



MONTHLY NEWSLETTER APRIL 2026 ISSUE 26

PEACE AND COMPASSION FORUM

*Conversations that Inspire
Connection, Kindness, and Community*

Editor: Anil Agrawal

The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.... Gandhi

OUR NEXT EVENT - MAY 23, 2026

PEACE AND COMPASSION FORUM
PANEL DISCUSSION

HEALING DIVISIONS IN A DIVERSE COMMUNITY:
Bridge-Building Through Repeatable Small Steps

PAUL ADEYEYE
Community Educator

MANJIT BASI
Civic Entrepreneur & Community Educator

AKAASH MAHARAJ
Faith & Civic Leader

MONIQUE NEWTON
Community Mediator & Dialogue Facilitator

KHATERA AKBARI
MODERATOR

3-5 PM, Saturday
23 May 2026
Minto Recreation Complex,
3500 Cambrian Rd, Nepean

INFORMATION & FREE REGISTRATION
GANDHIJI.CA

A practical community Conversation exploring how small, everyday actions can build trust, reduce division, and help people feel more connected across differences in diverse communities.

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Earth provides enough to satisfy every man's needs, but not every man's greed.



OUR 2026 MANIFESTO

Inspiring a Kinder, More Connected Community Through Learning, Dialogue, and Service.

MGPCO's Annual Signature Events

Gandhi Memorial Day Lecture 2026
(Jan 30, 2026)

Gandhi Jayanti 2026
Oct 2: Statue Garlanding)
Oct 4/11: Community Celebration

Peace Walk
Sept 20/21, 2026

M.K. Gandhi Annual Lecture 2026
(Oct 2, 2026)

Peace & Compassion Forum: Monthly Talks for a Kinder World

... Conversations That Inspire Connection, Kindness, and Community

“The Peace & Compassion Forum is a monthly gathering that explores simple ways to build a kinder, more connected world. Through conversations with everyday changemakers, we share stories and practical ideas that deepen understanding, strengthen relationships, and nurture compassion—one small action at a time.”

Community Education & Outreach

Programs that empower individuals and strengthen community wellbeing through learning, dialogue, and shared action.

The Inner Compass: 11 Pathways

(A values-based learning journey inspired by Gandhi's 11 vows—reimagined for modern life.)

For Kids (9-13) - *Lessons for Kind & Confident Kids*

For Youth (14-27) - *Empowering Youth to Lead with Values*

For Everyone - *Living with Intention, Peace, and Purpose*

For Business - *A Framework for Purpose-Led Organizations*

Workshops for the community :

Inner Peace Journey: Practical ways to reduce stress, increase emotional balance, and engage more thoughtfully with others.

Kindness Society: The Heartbeat of a Better World ... A movement to strengthen community spirit through shared acts of goodness and civic engagement.

Community Engagement & Service Initiatives

Activities that strengthen community bonds, promote cultural understanding, and support individuals through connection and care.

Monthly Newsletter

(Gandhi's Reflections)

Offering insights on Gandhian values and the MGPCO community news.

Youth Engagement

Sports Leagues

(Cricket, Hockey, Volleyball, Badminton, Ping-pong)

Community Services

Environmental Stewardship

Community Dialogues

Companion Visits

Storytelling/Culture Exchanges



Honoring Our Life Members: Trustees, Sponsors, and Patrons

Your unwavering support and commitment inspire us every day.

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Dr. Jagmohan Humar, C.M.
Dr. Pradeep Merchant, C.M.
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Mr. Nathan Oxford
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Mr. Jack Uppal

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AN APPEAL TO THE COMMUNITY

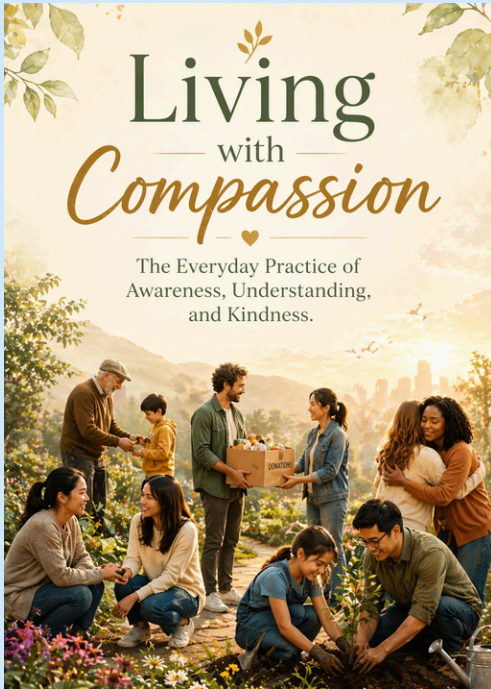
Join Us in Making a Difference - Become a Life Member and Support Our Mission

JOIN US TODAY: [HTTPS://GANDHIJI.CA/JOINUS](https://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.



Article

Compassion is not reserved for saints. It is a quiet, daily practice of awareness, understanding, and kindness. This approach softens hearts, heals the giver, and gradually transforms our world.

Living with Compassion: The Everyday Practice of Awareness, Understanding, and Kindness

Contributed by Editors

Synopsis:

Many of us wish for a world that is softer, slower, and more humane. Often, we expect kindness from leaders or a better future. What if it started with us, today, in small ways?

This article encourages a practical approach to compassion. Rather than viewing it as a lofty ideal, consider it as three daily practices: noticing those we overlook, pausing to understand before judging, and expressing kindness through small, meaningful acts.

Drawing on Gandhi's wisdom, real-life stories, and practical insights, this piece reminds us that a kinder world is built by ordinary people choosing compassion in everyday moments. We invite you to read and begin.

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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.



Introduction

We all long for a world where people listen more, judge less, and treat one another with quiet respect. Yet we often wait for that world to come from leaders, laws, or large movements. The truth is gentler and more powerful. A kinder world begins in small, ordinary moments—in how we greet a stranger, respond to a difficult person, or treat ourselves on a hard day. That is compassion's work. As Gandhi reminds us, compassion is not a rare gift but a skill we can all practice, anywhere, starting today.

