting these symbols to inspire social reform.
- 7. Legacy and Impact:** Gandhi's leadership led to significant social reforms, upliftment of women, and a broad-based political movement that transformed Indian society and inspired future generations.

*The moment there is suspicion about a person's motives,
everything he does becomes tainted.*



Past Lecture (2008 Video): Dr. Trichur Rukmani on "Gandhi and Women" (Page 3/3)

Key Takeaways from this video (continued):

8. Integration of Spirituality and Politics: Gandhi demonstrated that spiritual values could effectively guide political action and social change, making his approach unique and enduring.

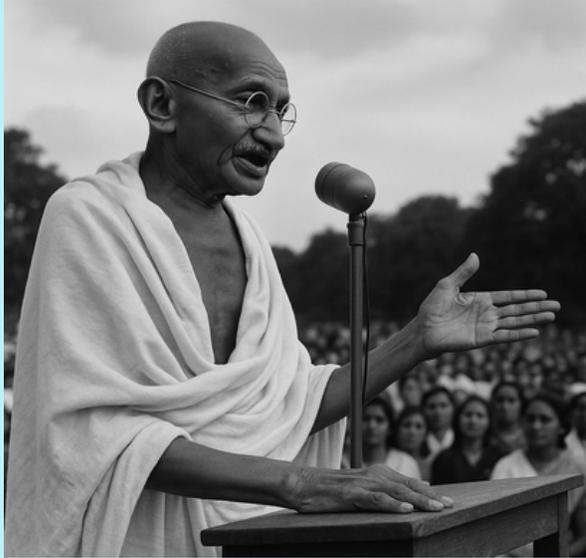
9. Challenges and Critiques: While Gandhi's approach was sometimes conservative, especially regarding women's roles, his practical wisdom and moral vision helped navigate complex social realities.

10. Continued Relevance: Gandhi's teachings on non-violence, self-reliance, and social justice remain relevant for contemporary movements seeking peaceful and ethical solutions to social and political issues.

The weak can never forgive. Forgiveness is the attribute of the strong."



Article



Gandhi's voice was soft yet commanding, rooted in truth and simplicity. He moved hearts, stirred minds, and proved that genuine words, lived with integrity, can transform entire nations.

Gandhi's Speaking Prowess: The Voice that Moved Millions

Contributed by Editors

Synopsis:

Mahatma Gandhi wasn't a flashy speaker, but his kind and straightforward words moved millions of people. His true power came from his clarity, honesty, and ability to empathize with others. Instead of giving grand speeches, he chose to communicate in everyday language that everyone could understand. He believed that words should come from real experiences, as shown in a story where he stopped eating sugar before telling a young boy to do the same. This honesty made his words powerful.

Gandhi adjusted his tone based on who he was speaking to—using simple sayings with farmers, a respectful firmness with leaders, and sometimes staying silent to allow large crowds to think. Although he was shy when he was younger, he practiced and lived by the values he talked about. His lessons for speakers today are timeless: speak with honesty, use simple words, connect on an emotional level, live out your message, and remember that silence can also be powerful. As Gandhi said, "In a gentle way, you can shake the world."

People around the world remember Mahatma Gandhi as the leader who helped India gain independence through truth and nonviolence. However, many people overlook how he used his gentle but powerful voice to inspire others. Gandhi was not like some leaders who spoke loudly and passionately on stage. Instead, he spoke softly, choosing simple words and expressing strong moral beliefs. Despite his calm approach, his words reached deep into the hearts of his audience, motivating them to take action.

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The ultimate measure of a person is not where they stand in moments of comfort, but where they stand at times of challenge and controversy.



Gandhi's Speaking Prowess: (continued page 2/4)

Speaking in Simplicity

Gandhi often stated, "Satyagraha is a tool for the strong. A person who tells the truth doesn't need to raise their voice." He didn't think it was important to impress people with fancy words. When he returned to India from South Africa in 1915, some people made fun of him for being too straightforward and even shy. However, Gandhi understood that the power of speech comes from being clear and simple. He communicated in a way that everyone could understand.

For instance, when he spoke to the farmers in Champaran, he didn't reference complicated legal texts, despite being a trained lawyer. Instead, he simply asked, "Are you suffering because of the indigo planters? Do you want to be free from this?" These straightforward questions, asked with kindness, attracted thousands of people to his cause.

A Voice Rooted in Truth

The secret to Gandhi's powerful speaking was his deep belief in his words. He once said, "I want to speak the truth, even if it costs me my life." Because he truly believed in what he said, his words had a lot of impact, and people trusted him.

