

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

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JUNE 2024



ISSUE 4



HAPPY CANADA DAY 2024

Mahatma Gandhi Peace Council of Ottawa is pursuing the mission to educate communities on Gandhi's principles of peace and non-violence and fostering harmony across cultures.

Contribute content/Provide feedback

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Happy Canada Day 2024!

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2024 – Our Programs and Events

Kick-off Event - Bill McKibben's Lecture on Climate Control

Gandhi Memorial Day (Feb 2) with Bill McKibben's lecture on "Climate Control," engaged over 400 attendees in discussion on climate change and sustainability.

Essay Project

For high school/post-secondary students

WRITE AN ESSAY and get published in "Gandhi's Echo: Voices of Tomorrow."

Kids Playbook Project

Gandhi's 11 Vows: Reflections from Young Minds, featuring kids' artwork ...a creative journey through Gandhi's principles.

"Gandhi's Principles in Action" Lecture Series

June 8 - Earth's Promise - Sustainability for a Brighter Future

Aug - Some talks with an indigenous community organization (TBD)



August 10 - A Circle of All Nations Presentation on the Peace Work and Legacy of Late Algonquin Elder William Commanda, in alignment with The Mahatma Gandhi Principles of Peace and Non-Violence .

Gandhi Jayanti 2024



Oct 5 - Garlanding of Statue with singing of hymns & speeches.

Sept 28 (tentative) - Cultural function comprising a slideshow, dance and music performances, followed by dinner.

M.K. Gandhi Annual Lecture

In Nov - Concluding the year with our flagship event featuring one or more distinguished speakers exploring Gandhi's enduring relevance in modern times.



HAPPY CANADA DAY 2024

Inspired by Gandhi: Celebrating Canada Day with Renewed Commitment to Peace and Justice

**CONGRATULATIONS TO ALL
CANADIANS ON THIS CANADA DAY!**

As we come together to celebrate the confederation of our great nation, it is a wonderful opportunity to reflect on the values that define us—values that resonate deeply with the teachings of Mahatma Gandhi.

- **Unity and Diversity:** Just as Gandhi championed the cause of unity among diverse populations, Canada's multicultural fabric is a testament to our strength in diversity. This Canada Day, we celebrate our rich mosaic of cultures and the unity that binds us.
- **Peace and Non-violence:** Embodying Gandhi's principle of non-violence, Canada's global reputation as a peacekeeping nation mirrors our commitment to fostering peace and security worldwide. Today, we reaffirm our dedication to these peaceful principles.
- **Rights and Freedoms:** Gandhi's fight for rights and freedoms echoes in the liberties we cherish here in Canada, including those enshrined in our Charter of Rights and Freedoms. As we celebrate, let us continue to uphold and protect these rights for every Canadian.
- **Social Justice and Equity:** Inspired by Gandhi's advocacy for social justice, Canada continually strives to improve equity and inclusivity. This Canada Day, let us renew our commitment to justice and equality for all, including advancing reconciliation with Indigenous communities.
- **Environmental Stewardship:** Reflecting on Gandhi's call to live in harmony with nature, we are reminded of our responsibility to protect Canada's vast natural landscapes. As we celebrate, let's commit to being stewards of our environment for future generations.

This Canada Day, let us draw inspiration from Gandhi's legacy as we celebrate our nation's past achievements and look forward to building an even brighter future together. Here's to a joyful and reflective Canada Day!

**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.**



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Your unwavering support and commitment inspire us every day.

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Mr. Saif Terai

AN APPEAL TO THE COMMUNITY

Join Us as a Member and Support our Mission

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





Events in June, July & August 2024

June						
Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



June 1 - Sewa in Soup Kitchen
(Shepherds of Good Hope)



June 8 - Earth's Promise -
Sustainability Solutions for a brighter
Future (Talks + a Movie)

July						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



June - Launched a kid's program
"Gandhi's Vows for Kids: Reflections
from Young Minds... .. featuring kids'
artwork and narratives, A creative
journey through Gandhi's principles.



Date to be determined in July - Tree
Plantation Drive

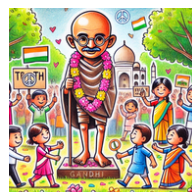
August						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		



Aug 10 - A Circle of All Nations Presentation
on the Peace Work and Legacy of Late
Algonquin Elder William Commanda, in
alignment with The Mahatma Gandhi Principles
of Peace and Non-Violence.