Before we begin, consider shifting your perspective. Rather than viewing compassion as distant or exclusive, see it as a simple, daily practice. This mindset can transform everyday life.

There is a quiet story from Gandhi's life that says a great deal about how he saw the world. One afternoon, as his train began to pull out of a station, one of his sandals slipped off his foot and fell onto the track. Without hesitating, Gandhi removed his other sandal and tossed it beside the first. A puzzled fellow passenger asked why. Gandhi smiled and said, "The poor man who finds the sandal lying on the track will now have a pair he can use."

In that brief, unplanned moment, Gandhi demonstrated true compassion. It is not a grand gesture, but a simple choice to value another person's life as much as our own. This is the essence of compassion: it is not occasional, but a practice we can engage in every day.

Title: 10 Truths About Living with Compassion:

- 🌱 Compassion is a daily practice, not a rare gift. It is built one small moment at a time, by ordinary people.
- ❤️ Compassion is different from pity or sympathy. Pity looks down, sympathy feels sorry for, but compassion feels with and moves us to help.
- 🏠 A kinder world begins in small places. At kitchen tables, bus stops, and checkout lines, not in parliaments or protests.
- ⚙️ Awareness is the first step. Compassion begins the moment we slow down enough to truly see the person in front of us.
- 🗡️ Understanding softens judgment. Everyone is fighting a battle we cannot see, so pause before you judge.
- 🍌 Kindness is compassion in motion. Feelings become real only when they turn into simple, visible action.
- ✨ Small acts matter more than grand gestures. A kind word, a held door, a text to a friend can change someone's entire day.
- ❤️ Compassion heals the giver too. Science and experience both show that kindness lowers stress and lifts the heart of the one who offers it.
- 🦵 Compassion is a muscle. The more we use it, the stronger it grows, shaping who we become over time.
- 🌱 Be the change. Gandhi's words remind us that a better world does not require greatness, only a willing heart and open eyes.

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What Compassion Really Means

We often mix up compassion with pity or sympathy. But they are not the same.

- Pity looks down on someone.
- Sympathy is feeling sorry for someone.
- Compassion means sharing another's feelings and being moved to help.

The Dalai Lama once said, "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." Those are strong words. But look around today: at the loneliness, the anger online, the way strangers pass each other without a glance, and you begin to see how right the Dalai Lama is.

Compassion connects us and can be learned. Like a muscle, it strengthens with regular use.

The Three Everyday Practices

Living with compassion relies on three simple habits. They require no extra time, money, or special training—only attention.

1. Awareness: Noticing What's Really There

Compassion begins when we slow down and truly see the person before us. Think of the cashier at the grocery store. Most days, we hand over our card, mumble thanks, and leave. But what if we paused for just three seconds and noticed her tired eyes, kind smile, or the small pin on her shirt? What if we said, "You've been on your feet all day. Thank you."

This is awareness. It costs nothing, yet for her, it may be the first genuine moment of being seen that day.

Gandhi said, "The best way to find yourself is to lose yourself in the service of others." And service begins with noticing.

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2. Understanding: Walking in Someone Else's Shoes

After noticing, the next step is understanding, which involves pausing before making judgments.

A friend tells a story about her morning commute. One rainy Tuesday, a man cut her off in traffic so sharply she nearly hit the curb. She honked, furious. Minutes later, she saw the same car pulled over by the highway; the driver knelt beside a small child in the back seat, wrapping her in a blanket. The little girl was clearly sick.

My friend said, "In that moment, all my anger turned to shame. I had no idea what he was carrying."

This is the gift of understanding. It reminds us that everyone faces unseen challenges. Remembering this helps us respond with patience and kindness.

3. Kindness: Turning Feeling Into Action

Awareness and understanding are important, but compassion is only complete when it leads to action. Kindness is compassion in motion.

Kindness does not need to be big. It can be:

- Holding a door for someone carrying groceries.
- Texting a friend, "I was thinking of you today."
- Letting a tired driver merge ahead of you.
- Listening, really listening, without planning your reply.

Aesop once wrote, "No act of kindness, no matter how small, is ever wasted."

Research supports this: even small acts of kindness reduce stress, improve mood, and often benefit the giver as much as the receiver.

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A Small Story With a Big Lesson

A teacher in Ottawa once gave her Grade 5 class a simple challenge: for one week, do one secret kind act each day. No one could know who did it.

By Friday, the atmosphere had shifted. A boy who typically ate alone was now surrounded by friends. A previously bullied girl began smiling again. When asked what they had learned, one quiet girl responded:

"I learned that being kind to someone else makes me feel less sad inside."

This simple statement reveals a truth often overlooked: compassion also heals the giver.

Points to Ponder

Before finishing this article, consider these questions:

- When was the last time I truly saw the people around me, not just looked at them?
- Whose story have I judged without understanding?
- What small kindness could I offer today that would cost me nothing but mean everything to someone else?
- If compassion is a muscle, how am I training mine?

A Call to Action

We live in a fast-paced world that often overlooks those around us. Change does not begin in parliaments or protests, but in the quiet choices we make each day.

Here is a simple but powerful invitation: Today, choose one specific act of compassion. Decide on the action, do it mindfully, and observe its impact. Make this a daily commitment.

... continued 6/6



Article: Living with Compassion: The Everyday Practice... (Page 6/6) - continued

Notice someone who is often overlooked. Seek to understand before judging. Offer an unsolicited kindness. Repeat this each day.

Gandhi reminded us, "Be the change you wish to see in the world." That change does not require greatness. It requires only a willing heart and an open pair of eyes.

Compassion is not a destination; it is a way of living.

Begin today. Start small, even if it is with yourself.

Ultimately, a kinder world is not built by heroes, but by ordinary people choosing to live with compassion, one moment at a time.