A story highlights this point. One day, a mother brought her son to Gandhi and asked him to tell the boy to stop eating sugar. Gandhi asked her to come back in two weeks. When she returned, Gandhi gently told the boy to stop eating sugar. The mother wanted to know why he had waited so long. Gandhi explained, "I had to give up sugar myself first before I could ask your son to do the same." This shows why Gandhi's words were so strong—he practiced what he preached. His words and actions were in harmony.

Five Quick Tips from Gandhi for Modern Speakers

- 1. Speak with Purpose** – Let your words serve a higher cause, not personal gain.
- 2. Keep it Simple** – Use plain, clear language everyone can understand.
- 3. Appeal to Conscience** – Inspire people's better selves, not their fears.
- 4. Live Your Words** – Actions give credibility to your speech.
- 5. Engage in Dialogue** – Ask questions and invite reflection, not just applause.

"In a gentle way, you can shake the world."
– M.K. Gandhi

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Our lives begin to end the day we become silent about things that matter.



Gandhi's Speaking Prowess: (continued page 3/4)

Knowing His Audience

Gandhi had a unique talent for connecting with all kinds of people—whether they were farmers, lawyers, politicians, or world leaders. When he spoke with farmers, he used simple stories and proverbs that they could relate to. However, when he wrote letters to the Viceroy or the King of England, he chose a polite but firm tone. In his well-known letter to Lord Irwin before the Salt March, he expressed, “I want to avoid a conflict with the government, but I cannot ignore the call of conscience.” Even those who disagreed with him recognized that his words were filled with honesty and grace.

When he spoke to large crowds, Gandhi often began with a prayer or a moment of silence. This helped to calm the audience and create a spiritual atmosphere. People felt that they were not just listening to a politician but to someone who truly understood their feelings and spoke to their hearts.

How He Developed His Skill

Gandhi wasn't always a great speaker. As a child, he was very shy and even froze up when he had to speak in court as a young lawyer. He later confessed, “I had a clear idea, but I couldn't express it to the judge.” Over the years, he learned to improve by carefully writing his speeches, practicing them, and, most importantly, by living according to the principles he talked about.

His experiences in South Africa showed him that words combined with bravery and sacrifice could create real change. When he talked to Indians about fighting against racial discrimination, he shared his own feelings of suffering. People paid attention because they knew he had personally experienced humiliation.

Lessons for Modern Audiences

What can we learn today from Gandhi's speaking prowess?

- **Speak with Honesty** – Gandhi always spoke the truth and never said anything he didn't believe in. In a world filled with rehearsed slogans, he reminds us to let our words match our actions.

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Our national independence is no longer in the hands of a few leaders. It has to be won by the people themselves.



Gandhi's Speaking Prowess: (continued page 4/4)

- **Use Clear Language** – Gandhi showed that simple words can be more potent than complex ones. He would tell leaders today, “If you want people to understand you, talk like they do.”
- **Connect Emotionally** – Gandhi touched people’s hearts by showing he understood their feelings. He not only informed people but also inspired them by expressing their pain.
- **Start with Silence** – Gandhi used pauses to give people time to think. In today’s noisy world, a few moments of silence can be more impactful than constant talking.
- **Live Your Words** – Gandhi emphasized that to be a credible speaker, you need to live by what you say. Today, audiences can easily tell if a leader is genuine.

Conclusion: The Voice of the Conscience

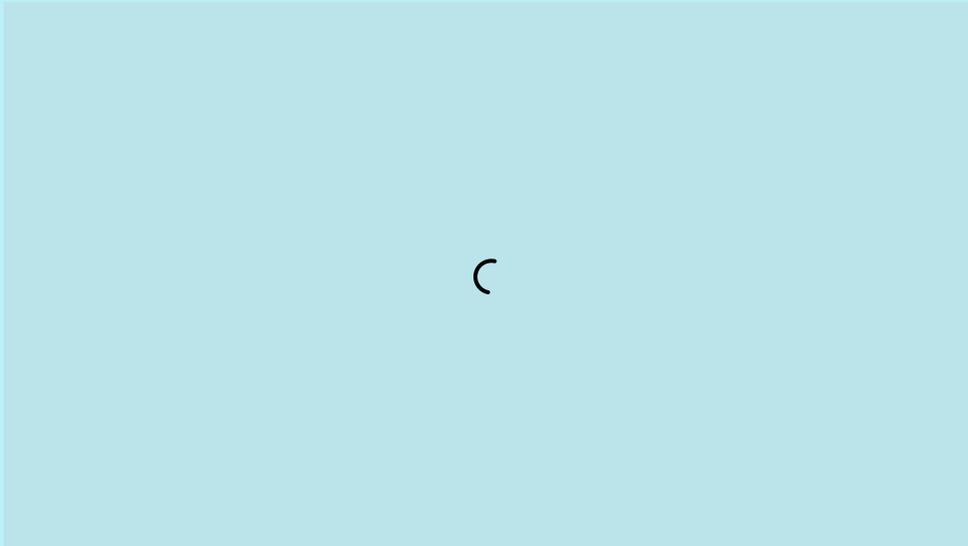
Gandhi didn’t see himself as a great speaker, yet he was able to challenge one of the biggest empires in history. His strength came not from fancy words or loudness, but from his honesty and the meaning behind his message. He once stated, “In a gentle way, you can shake the world,” and that’s exactly what he did. His words were gentle, straightforward, and true.