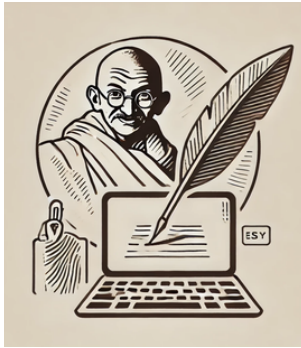


'Essay on Gandhian Principles' Initiative
University, College, and High School
Students, We invite you to embark on a
Journey of Reflection and creative
writing.



'Gandhi's Vows for Kids' Initiative

Celebrating Gandhi's Legacy with the
Creativity of Young Minds (kids 9-13)



'Essay on Gandhian Principles' Initiative to Educate Young Minds

UNIVERSITY, COLLEGE, AND HIGH SCHOOL STUDENTS, WE INVITE YOU TO EMBARK ON A JOURNEY OF REFLECTION AND CREATIVE WRITING.

WRITE AN ESSAY ON GANDHIAN PRINCIPLES & PHILOSOPHIES.
Your Essay will be published in an eBook/Book "Gandhi's Echo: Voices of Tomorrow."

UNVEIL THE POWER OF GANDHIAN THOUGHT:

Students, dive into how Gandhi's ideas on peace, sustainability, and social justice apply today. Research and share your thoughts in an essay. Your insights matter to the community. This project will also enhance your extracurricular activities. You could win a prize or trophy and will receive a certificate of honor.

- Register as an essay-writer: <https://gandhiji.ca/essay-register>
- Choose a topic, research, and write (no AI) essay in English or French (750 words):
 - Applying Gandhian Non-Violence in Today's Digital World
 - Gandhi's Principles of Sustainability: A Blueprint for the Modern Environmental Movement
 - Satyagraha: How Gandhi's Truth-Seeking Can Shape Today's Social Movements
 - Gandhi's Vision of Education: Relevance in the 21st Century
 - Community Building through Gandhian Ethics: Lessons for Today's Society
- Submit your essay: <https://gandhiji.ca/essay-submit>



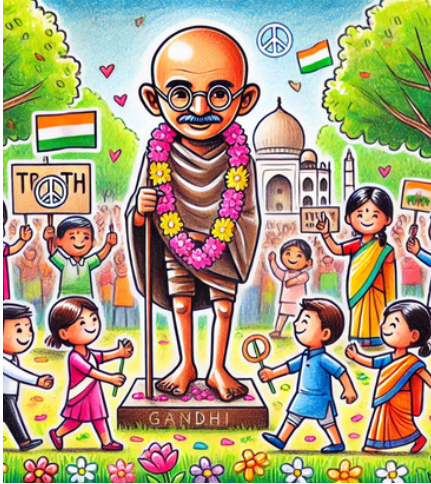
After submission of all essays

- **Essay Evaluation:** Your essay will be judged by a committee based on three evaluation criteria: Presentation, Relevance, Originality.
- You will join us at a special ceremony featuring the High Commissioner of India and the Mayor of Ottawa.
- The top three essays will earn a trophy or award. The top ten essays will be publicly presented by their authors. Additionally, all participants will receive a certificate and a memento to honor their contribution.
- Your essay will be published under your name in a widely distributed eBook and paperback titled "Gandhi's Echo: Voices of Tomorrow." This publication will showcase your work and share it with a broader audience.

YOUR PERSPECTIVE IS POWERFUL – POST IT PROUDLY!

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

A sincere prayer can work wonders.



“Gandhi’s Vows for Kids” Initiative

LET US CELEBRATE
GANDHI'S LEGACY WITH
THE CREATIVITY OF YOUNG
MINDS (KIDS 9–13)

... AND PUBLISH A KIDS' PLAYBOOK

GANDHI'S 11 VOWS: REFLECTIONS FROM YOUNG MINDS

... FEATURING KIDS' ARTWORK AND NARRATIVES, A
CREATIVE JOURNEY THROUGH GANDHI'S PRINCIPLES.