Conclusion

If you remember one thing, let it be this: compassion is not a burden, but what lightens life. When we see others clearly, understand them, and respond with kindness, we change internally and externally. Change happens quietly, one conversation or act at a time. Gandhi did not wait for the right moment; he lived each moment rightly. That opportunity is available to each of us every day. May we have the courage and humility to continue, one compassionate step at a time.

If you remember only this...

Compassion is not something to wait for; it is a daily choice practiced quietly in everyday life. It starts by noticing others, deepens through understanding their burdens, and comes alive in small, selfless acts of kindness. These moments not only change the world around us but also heal us within. A kinder life and world begin with one compassionate choice—today, and yours to make.

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



Video: Guided Meditation: The RAIN of Self Compassion with Tara Brach



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

Video Summary by ChatTube (AI):

This video is a guided meditation by Tara Brach called "The RAIN of Self Compassion." It helps you be kind to yourself when you feel bad or unworthy.

Here's what it teaches:

1. Recognize when you feel bad or are at war with yourself.
2. Allow those feelings to be there without pushing them away.
3. Investigate gently what thoughts and feelings are causing this pain. Notice what your body feels like when you are upset.
4. Nourish yourself with kindness. You can put your hand on your heart and say kind words like "It's okay" or "I love you."
5. Finally, notice how it feels to be open and peaceful when you stop fighting yourself.

The meditation encourages you to stop judging yourself and to see the goodness inside you. It helps you feel more loving and accepting toward yourself.

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



Key Takeaways for people of all ages and cultures:

1. Everyone experiences self-judgment and feelings of unworthiness at times. Recognizing this is the first step toward healing.
2. It's important to allow your difficult emotions to be present without pushing them away or fighting them. Acceptance creates space for healing.
3. Gently exploring your thoughts and bodily feelings helps you understand the root of your pain. This awareness is universal and accessible to all.
4. Offering yourself kindness and compassion—like a caring friend—can soothe your suffering. Simple gestures like placing a hand on your heart or saying kind words work across cultures.
5. Self-compassion helps break the cycle of self-criticism and opens you to inner peace and self-acceptance. This is a healing practice valuable for everyone, regardless of background.
6. Letting go of harsh self-judgment allows you to connect with your true goodness and vitality. This message resonates universally, encouraging self-love and forgiveness.

These teachings invite all people to treat themselves with the same care and understanding they would offer others, fostering emotional well-being and resilience.

Universal Lessons on Cultivating Self-Compassion:

1. Recognize when you're feeling unworthy or at war with yourself.
2. Allow your feelings to be present without resistance.
3. Investigate your thoughts and bodily sensations with gentle curiosity.
4. Nourish yourself with self-compassion and kind words.
5. Notice the peace and openness that comes from self-acceptance.
6. Let go of self-judgment and embrace your inherent goodness.

Self-compassion heals, unites, and nurtures our true worth, offering kindness and peace across all ages and cultures.

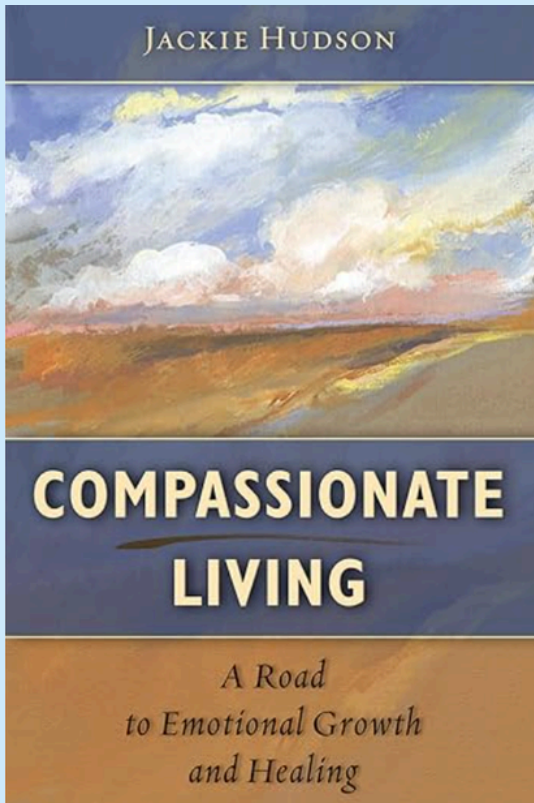


Key Takeaways (continued):

People from all walks of life can find a path to greater emotional healing and inner peace. By recognizing our shared experiences of self-judgment, allowing our feelings to be present, and offering ourselves kindness, we break free from the cycle of self-criticism. This universal approach nurtures a deeper connection to our true worth and vitality, reminding us that no matter our age or culture, we deserve care, understanding, and forgiveness from within.

Value of this Video

The value of this video lies in its practical guidance for cultivating self-compassion, helping individuals overcome self-judgment and emotional pain. It offers a simple, accessible meditation technique (RAIN) that promotes emotional healing, inner peace, and self-acceptance. By teaching universal principles applicable across ages and cultures, it empowers viewers to develop kindness toward themselves, enhancing overall well-being and resilience.



Book Summary

A simple guide to emotional healing, this book shows how self-awareness, self-acceptance, and compassion can transform your thoughts, relationships, and daily life—helping you respond to challenges with calmness, understanding, and inner strength.

Compassionate Living: A Road to Emotional Growth and Healing

by Jackie Hudson (Author)

Reference: <https://www.amazon.ca/Compassionate-Living-Emotional-Growth-Healing/dp/160899502X>

Synopsis of the Book Summary:

Compassionate Living by Jackie Hudson is a practical guide to emotional healing and personal growth through kindness and self-awareness. The book explains that many of our struggles stem from self-criticism, negative thinking, and a lack of understanding, both of ourselves and of others. Hudson encourages readers to observe their thoughts without judgment, accept themselves as they are, and respond to life with greater patience and care.