For today’s audience, Gandhi’s way of speaking reminds us that real influence doesn’t come from shouting but from connecting with people on a deeper level. His speeches still resonate with us because they weren’t just empty words; they were reflections of a life dedicated to living honestly and peacefully.



Video

What Makes Gandhi a Mahatma - Sadhguru Jaggi Vasdev



If the
video
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play it on
YouTube.

Video Summary by ChatTube (AI):

In the video titled "What Makes Gandhi A Mahatma?", Sadhguru discusses the evolution of Mahatma Gandhi from a man with limited self-identity to a leader who inspired millions through nonviolent resistance.

Initially, Gandhi struggled with self-doubt, as illustrated by his admission of fear when facing a courtroom during his first case as a lawyer. He deemed the legal profession unsuitable for him and sought other avenues. However, a pivotal event altered his path—while in South Africa, he was thrown off a train for having a first-class ticket, simply because of the color of his skin. This incident profoundly impacted him, leading him to identify with the broader struggles of oppressed people rather than just his concerns.

Through this transformation, Gandhi emerged as a figure who could mobilize the masses without resorting to violence. His ability to endure physical punishment during protests showcased a unique form of strength, demonstrating true courage and resilience. Sadhguru emphasizes that Gandhi's capacity to break away from his limited identity and embrace a larger cause was crucial in his ability to effect change.

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Strength does not come from physical capacity. It comes from an indomitable will.



VIDEO - WHAT MAKES GANDHI A MAHATMA - SADHGURU JAGGI VASDEV (PAGE 2/4)

The core message of the video encourages viewers not to impose limits on what they can achieve. It emphasizes the importance of self-discovery, realizing one's potential, and recognizing that actual limits lie only in what one genuinely cannot accomplish. It highlights the extraordinary outcomes that can arise from fully engaging with the world's challenges and identifying with a greater cause.

What key qualities made Gandhi an influential leader?

In the video featuring Sadhguru discussing Gandhi, several key qualities emerge that made him an influential leader:

1. **Transformation of Identity:** Gandhi began with a limited self-view but underwent a significant transformation. He identified with the larger struggles of the people, which allowed him to transcend personal concerns and become a voice for the voiceless.
2. **Inner Strength and Resilience:** Gandhi demonstrated remarkable inner strength, particularly through his nonviolent protests. His willingness to endure physical punishment without retaliating showcased a deep resilience, which inspired many.
3. **Visionary Thinking:** He could see beyond immediate circumstances and grasp larger societal issues. This visionary quality helped him mobilize people towards a common cause.
4. **Nonviolence as a Strategy:** Gandhi's commitment to nonviolent resistance was revolutionary. He believed in achieving change through peaceful means, which not only distinguished his approach but also attracted widespread support.

... 3/4

I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.



VIDEO - WHAT MAKES GANDHI A MAHATMA - SADHGURU JAGGI VASDEV (PAGE 3/4)

5. **Simplicity and Humility:** Gandhi led by example, living a simple life and embodying the values he preached. This humility made him relatable and garnered respect from various sections of society.

6. **Charismatic Leadership:** His ability to communicate compellingly and connect emotionally with people played a crucial role in his leadership effectiveness.

7. **Determination and Persistence:** Gandhi's consistent dedication to his cause, even in the face of adversity, highlighted his determination. He persevered through challenges, inspiring others to stay committed to the movement.

These qualities combined made Gandhi a monumental figure in history, significantly influencing the course of India's independence and the global discourse on social justice.

Can anyone rise to Gandhi's social stature? How?

In the video by Sadhguru, the possibility of anyone rising to Gandhi's social stature is explored through the lens of personal growth and transformation. Here are some ways individuals can work towards achieving a significant impact, akin to Gandhi's influence:

1. **Breaking Personal Limitations:** Recognizing and overcoming personal limitations is crucial. Just as Gandhi did, individuals should strive to break free from restrictive identities and expand their sense of self to include broader societal issues.