Here's how the project will run:

- With the help of a teacher/parent, kids learn Gandhi's vows, grasp principles like honesty, kindness, discipline, respect, and equality, and reflect on how to express it. [Click here to read the Teaching Manual for Teachers/Parents.](#)
- **Deliverable:** Kids choose one or more vows, and depict each vow as a sketch/artwork, or an 8–10 line poem, or a 200 word essay/story; [Click here to submit your creation by Aug 31, 2024.](#)
- There is no competition. Everyone's entries (artwork or writeup) with their name will be published in a Playbook.
- We'll display the artwork/writeups and launch the Playbook at a Gandhi Jayanti 2024 cultural function in September, 2024.
- Kids will be invited to attend the function; each kid will receive a certificate of participation in this project.



"A child is a potent means of spreading goodness. The child has unbounded power to influence others."

— Mahatma Gandhi, as quoted in "Mahatma Gandhi: Selected Political Writings," edited by Dennis Dalton



GANDHI'S 11 VOWS: A KID'S POEM

Generated by ChatGPT



Truth (Satya)

Tell the truth, be honest and bright,
Speak with your heart, and do what's right.



Nonviolence (Ahimsa)

Be kind to all, don't hurt or fight,
With gentle hands, we make things right.



Non-stealing (Asteya)

What isn't yours, leave it be,
Respecting others' property.



Self-discipline (Brahmacharya)

Use your energy, mind, and might,
To learn and grow, and do what's right.



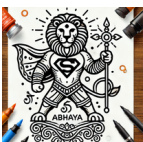
Non-possession (Aparigraha)

Keep what you need, share the rest,
Giving to others is always best.



Control of Palate (Asvada)

Eat what's healthy, eat what's good,
For a happy mind and a healthy mood.



Fearlessness (Abhaya)

Be brave and bold, face your fears,
With courage and smiles, wipe away tears.



All Religions Equal (Sarva Dharma Samanatva)

All beliefs deserve respect,
In every faith, love is kept.



Freedom from Untouchability (Asprishyatanivaran)

Treat everyone with equal grace,
No one's better, we all have a place.



Body-labor (Sharirshrama)

Work with your hands, work with pride,
Helping others, side by side.



Swadeshi

Support your home, buy local too,
Helping our community, me and you.



Mahatma Gandhi

"A child is a potent means
of spreading goodness.
The child has unbounded
power to influence
others." ... Gandhi

Truth alone will endure, all the rest will be
swept away in the tide of Time.



Community Service Event - June 1, 2024

Sewa (Service) at a Soup Kitchen

Reflections by Anil Agrawal, Suman Agrawal, Mamata Dutta, Brij Gupta, Sushil Kumar, & Manju Lata

In our latest outreach initiative, some of us volunteered at the **Shepherds of Good Hope** soup kitchen on June 1st. This experience allowed us to embrace the true spirit of service by preparing and serving wholesome vegetarian meals to those in need.

Guided by the Gandhian principle of compassion and service to humanity, this act of kindness highlights the impact that simple, selfless actions can have. It is a poignant reminder that even the smallest gestures can bring profound change, reinforcing our commitment to Gandhi's ideals of empathy and selfless service.

This was my first exposure to and opportunity to serve the hungry and homeless people lining up to receive food. Seeing the unprivileged up close was a heartrending experience for me. I wondered about the psychology of those people. Many of them expressed gratitude at the generosity of the soup kitchen, which provides a crucial lifeline to those who are struggling. The stark reality of their daily lives and their resilience are powerful reminders of the inequalities within our society.

Soup kitchens like Shepherds of Good Hope serve a noble and essential cause. They provide nutritious meals to the hungry and needy and offer a sense of dignity and hope to those who often feel forgotten. Ensuring everyone has access to basic necessities, these institutions embody the essence of community and the spirit of giving. Their work is a testament to the power of compassion and the impact of collective effort in addressing the plight of humanity.

Participating in these activities meets immediate needs and fosters a sense of community and shared responsibility. The experience was enlightening and inspirational, renewing our hope and determination to continue our efforts. It underscored the importance of collective action in bringing about positive change and touching the lives of many.

Through our community service, we strive to honor Gandhi's legacy by making a tangible difference in our community. This Shepherds of Good Hope initiative is just one example of our ongoing commitment to living out these values and working towards a more compassionate and equitable society.