The book highlights how compassion can improve relationships by helping us listen deeply and reduce blame and conflict. It also offers simple tools such as mindful reflection, journaling, and positive thinking practices to build healthier emotional habits. A key message is that forgiveness and self-acceptance are essential for inner peace. Overall, the book shows that by practicing compassion daily, we can develop resilience, stronger relationships, and a more balanced, meaningful life.

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



Who is this book for?

This book will benefit a wide range of people, but it is especially valuable for those facing emotional challenges or seeking personal growth.

It is most helpful for:

- Individuals dealing with stress, anxiety, or inner conflict who want a calmer and more balanced mindset.
- People who are hard on themselves and struggle with self-doubt, guilt, or low self-esteem.
- Those facing relationship difficulties who want to improve communication, reduce conflict, and build deeper connections.
- Anyone recovering from past hurt or emotional pain, looking for healing and a fresh perspective.
- Caregivers, coaches, teachers, and community leaders who want to relate to others with greater empathy and understanding.
- People on a personal or spiritual growth journey who want to live with more awareness, kindness, and purpose.

Compassionate Living

1. Compassion begins with how you treat yourself.
2. Self-awareness helps you respond, not react.
3. Notice your thoughts without judging them.
4. Accept yourself as you are, while growing daily.
5. Replace self-criticism with understanding and patience.
6. Listen deeply to others to build real connection.
7. Let go of blame—seek to understand instead.
8. Forgiveness frees you from emotional burden.
9. Small daily habits can create lasting change.
10. A compassionate life brings peace, strength, and meaning.

In simple terms, this book is for anyone who wants to become more patient, understanding, and emotionally strong—both with themselves and with others.

Book Summary:

Jackie Hudson's *Compassionate Living* is a practical and heartfelt guide to living with more kindness—toward others and toward ourselves.



Book Summary: Compassionate Living: A Road to Emotional Growth and Healing (Page 3/5) - continued

The book explains that many of our emotional struggles come from how we think about ourselves, how we judge others, and how we react to pain. Hudson's central message is simple but powerful: when we learn to respond with compassion instead of criticism, we begin to heal and grow.

The book starts by helping readers understand what compassion really means. It is not just feeling sorry for someone. It is a deeper awareness of suffering—our own and others'—combined with a desire to ease that suffering. Hudson emphasizes that compassion begins within. If we are harsh and critical of ourselves, it becomes difficult to be truly kind to others. Many people carry guilt, shame, or self-doubt, often shaped by past experiences. These inner struggles can create emotional wounds that affect relationships, decisions, and overall well-being.

A key idea in the book is self-awareness. Hudson encourages readers to notice their thoughts, feelings, and reactions without judgment. Instead of immediately reacting with anger, fear, or blame, she suggests pausing and observing what is happening inside. This simple act of awareness creates space for better choices. It helps people respond calmly rather than react impulsively.

Another important theme is self-acceptance. Hudson explains that many people try to hide or fight their flaws, believing they must be perfect to be worthy. This creates stress and inner conflict. Compassionate living, she says, means accepting ourselves as we are—while still working to improve. It is about being honest and gentle. When we treat ourselves with understanding, we become stronger and more balanced.

The book also explores how compassion improves relationships. When we listen deeply and try to understand others, conflicts become easier to handle.



Book Summary: Compassionate Living: A Road to Emotional Growth and Healing (Page 4/5) - continued

Hudson encourages readers to move away from blame and judgment, and instead ask: “What might this person be feeling?” or “What is really going on beneath their behavior?” This shift in thinking helps build trust and connection. It also reduces anger and resentment.

Hudson gives practical tools throughout the book. These include mindful breathing, reflective journaling, and simple exercises to change negative thinking patterns. She shows how small daily habits can lead to big emotional changes over time. For example, taking a few moments each day to reflect on one act of kindness—given or received—can slowly reshape how we see the world.

Another powerful idea in the book is forgiveness. Hudson explains that holding on to anger or hurt only deepens our pain. Forgiveness does not mean forgetting or accepting wrong actions. It means releasing the emotional burden so we can move forward. This is often difficult, but it is an important step toward healing.

The book also highlights the role of compassion in dealing with life’s challenges. Whether it is loss, failure, or disappointment, a compassionate mindset helps us cope with difficulties more gracefully. Instead of asking “Why is this happening to me?” Hudson suggests asking, “What can I learn from this?” or “How can I respond in a way that supports my growth?”

In the later chapters, Hudson connects compassion with a sense of purpose. When people live with kindness and understanding, they not only improve their own lives but also contribute positively to the world around them. Compassion becomes a way of living—not just an occasional act.

In summary, *Compassionate Living* is a guide to emotional healing and personal growth through kindness, awareness, and understanding. It teaches that true strength comes not from being hard or perfect, but from being open, patient, and compassionate. By practicing these values in everyday life, anyone can build a more peaceful mind, healthier relationships, and a deeper sense of fulfillment.



Major Takeaways from the Book:

Here are the major takeaways from Compassionate Living—the ideas that truly matter and can change how a person lives:

1. Compassion starts with yourself

If you are harsh with yourself, it shows in how you treat others. Real change begins when you learn to be kind and patient with your own thoughts and feelings.

2. Awareness is the first step to change

You cannot improve what you do not notice. Paying attention to your thoughts, emotions, and reactions helps you respond wisely instead of reacting blindly.

3. Stop judging—start understanding

Much of our suffering comes from constant judgment—of ourselves and others. When you replace judgment with curiosity and understanding, your mind becomes calmer.

4. Self-acceptance is not weakness

Accepting yourself does not mean giving up on growth. It means starting from a place of honesty and kindness, which actually makes improvement easier.

5. Your thoughts shape your emotional life

Negative thinking patterns create stress and pain. By gently shifting your thoughts, you can build a more positive and balanced inner life.

6. Relationships improve through empathy

When you truly listen and try to understand others, conflicts reduce. Compassion builds trust, respect, and deeper human connection.

7. Forgiveness is a path to freedom

Holding on to anger keeps you stuck. Letting go—without excusing wrong actions—frees your mind and allows healing.