2. **Identifying with a Larger Cause:** Connecting deeply with the struggles of others helps form a broader sense of identity. Finding a social cause or movement that resonates personally can motivate one to advocate for change and inspire others to do the same.

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If I were a Christian, I would pray not that a Hindu be converted to Christianity, but that he become a better Hindu, a better Muslim, a better Sikh...



VIDEO - WHAT MAKES GANDHI A MAHATMA - SADHGURU JAGGI VASDEV (PAGE 4/4)

3. Embracing Nonviolence: Adopting a nonviolent approach to conflict and change fosters respect and unity. Understanding the power of peaceful protest, dialogue, and engagement can alter perceptions and mobilize communities to effect change.

4. Developing Inner Strength: Building resilience is key. This can be achieved through self-reflection, mental discipline, and emotional intelligence, preparing individuals to face challenges without yielding to despair.

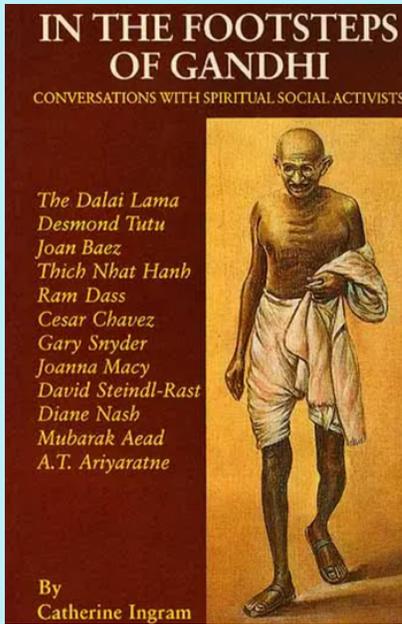
5. Effective Communication: Being able to articulate ideas and connect with people on an emotional level is essential for influencing public opinion. Learning to communicate effectively can amplify one's vision and encourage collective action.

6. Living by Example: Leading a life that reflects one's values and commitment can establish credibility and foster trust. Like Gandhi, embodying the principles one advocates for can inspire others to follow suit.

7. Continuous Learning and Adapting: Engaging with diverse perspectives and adapting to changing circumstances is vital. A commitment to lifelong learning can help individuals navigate complex social issues more effectively.

8. Cultivating Community Support: Building networks and alliances is important for creating sustained change. Collaborating with like-minded individuals and organizations can amplify efforts and lead to greater social impact.

While each person's path is unique, embodying these qualities and approaches can empower individuals to effect meaningful change in society, much like Gandhi did during his time.



Book Summary

In the Footsteps of Gandhi: Conversations with Spiritual Social Activists

by Catherine Ingram

Source: <https://www.amazon.ca/Footsteps-Gandhi-Conversations-Spiritual-Activists/dp/1888375353/>

Book Summary: In the Footsteps of Gandhi: Conversations with Spiritual Social Activists by Catherine Ingram is a compelling collection of interviews with twelve influential figures who have seamlessly integrated spirituality with social activism. Through these dialogues, Ingram delves into the lives and philosophies of individuals who have championed nonviolence, compassion, and justice in addressing global challenges.

This book offers a profound and moving exploration into the lives and work of those twelve individuals. Inspired by a personal moment of reckoning during a harrowing rickshaw ride in India, where suffering could no longer be viewed from a safe philosophical distance, Ingram began a journey of inquiry. The result is a powerful collection of conversations with spiritual leaders, human rights advocates, and ecological protectors who, like Mahatma Gandhi, demonstrate how inner clarity and outer action can coexist in profound ways.

These twelve profiles feature globally respected figures, including the Dalai Lama, Desmond Tutu, Thich Nhat Hanh, Cesar Chavez, Joan Baez, Joanna Macy, and Ram Dass. Each chapter is an intimate dialogue that reveals not only the motivations behind their activism but also the spiritual practices that sustain them. These leaders confront enormous suffering—war, environmental destruction, racial injustice, systemic poverty—not with cynicism or despair, but with courage, clarity, and an unwavering sense of compassion.

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*If we are to reach real peace in this world, we shall have to begin
with the children.*



Book Summary: In the Footsteps of Gandhi: Conversations with Spiritual Social Activists (Page 2/2)

A unifying message across the interviews is that spiritual wisdom must translate into compassionate action. As Ingram herself notes, "Wisdom cannot exist independent of movement." These changemakers are not merely idealists; they are grounded in practical, often perilous, efforts to alleviate suffering and injustice. Whether it's Joanna Macy's environmental advocacy, Diane Nash's civil rights work, or Mubarak Awad's promotion of nonviolence in Palestine, each individual acts from a deep well of inner peace and purpose.