8. Small daily practices create big change

Simple habits like mindful breathing, reflection, and acts of kindness slowly reshape your emotional well-being.

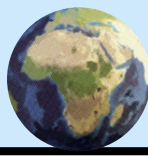
9. Challenges are opportunities for growth

Difficult situations can either harden you or deepen you. A compassionate mindset helps you learn, grow, and stay grounded.

10. Compassion is a way of life

It is not a one-time act. When practiced daily, compassion becomes your natural response—bringing peace, strength, and meaning to your life.

If you look closely, the book is not just teaching a concept; it is offering a practical path to live with more calmness, clarity, and humanity in everyday life.



ARTICLE

Kindness does not need to wait for others. When gratitude begins within, it leads to consistent, meaningful kindness. This article examines how thankfulness can make compassion part of daily life.

When Gratitude Comes First, Kindness Follows: How Feeling Thankful Inspires Us to Act with Compassion

Contributed by Editors

Synopsis:

This article presents a new perspective on kindness by shifting its starting point. Instead of viewing gratitude as a response to kindness, it explores how gratitude can come first and inspire kind actions. When we pause and feel thankful for the opportunity to care, kindness becomes a deliberate choice rather than a reaction.

Through simple stories and everyday examples, the article illustrates how compassion deepens understanding and gratitude shapes our responses. This process, where compassion leads to gratitude and gratitude leads to kindness, supports a steady, meaningful life.

The article notes that when kindness starts from within, it does not depend on others' actions. It becomes steady, genuine, and free from expectations. Over time, this approach builds stronger relationships and a more caring environment.

The main message is clear: when gratitude comes from within, kindness becomes part of daily life, not just an occasional act.

... 2/8

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



Article:

Introduction

Kindness is often seen as a reaction in daily life. Typically, we thank others after they act kindly, assuming gratitude follows kindness.

But what if the flow could be reversed?

What if kindness did not depend on others' actions, but began within us, guided by a quiet sense of gratitude?

Sometimes we pause and feel thankful not for what we receive, but for what we can give. In these moments, kindness shifts from a reaction to a choice.

The central idea is that when gratitude comes from within, kindness becomes a natural and consistent part of our lives.

A different starting point

Most of us experience kindness as something external: someone helps us, we feel grateful, and then may pass that kindness forward.

But there is another way.

At times, we see someone struggling even though nothing has been done for us, and there is no external trigger. Yet something within us responds.

When Gratitude Leads to Kindness

1. *Start Within – Kindness can begin with inner gratitude, not just external triggers.*
2. *Pause First – A simple pause creates space for a thoughtful response.*
3. *Compassion Opens the Door – Seeing others with understanding softens our reactions.*
4. *Gratitude as a Choice – We can feel grateful for the opportunity to care.*
5. *Kindness Without Conditions – True kindness does not depend on others' actions.*
6. *Be the Initiator – You can create kindness rather than wait for it.*
7. *Consistency Matters – Inner-driven kindness becomes steady and reliable.*
8. *Energy of Intention – Actions rooted in gratitude feel genuine and warm.*
9. *Small Moments Count – Everyday situations offer chances to practice this mindset.*
10. *A Way of Life – When gratitude leads, kindness becomes part of who you are.*



Article: When Gratitude Comes First, Kindness Follows (page 3/8) - continued

We pause, feel thankful for the chance to help, and appreciate our ability to care for others.

From this feeling, we choose to act kindly.

Here, **gratitude comes first.**

The quiet role of compassion

This internal shift often begins with compassion.

You notice someone who is tired, anxious, or upset. Instead of reacting, you pause and recognize their humanity. You may see a part of yourself reflected in them.

As Mahatma Gandhi said,

“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.”

Compassion opens the door, softens your response, and invites understanding.

Then something subtle happens. You feel grateful.

Grateful that you can choose your response.

Grateful that you are not bound by impulse.

Grateful that you can act with care.

From there, kindness follows.



A simple story from everyday life

A man stood in a long grocery line. The person ahead argued loudly with the cashier, and the tension was clear.

Many people grew impatient.

He paused. Rather than reacting, he reflected that this person may be having a difficult day.

He felt a quiet gratitude for choosing calm over irritation.

When it was his turn, he smiled at the cashier and said, "You handled that very patiently. Thank you."

The cashier's face relaxed.

Nothing dramatic happened, yet the mood shifted.

A single moment of inner gratitude led to a kind act that eased the situation.

Why this shift matters

When gratitude leads to kindness, three important things change.

1. You become the initiator

You no longer wait for kindness to come to you; you create it. Your actions do not depend on others. They come from your own awareness.

2. Kindness becomes consistent

If kindness depends on external triggers, it will only occur occasionally. When kindness grows from inner gratitude, it becomes steady and part of your character.



3. Your actions carry a different energy

When you act from gratitude, you do not feel obligated or expect anything in return.

What remains is your willingness to help.

Others can sense that difference.

A teacher's quiet lesson

A teacher once shared a simple practice with her students.

Every morning before entering the classroom, she would pause and say to herself:

"I am grateful for the chance to shape young minds today."

This was her starting point.

Her students noticed something unique. She was patient, present, and encouraging.

One day, a student asked her, "Why are you always so calm with us?"

She smiled and said, "Because I see this as a gift."

Her gratitude shaped her actions, which in turn influenced her students.

Her kindness did not depend on her students' actions; it came from her own choices.

Gratitude as a mindset

We often think of gratitude as something we express after receiving. However, gratitude can also be a mindset.

It is the ability to appreciate:

- The opportunity to help
- The ability to respond with care
- The simple fact that we can choose kindness



William Arthur Ward once said,

“Gratitude can transform common days into thanksgivings.”

When gratitude is part of your mindset, everyday moments become meaningful.

A simple daily practice

To experience this shift, try a simple practice.

At the start of your day, ask yourself:

- What opportunities might I have today to show kindness?
- Can I feel grateful for those opportunities in advance?