Throughout the book, Ingram explores how these leaders remain resilient despite the weight of their causes. They share how meditation, prayer, and mindfulness fuel their ability to "sustain the gaze" in the face of suffering—a term Macy uses to describe the brave act of confronting pain rather than turning away from it. This spiritual resilience becomes a wellspring of hope, not as blind optimism, but as an active and courageous choice in the midst of chaos.

The book also engages broader themes—our interconnectedness, the illusion of separation, and the urgent need for a global conscience. As Ingram reflects on her experiences and interviews, she concludes that true happiness and a sense of belonging arise not from avoiding suffering but from engaging with it fully and compassionately. This, she argues, is the path to healing both the world and our own wounded hearts.

In essence, *In the Footsteps of Gandhi* is not just about its twelve remarkable subjects—it is a call to all of us. A call to awaken. A call to integrate our personal values with public action. A call to listen deeply to the still, small voice within and respond to a world crying out for justice, truth, and love.

As Martin Luther King, Jr. wrote—and as this book echoes powerfully—"Only when it is dark enough, can you see the stars." In these conversations, we see the stars clearly: individuals who illuminate the way forward by walking in the spirit of Gandhi, with feet firmly planted in both contemplation and courageous action.

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.



SATYAGRAHA AND NONVIOLENT RESISTANCE



ARTICLE

Though Gandhi lived in another era, his message of truth, peace, and community continues to inspire hope and action in today's complex world.

Is Gandhi Still a Mystery to People Today?

... Understanding a Special Leader in Our Modern World

contributed by the Editors

Synopsis: Mahatma Gandhi, remembered as the leader who freed India through peace and truth, may at first seem like a distant figure in today's fast-moving world. His plain clothes, handmade cloth, and belief in simple living stand in sharp contrast to our consumer-driven society. His message, "There is enough for everyone's need, but not for everyone's greed," challenges our habits of constant buying and wanting more.

Gandhi's principle of non-violence (Ahimsa) is another idea that feels difficult yet inspiring. Even when jailed, beaten, and insulted, he refused to strike back. Instead, he trusted truth and peace to bring real change. This approach not only freed India but also influenced leaders such as Martin Luther King Jr. and Nelson Mandela, demonstrating that peaceful resistance can overcome injustice.

As a leader, Gandhi stood apart. He did not chase power or votes. He lived his values. Even his enemies respected him—like General Smuts of South Africa, who felt humbled each time he wore the sandals Gandhi had gifted him. Gandhi's moral strength earned him the title Mahatma—"Great Soul."

Despite seeming far away from modern life, Gandhi's lessons remain urgent today. He showed the power of one person, the strength of truth and fairness, and the freedom that comes from simplicity. For young people especially, his story reminds us that courage lies in compassion, and real change begins with our own choices. As Gandhi said, "Be the change you wish to see in the world."

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Our greatest ability as humans is not to change the world, but to change ourselves.



Article: Is Gandhi Still a Mystery to People Today? (page 2/4)

Gandhi in Our Minds

When you hear the name Mahatma Gandhi, you may imagine a thin man in plain clothes, carrying a walking stick. He looked simple, but his ideas were powerful. He led millions of Indians to freedom from British rule—without using weapons. Instead, he used truth (Satyagraha) and non-violence (Ahimsa). These principles later inspired Martin Luther King Jr., Nelson Mandela, and many others.

But here's the question: In our fast 21st-century life—full of screens, stress, and quick change—do Gandhi's ideas still speak to us? Or is he just a distant legend, hard to connect with?

Gandhi's Simple Life—So Different from Ours

Gandhi believed in living simply. He spun his own cloth, called khadi, and encouraged others to do the same. To him, making your own clothes showed independence and dignity.

Today, many of us rush to buy the newest phone or brand-name sneakers. Gandhi's words, "There is enough for everyone's need, but not for everyone's greed," might feel hard to follow in a world of online shopping and endless advertisements.

Yet his message challenges us to ask: Do possessions make us truly happy, or is there another kind of wealth inside us?

Non-Violence in a Tough World

Gandhi never fought back with violence, even when he was jailed, beaten, or insulted. He trusted truth more than weapons.

Key Takeaways:

- **Power of One:** One person's courage and conviction can spark significant change.
- **Non-Violence Works:** Peaceful resistance can be stronger than weapons or anger.
- **Truth Matters:** Honesty and fairness build trust and heal divisions.
- **Simplicity Brings Freedom:** Living with less can help reduce stress and create a sense of balance.
- **Acts of Kindness Influence:** Small gestures—like Gandhi's sandals to an enemy—can transform relationships.
- **Conversations Heal:** Real dialogue and listening unite people more than arguments.
- **For Everyone:** Gandhi's ideas of truth, fairness, and compassion are universal, not limited by culture or time.
- **For Youth:** Strength is not about fists—it is about courage, care, and standing up peacefully.