Then, as situations arise, pause and reflect:

- What is the compassionate response here?
- Can I act from gratitude rather than reaction?

This small change can transform your entire day.

Kindness that flows naturally

When gratitude leads, kindness flows naturally.

You do not have to remind yourself to be kind.

You simply act from an inner place that expresses kindness.

It depends less on effort and more on awareness.

It is less about following rules and more about making intentional choices.



The deeper message

Kindness does not have to begin outside us.

It can begin within.

Compassion allows us to see others more clearly.

Gratitude helps us respond thoughtfully.

Kindness expresses both qualities.

Together, they create a simple but powerful path:

Compassion → Gratitude → Kindness

Conclusion

Ultimately, kindness and gratitude are closely connected. However, the order in which they occur matters.

When gratitude follows kindness, it strengthens it.

But when gratitude comes first, it changes us.

It allows us to act intentionally, respond with care, and create positive moments, even if no one else does so first.

We do not need grand opportunities to live like this.

We only need small moments of awareness.

A pause.



A reflection.

A quiet sense of appreciation.

From there, kindness flows.

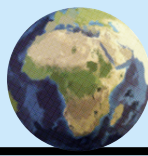
And over time, it becomes more than an action.

It becomes a way of life that makes a lasting difference for those around us and for ourselves.

Gratitude at the Heart of Kindness

This article presents a new perspective on kindness, showing it can begin with gratitude. When we pause, feel compassion, and appreciate caring, kindness arises naturally. It does not depend on others; it comes from within.

This shift makes kindness steadier, authentic, and free from expectations. Small moments become opportunities to act with care and awareness. Over time, this practice shapes who we are and how we relate to others. The main idea is simple yet powerful: when gratitude leads, kindness becomes a steady, meaningful part of life.



Video

The Power of Gratitude: Robert Emmons



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

AI Summary (by ChatTube AI):

The video features Robert Emmons discussing the power of gratitude, which he has studied extensively over the past decade. Emmons asserts that gratitude has the power to heal, energize, and change lives. People often report that gratitude helps them heal from past hurts and provides hope and inspiration for the future. Gratitude shifts the focus from what one lacks to what one already has.

He defines gratitude as having two components: first, an affirmation of goodness in life, recognizing that life has benefits and gifts despite its imperfections; second, an attribution of that goodness to an external source, whether other people or a higher power. This recognition implies a giver behind the good things, fostering a humble dependence and thankfulness.

... page 2/3

The soul is the same in all living creatures, although the body of each is different.



Summary (continued):

Emmons distinguishes between the short-term feeling of gratitude, such as feeling thankful for a gift, and a deeper, habitual orientation of gratitude—a way of seeing life through "gratitude glasses." This deeper gratitude is a fundamental life orientation, where a grateful person accepts all of life, good and bad, as a gift or potential gift.

He notes that gratitude is complex and nuanced, not just simple appreciation. While gratitude interventions like journaling can help, the ultimate goal is to cultivate a lasting attitude of gratitude. Grateful people tend to be happier, more satisfied, and also more generous, compassionate, forgiving, and pro-social. Studies show that gratitude leads to positive behaviors and changes noticed by others, such as increased helpfulness and generosity.

Emmons also discusses the rarity of truly ungrateful people, as ingratitude is widely seen as a vice and often linked to antisocial behavior. Most people fall somewhere on a continuum between grateful and less grateful. Less grateful individuals tend to focus on scarcity, deprivation, and burdens, while grateful individuals see life as abundant and full of gifts. This positive orientation toward oneself, others, and the world leads to more functional and positive outcomes overall.

Key Points:

1. Gratitude has the power to heal, energize, and change lives.
2. It involves affirming the goodness in life despite imperfections.
3. Gratitude requires recognizing that goodness comes from outside oneself.
4. There is a difference between feeling grateful and being a grateful person.
5. Deep gratitude is a life orientation, seeing all of life as a gift.
6. Grateful people tend to be happier, more satisfied, and more generous.
7. Gratitude promotes compassion, forgiveness, and pro-social behavior.
8. Ingratitude is rare and often viewed as a social vice.
9. Less grateful individuals focus on scarcity and deprivation.
10. Cultivating gratitude leads to more positive and functional life outcomes.



Video: The Power of Gratitude: Robert Emmons (Page 3/3)

Key Takeaways:

Key Takeaways for People of All Ages and Professions:

1. **Gratitude Enhances Well-Being:** Practicing gratitude can improve happiness, life satisfaction, and emotional health regardless of age or profession.
2. **Focus on What You Have:** Shifting attention from what is lacking to appreciating existing blessings fosters a positive mindset.
3. **Recognize the Source of Goodness:** Acknowledge that many benefits come from others or external forces, encouraging humility and connection.
4. **Develop Gratitude as a Habit:** Moving beyond occasional thankfulness to a consistent attitude of gratitude can transform your outlook on life.
5. **Gratitude Promotes Positive Relationships:** Being grateful encourages generosity, forgiveness, and pro-social behaviors that strengthen personal and professional bonds.
6. **Overcome Obstacles to Gratitude:** Even when life is challenging, cultivating gratitude helps reframe difficulties as opportunities or gifts.
7. **Gratitude is a Universal Virtue:** It is valued across cultures and social contexts, making it a powerful tool for social harmony and personal growth.
8. **Start Small:** Simple practices like journaling or expressing gratitude can help cultivate a deeper sense of gratitude.
9. **Gratitude Supports Resilience:** It can help heal past hurts and provide hope and inspiration for the future.
10. **Apply Gratitude Daily:** Integrating gratitude into everyday life can lead to sustained positive changes in mood, behavior, and overall success.

Value of this Video

This video offers valuable insights from Robert Emmons on how gratitude can heal, energize, and transform lives. It explains the difference between feeling grateful and living with gratitude as a habit, highlighting its benefits for happiness, generosity, and relationships.

The video provides practical understanding and inspiration for cultivating gratitude to improve well-being and social connections.

The true measure of any society can be found in how it treats its most vulnerable members.



Book Summary

A practical guide to building a daily gratitude habit that improves well-being, reduces stress, and deepens relationships. Through simple practices, it shows how small shifts in mindset can lead to lasting happiness and fulfillment.

Cultivating Gratitude: How A Daily Practice Can Improve Your Well-Being

by [Zafubliss.com](https://www.zafubliss.com) (Author)

Reference: <https://www.amazon.ca/Cultivating-Gratitude-Practice-Improve-Well-Being/dp/BOCV5PBR6/>

Synopsis of the Book Summary:

Cultivating Gratitude: How A Daily Practice Can Improve Your Well-Being presents gratitude as a practical habit that can transform everyday life. The book explains that gratitude is not just a feeling but a skill that can be developed through consistent practice, even during difficult times. By shifting focus from what is missing to what is present and meaningful, individuals can build a more positive and resilient mindset.

The author offers simple techniques such as journaling, expressing appreciation to others, and practicing mindful awareness of daily moments. These habits help reduce stress, improve emotional well-being, and strengthen relationships. The book also highlights that gratitude does not ignore life's challenges but helps people find meaning and growth within them. Overall, it shows how small, daily acts of gratitude can lead to lasting happiness, deeper connections, and a more fulfilling life.

... page 2/5



Book Summary:

“Cultivating Gratitude: How A Daily Practice Can Improve Your Well-Being” by Zafubliss.com is a practical and uplifting guide that explains how a simple daily habit of gratitude can significantly improve one’s mental, emotional, and even physical well-being. The book is written in an accessible style, making it suitable for readers from all walks of life who want to live a more positive and meaningful life.

At its core, the book argues that gratitude is not just a feeling but a skill that can be developed through consistent practice. Many people assume gratitude comes naturally only when life is going well. However, the author emphasizes that gratitude can be consciously cultivated—even during difficult times—and that doing so can transform how we experience life. By shifting attention away from what is lacking to what is present and meaningful, individuals can gradually reshape their mindset.

The book highlights the strong connection between gratitude and well-being. Research shows that practicing gratitude can increase happiness, reduce stress, improve sleep, and enhance overall health.

It also explains that gratitude helps counter the human tendency to focus on negative experiences. When people intentionally notice and appreciate positive moments—no matter how small—they begin to build a more optimistic and resilient outlook on life.

The Power of Daily Gratitude

- Gratitude is a skill—you can build it with daily practice.
- Focus on what you have, not what you lack.
- Small moments of appreciation can shift your entire mindset.
- A gratitude journal trains your mind to notice the positive.
- Expressing thanks strengthens relationships and builds trust.
- Gratitude reduces stress and improves emotional well-being.
- Being present helps you experience “mindful gratitude.”
- Gratitude does not ignore problems—it reframes them.
- Difficult experiences can still offer lessons to be thankful for.
- Consistency matters more than intensity in building the habit.
- Gratitude encourages kindness and creates a ripple effect.
- A grateful mindset leads to greater resilience and inner peace.



Book Summary: Cultivating Gratitude: How A Daily Practice Can Improve... (Page 3/5) - continued

A major focus of the book is on practical application. It offers simple, daily exercises that readers can easily incorporate into their routine. One of the most common practices suggested is keeping a gratitude journal—writing down a few things each day for which one is thankful. This habit helps train the mind to seek out positive experiences rather than dwell on problems. Another practice is expressing appreciation to others, such as writing thank-you notes or verbally acknowledging someone’s kindness. These actions not only improve personal well-being but also strengthen relationships.

The author also introduces the idea of “mindful gratitude,” which involves being fully present and appreciating everyday moments—such as enjoying a meal, noticing nature, or recognizing small acts of kindness. This approach encourages readers to slow down and become more aware of the good things around them, rather than rushing through life on autopilot.

An important insight in the book is that gratitude does not mean ignoring challenges or pretending everything is perfect. Instead, it is about finding meaning and learning even in difficult situations. By reflecting on hardships and identifying lessons or growth opportunities, individuals can develop greater emotional strength and resilience. Studies support this idea, showing that gratitude can improve coping and help people recover from adversity.

The book also explores the social benefits of gratitude. When people express appreciation, it builds trust, deepens relationships, and creates a sense of connection with others. Gratitude encourages generosity and kindness, often creating a ripple effect where positive actions inspire more positive actions.



Book Summary: Cultivating Gratitude: How A Daily Practice Can Improve... (Page 4/5) - continued

In conclusion, *Cultivating Gratitude* presents a clear and practical message: small, consistent acts of gratitude can lead to powerful changes in how we think, feel, and live. By making gratitude a daily habit, individuals can experience greater happiness, stronger relationships, and a deeper sense of fulfillment. The book reminds readers that while life may not always be perfect, there is always something to be grateful for—and recognizing it can transform one's entire outlook.

Who is this book for?

This book is for anyone who wants to improve their outlook on life in a simple, practical way. It is especially useful for:

- People feeling stressed, overwhelmed, or stuck in negative thinking
- Individuals seeking greater happiness, peace of mind, and emotional balance
- Those interested in personal growth and building positive daily habits
- Professionals and business leaders who want to bring more positivity into their work and relationships
- Students and young adults learning to manage life's pressures
- Anyone going through challenges and looking for a healthier way to cope
- Readers new to mindfulness or self-improvement who prefer clear, easy-to-follow guidance

In short, it is for everyday people who want to live with more awareness, appreciation, and inner contentment—without needing complex or time-consuming practices.