Article: Is Gandhi Still a Mystery to People Today? (page 3/4)

This seems hard to imagine today. When we see wars on the news, crime in cities, or even face personal insults, our first instinct is often to fight back. Could we really respond with peace? Gandhi's idea of Ahimsa—choosing peace no matter what—may feel too hopeful, maybe even risky.

Still, history shows it worked. His non-violent resistance brought freedom to India. Nelson Mandela later proved the same in South Africa. These examples remind us that peace can be more powerful than violence.

A Leader Unlike Others

Unlike many modern politicians who chase votes and power, Gandhi stood for honesty and higher truth. He earned the title Mahatma, meaning "Great Soul." Even his enemies respected him. General Jan Smuts of South Africa once received sandals handmade by Gandhi, despite having him jailed. Smuts later said, "I feel I should bow to him every time I wear them." A simple gift melted hostility into respect.

Such leadership—built on moral strength, not force—is rare today. That's why Gandhi may feel both inspiring and distant at the same time.

Why Gandhi Still Matters

Even if his life seems far from ours, Gandhi's main ideas are timeless.

- **The power of one:** He proved that one person can move nations. His quote, "The best way to find yourself is to lose yourself in the service of others," still inspires. Think of Rosa Parks refusing to give up her seat—her one act sparked a movement.
- **Truth and fairness:** Gandhi built trust by listening and speaking honestly. In a world divided by social media and politics, his way of connecting with people feels more needed than ever.
- **Simple living:** Many people today are rediscovering that less can be more. Minimalism, eco-friendly habits, and slow living all echo Gandhi's values.



Article: Is Gandhi Still a Mystery to People Today? (page 4/4)

Gandhi for Our Everyday Lives

Gandhi is not only for history books. His lessons can guide us in daily life:

- When a family argument happens, instead of shouting, we can try his way of calm conversation.
- When faced with unfairness at work or school, we can speak the truth without anger.
- When tempted by endless “stuff,” we can remember that joy often comes from relationships, not things.

As Gandhi often said, “Be the change you wish to see in the world.” It begins with our own choices.

For Young People

Gandhi’s story is compelling for the young. It tells them strength is not about muscles or loud voices. It is about courage, compassion, and persistence.

Imagine speaking up against bullying, but doing it calmly and respectfully. Or choosing to help a struggling classmate instead of ignoring them. These small acts echo Gandhi’s way.

He showed that true heroes don’t need capes or weapons. They need conviction and care for others. His words, “You must be the change you want to see in the world,” encourage every student, teen, and child to make a difference.

Final Thought

Gandhi may look like a mystery at first glance—a saintly figure in a fast, modern age. However, if we pause and look more closely, we find that his message is simple and straightforward: truth, peace, and compassion can guide us through life.

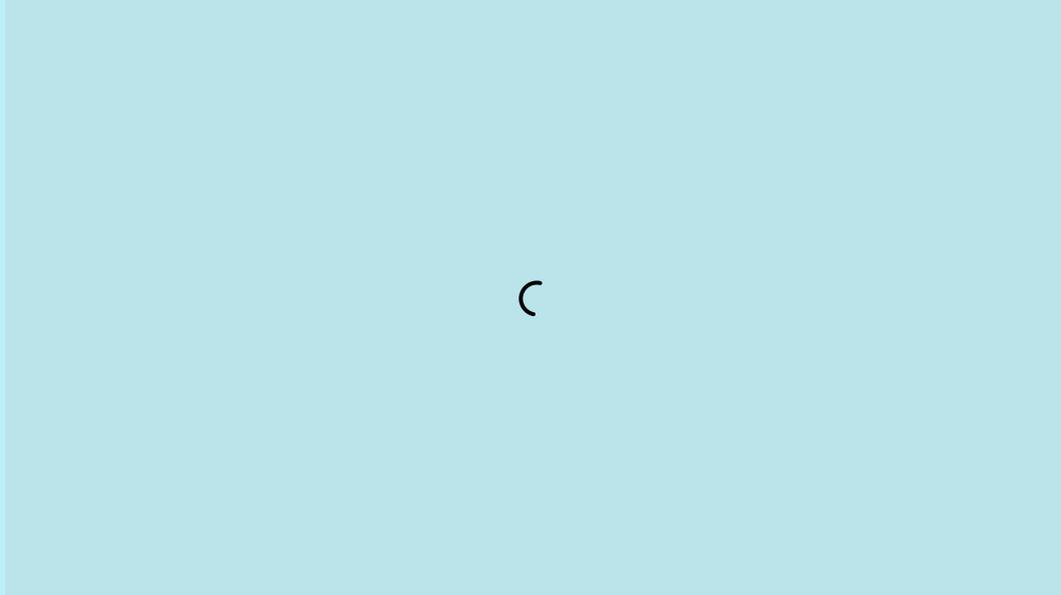
In a noisy and divided world, that light still shines.