Book Summary: Cultivating Gratitude: How A Daily Practice Can Improve Your Well-Being (Page 5/5)

✦ Key Takeaways:

1. Gratitude is a practice, not a personality trait
You don't have to "feel grateful" to begin. Start the practice, and the feeling follows.
2. What you focus on shapes your life
If you train your mind to notice what is good, your experience of life becomes more positive and balanced.
3. Small, daily actions matter more than big efforts
A few minutes of gratitude each day is more powerful than occasional, intense reflection.
4. Gratitude improves mental and emotional health
It reduces stress, anxiety, and negative thinking, while increasing happiness and calm.
5. It strengthens relationships
Expressing appreciation—clearly and sincerely—builds trust and deepens connections.
6. Gratitude builds resilience
It helps you face difficulties with a steadier mindset and find meaning even in challenges.
7. Awareness is the gateway to gratitude
You cannot feel grateful if you are rushing through life. Slow down and notice.
8. Gratitude shifts you from scarcity to abundance thinking
Instead of "I don't have enough," you begin to see "I already have much."
9. Writing and speaking gratitude amplifies its impact
Journaling and verbal appreciation make gratitude more real and lasting.
10. Gratitude creates a ripple effect
Your appreciation encourages kindness in others, spreading positivity beyond you.

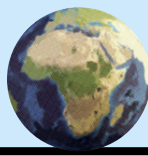
If you step back, the core message is simple but powerful:

Change what you pay attention to, and you change how you experience your life.

Gratitude as a Daily Practice

Gratitude is a simple but powerful daily practice that can reshape how you experience life. By focusing on what is present and meaningful, you gradually reduce stress, build resilience, and improve relationships. Small, consistent actions—like journaling or expressing thanks—train your mind to see the positive, even during challenges. Over time, this shift creates a calmer, more fulfilled, and optimistic outlook. The message is clear: practice gratitude daily, and your life begins to change from within.

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.



GANDHI'S VOWS FOR YOUTH (14-27) ESSAYS

To read published Essays, check here: <https://gandhiji.ca/newsletters>

Yashas Naik (Abhay - Fearlessness) (#6)
Grade 12 student, Lisgar Collegiate Institute, Ottawa

Manasvi Tiru (Satya - Truth) (#6)
Grade 12 (IB) student, Colonelby High School, Ottawa

Rhea Jain (Ahimsa - Power of Nonviolence) (#7)
Grade 12 student, All Saints High School, Kanata

Abhishek Sinha (Abhay - Fearlessness) (#7)
1st Year Computer Science student, Carleton University, Ottawa

Nidhi Chauhan (Nonviolence and Religious equality) (#8)
Master of Computer Science, University of Ottawa

Abhijit Sinha (Brahmacharya - Self-Discipline) (#8)
3rd Year Translational Molecular Medicine, University of Ottawa

Divya Taneja (Aparigraha - Non-possession) (#9)
Grade 9 student, Bayview Secondary School, Toronto

Sayan Majumdar (Ahimsa - Nonviolence) (#9)
Grade 12 student, Ottawa Technical Secondary School

Pritha Chirag-Shah (Brahmacharya / Self-Discipline) (#9)
Grade 10 student, Earl of March Secondary School

Avni Jain (Abhaya - Fearlessness) (#10)
Grade 10 student, O'Neill Collegiate and Vocational Institute

Sparsho Chakraborty (Aswada / Feeding the Mind) (#10)
Bachelor of Health Sciences, First Year (University of Ottawa)

Anika Jain (Sharirshrama / Body Labour) (#10)
Bachelor of Health Sciences, Second Year (Univ of Western Ontario)

Ammi Paul (Asteya / Non-stealing) (#10)
Bachelor of Translational and Molecular Medicine, 3rd Year (University of Ottawa)

Moumita Dutta (Abhaya / Fearlessness) (#10)
Bachelor of Translational and Molecular Medicine, 3rd Year (University of Ottawa)

Nikhila Parameswaran (Brahmacharya / Self-discipline) (#11)
Grade 12, Cairine Wilson Secondary School

Yash Prasad (Brahmacharya / Self-discipline) (#21)
DIVYA Group (Grade 10, Maxwell Heights Secondary School, Toronto)

Hridyansh Chanana (Satya, Ahimsa, Brahmacharya, Seva, Abhay, Saral Jeevan) (#21)
DIVYA Group (Grade 10, Notre Dame Catholic Secondary School, Toronto)

Dhruti Dattani (Abhaya / Fearlessness) (#22)
DIVYA Group (Grade 11, Pickering High School, Toronto)

Pranav Jain (Aswada / Control of the Palate) (#22)
(B.Com Hons from McMaster University, Hamilton)

Ahsha Khandelwal Young (Ahimsa / Nonviolence) (#24)
3rd Year Medical student (St. Andrews Medical School, Scotland)

Kishen Khandelwal Young (Abhay / Fearlessness) (#24)
Grade 12 (Neuchâtel Junior College, Neuchâtel, Switzerland)

Promoting Mahatma's Principles of Peace & Non-violence

GANDHI'S VOWS FOR YOUTH

YOUTH LEARN ONE OR TWO VOWS AND WRITE AN ESSAY.

Mahatma Gandhi
Peace Council of Ottawa

WE INVITE UNIVERSITY, COLLEGE, AND HIGH SCHOOL STUDENTS TO UNRAVEL THE POWER OF GANDHI'S 11 VOWS

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Embrace Gandhi's 11 Vows to find balance, enhance mental health, strengthen social connections, and discover purpose and fulfillment.

Pick a Vow, Learn, and Write Essay:

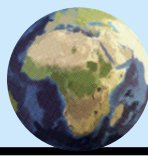
- Register as a participant.
- Browse the Vows Learning Guide.
- Choose a Vow that resonates with you and connects with your experiences and aspirations.
- Write (no AI) a 750-word essay in English or French, describing your perspectives on the application of this Vow in your life, in society, and in the world in modern times.
- Submit your essay online here.

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For Information, contact: Mamata Dutta (613-406-1970) | Anil Agrawal (613-859-8654)

Simplicity in food, simplicity in living, and simplicity in thought go together.



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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the Peace Council:
www.gandhiji.ca/joinus



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

This simple statement reflects Gandhi's belief in personal responsibility, action, and the power of individual transformation as a catalyst for societal change.

The above statement urges everyone to embody the values they wish to see in society, emphasizing that real change starts with oneself.