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.



Video

Video: Nonviolence: 198 Methods of Non-Violent Action



If the
video
doesn't
play
here,
play it on
YouTube.

Brief AI Summary (by ChatTube AI):

The video explores the topic of non-violence as a means of conflict resolution, highlighting examples such as those of Gandhi and Martin Luther King Jr. It discusses the importance of non-violent movements and methods in achieving positive peace and resolving conflicts without resorting to violence. The video also mentions 198 methods of non-violent action developed by the Albert Einstein Institution, emphasizing the power of non-violent tactics in influencing change and raising awareness on various issues.

Key Takeaways from the Video:

1. Nonviolent actions are powerful tools to influence change in society without resorting to physical violence.
2. Nonviolent methods involve acts of omission or commission to apply power in a conflict situation.



Video: Nonviolence: 198 Methods of Non-Violent Action (Page 2/3)

Key Takeaways from the Video (continued):

1. Nonviolent actions are powerful tools to influence change in society without resorting to physical violence.
2. Nonviolent methods involve acts of omission or commission to apply power in a conflict situation.
3. The Albert Einstein Institution developed 198 methods of nonviolent action that can be used individually or in groups at different levels.
4. Examples of nonviolent actions include rude gestures, student strikes, consumer boycotts, rejection of authority, filibustering, fasting, and diplomatic actions.
5. Nonviolent actions can influence parties with power to make positive changes and resolve conflicts peacefully.
6. Individuals and groups can utilize nonviolent actions to raise awareness, challenge unethical practices, and advocate for social justice.
7. Nonviolent actions have been historically proven effective in movements like the Indian Independence Movement, Civil Rights Movement, Solidarity Movement, Velvet Revolution, and the Arab Spring.
8. While nonviolent actions can be powerful, they should be used cautiously in contexts where underlying issues may trigger violent responses.

By understanding and implementing these key takeaways, individuals can harness the power of nonviolent actions to promote positive societal change and resolve conflicts peacefully.

How can individuals practice nonviolence in everyday life?

Individuals can practice nonviolence in everyday life by incorporating nonviolent actions and methods in their interactions and activities. Some examples include:

1. Expressing disagreement or discontent with respect and civility instead of using aggressive language or behavior.

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Video: Nonviolence: 198 Methods of Non-Violent Action (Page 3/3)

How can individuals practice nonviolence in everyday life? (continued)

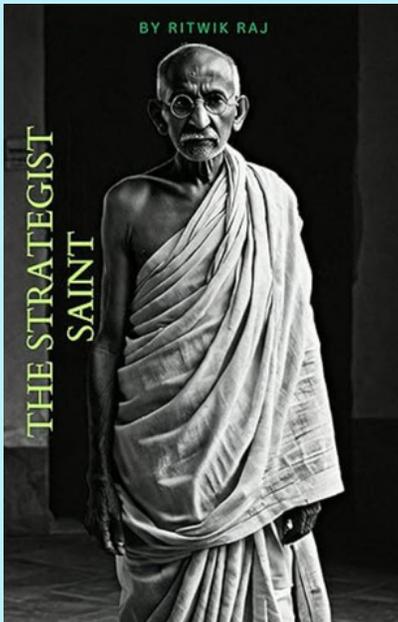
2. Engaging in constructive dialogue and active listening to understand different perspectives and seek peaceful resolutions.
3. Participating in peaceful protests, marches, or demonstrations to raise awareness about social issues.
4. Supporting boycotts or ethical consumerism to hold corporations accountable for their practices.
5. Volunteering or supporting organizations that promote nonviolent solutions to conflicts.
6. Educating oneself and others about the principles and effectiveness of nonviolent action.
7. Using social media or other platforms to advocate for positive change in a peaceful and nonviolent manner.

By incorporating these practices into their daily lives, individuals can contribute to a culture of nonviolence and positive social change in their communities and beyond.

How can nonviolent action influence societal change?

Nonviolent action can influence societal change by applying power in a conflict without resorting to physical violence. It can involve acts of omission, such as refusing to perform expected actions, or acts of commission, such as performing unexpected actions. These methods can be done individually or in groups at different levels of influence, including government actions and even on the international level. By utilizing these nonviolent methods, individuals or groups can raise awareness, challenge unethical practices, resist authority, stall legislative processes, and even pressure states through diplomatic actions. These nonviolent tactics can influence parties with power to make changes without resorting to violence, ultimately aiming to resolve conflicts peacefully and bring about positive societal change.

Man becomes great exactly in the degree in which he works for the welfare of his fellow-men.



Book Summary

The Strategist Saint: Uncovering the Political Genius of Mohandas Gandhi

by Ritwik Raj

Source: <https://www.amazon.ca/Strategist-Saint-Uncovering-Political-Mohandas-ebook/dp/B0D94QS4N9/>

Synopsis:

In The Strategist Saint, author Ritwik Raj offers a new perspective on Mohandas Gandhi. While many view Gandhi primarily as a peaceful figure or spiritual leader, this book emphasizes his lesser-known role as a skilled political strategist. Raj asserts that Gandhi was guided not only by high values such as truth and nonviolence, but also by careful planning, effective timing, and strong communication skills, to confront British rule in India.

The book illustrates that Gandhi's nonviolent movements—such as the Salt March, Non-Cooperation Movement, and Quit India Movement—were not impulsive or emotional reactions. Instead, they were meticulously planned with clear objectives. Gandhi chose simple yet powerful symbols, such as salt, to unite diverse groups of people and garner global attention. The author explains that Gandhi's decision to march 240 miles to the sea in 1930 was not merely a protest; it was a strategic move to highlight the injustices of the British salt tax and to engage every Indian in the struggle for independence.

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**You may never know what results come of your actions.
But if you do nothing, there will be no result.**



Book Summary: The Strategist Saint: Uncovering the Political Genius of Mohandas Gandhi (Page 2/2)

One aspect of Gandhi's strategy was his ability to combine public actions with private discussions. While organizing protests, he also wrote letters to British leaders and held meetings with them. These behind-the-scenes efforts helped to reduce violence and occasionally led to significant changes. Raj highlights how Gandhi's personal discipline and calm demeanor gave him moral authority, enabling him to remain focused during tense situations.

One of the book's key messages is that Gandhi believed the way you fight is just as important as what you are fighting for. He often remarked, "The means must match the ends." This is why he never endorsed violent actions, even in times of anger or fear. For example, when protests escalated into violence during the Chauri Chaura incident, Gandhi decided to call off the entire movement. For him, true success meant changing hearts, not just altering laws.

The book emphasizes that Gandhi's leadership offers valuable lessons for the modern world. Raj provides examples to show that effective leaders listen, act purposefully, and consider the right timing. For instance, Gandhi waited until people were emotionally prepared before initiating significant protests. He didn't rush; he planned carefully. This level of patience is often lacking in contemporary politics, and Raj believes it was a key factor in Gandhi's success.

Ritwik Raj writes in a clear and engaging manner. He blends real-life stories with insightful ideas, helping readers grasp Gandhi's actions and their enduring impact. Although the book sometimes shifts between Gandhi's political and spiritual life, it still offers a coherent understanding of how both aspects influenced his strategies.

In conclusion, *The Strategist Saint* helps readers view Gandhi not only as a kind-hearted man in simple attire, but also as a figure who used courage, wisdom, and strategic planning to fight for freedom. It demonstrates that strong values can coexist with intelligent strategy, and highlights that even the most significant changes can start with peaceful actions and steadfast leadership.

I do not consider myself to be a mahatma. I am a humble seeker of truth.



The Enduring Teachings of Mahatma Gandhi

Gandhi's 11 Vows:

1. Nonviolence (Ahimsa):

Commitment to non-violence and harmlessness towards all living beings.

2. Truth (Satya): Pursuit of truth, both in thought and action.

3. Non-stealing (Asteya):

Refraining from taking anything not freely given.

4. Chastity (Brahmacharya):

Practicing self-discipline and control over desires.

5. Non-possession

(Aparigraha): Embracing simplicity and minimizing possessions to only what is necessary.

6. Body-labor (Sharirashrama):

Valuing physical labor as a means to sustain oneself.

7. Diet (Aswada): Advocating for a simple and healthy diet, mindful of the impact on the body and environment.

8. Fearlessness (Abhaya):

Cultivating courage to stand by one's convictions and truth.

9. Equal respect for all religions

(Sarva Dharma Samanatva): Promoting religious tolerance and understanding.

10. Economic strategy

(Swadeshi): Prioritizing local economies and self-sufficiency.

11. Untouchability

(Asprishyatanivaran): Opposing caste discrimination and advocating for equality and respect for all individuals, regardless of their social status.

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"Be the
change you
wish to see in
the world."

This simple statement reflects Gandhi's belief in personal responsibility, action, and the power of individual transformation as a catalyst for societal change. It urges everyone to embody the values they wish to see in society, emphasizing that real change starts with oneself.