Lecture on Soil Preservation - June 8, 2024

Earth's Promise – Sustainable Solutions for a Brighter Future

Location: Lecture Theatre, Room #303
Paterson Hall, Carleton University
Parking in Lot P1 (Library Road)

Saturday, June 8, 2024 (3:30-6:00 PM) - FREE
Register: <https://gandhiji.ca/sarthapromise>

PROGRAM: Talks - Movie - Q&A - Refreshments

Talk 1: Significance of Soil Revitalization by Sai Kiran Vangavallu

Sai Kiran Vangavallu, a Construction Management professional with a Master of Engineering from Concordia University, will delve into the critical issue of soil degradation. With six years of experience in major construction projects, Sai Kiran is also an active volunteer with the Isha Foundation, promoting the Save Soil movement. His presentation will highlight the alarming rate of soil organic content depletion, leading to desertification, and its impact on global ecosystems. He will discuss the importance of healthy soil for food, water, and ecosystem preservation and share insights from the Save Soil initiative, supported by international organizations like the WFO and US SPCG lab.

Talk 2: The Environmental Movement in Ottawa by Pratigga Chowdhury

Pratigga Chowdhury, Communications and Events Organizer of Ecology Ottawa will share her insights on the local environmental movement. A University of Ottawa graduate with a Bachelor of Social Science in Political Science, Pratigga has co-founded the Ontario Student Action Network (OSAN) and has a rich background in policy research with various NGOs. Her talk will focus on community mobilization for social and environmental justice, drawing from her experiences in ecological conservation and displacement research. She will discuss her efforts to create a green and equitable Ottawa, working alongside dedicated volunteers and community members.

Film Screening: "Kiss the Ground"

"Kiss the Ground" is a powerful documentary that uncovers the potential of soil regeneration to address climate change, restore ecosystems, and secure food supplies. Through stunning visuals, including NASA and NOAA footage, the film illustrates how healthy soil can draw down atmospheric carbon, offering a practical solution to stabilize Earth's climate. This inspiring film aims to spark a global movement toward sustainable practices and environmental stewardship.

Join us for a day dedicated to understanding and nurturing our planet.

Earth's Promise - Sustainability Solutions for a Brighter Future:

Today, June 8th, we gathered for this event, a day dedicated to exploring urgent and critical environmental sustainability issues. The event was a profound journey into the heart of our planet's ecological challenges and the actionable solutions we can adopt.

First, **Sai Kiran Vangavallu**, illuminated the crucial significance of soil revitalization. Through his insightful presentation, we learned about the alarming rate of soil degradation and its far-reaching impacts on food security, water quality, and ecosystem health.

Sai Kiran's deep expertise and passion for the Save Soil movement highlighted the urgent need to restore our soils to combat desertification and sustain life on Earth.

Pratigga Chowdhury's talk on the "Environmental Movement in Ottawa" highlighted the power of community-driven action and grassroots movements. Her experiences in policy research and activism underscored the importance of local engagement in achieving environmental justice. Pratigga inspired us with her dedication to mobilizing communities and fostering a greener, more equitable city.

The screening of the "**Kiss the Ground**" documentary was a pivotal moment in our event. This powerful documentary revealed the immense potential of regenerative agriculture to address climate change, restore ecosystems, and secure our food supplies. The film showed us that healthy soil is the foundation of a stable climate and a thriving planet through compelling visuals and expert insights. It was both enlightening and heartrending, leaving a lasting impression on all attendees.

Today's event underscored our profound responsibility for nurturing our planet. The key takeaways from our discussions and the film screening emphasized that we can make a significant impact by restoring soil health, engaging in local environmental activism, and adopting sustainable practices. We were reminded that our actions today will shape the future for generations to come.

In conclusion, "Earth's Promise: Sustainability for a Brighter Future" was more than just an event—it was a call to action. It inspired us to commit to sustainable living and environmental stewardship. Together, we can nurture our Earth and work towards a brighter, more sustainable future for all.



Echoes of Gandhi: Past Lectures Revisited

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (*Talk published in Issue #1*)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (*Talk published in Issue# 2*)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (*Talk published in Issue# 3*)
- 4) **[2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion](#)** (*in this Issue*)
- 5) 2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris
- 6) 2020 "Mahatma Gandhi - Beyond the Civil Rights Movement - Panel Discussion
- 7) 2019 "Gandhi and Human Rights" by Vinay Lal
- 8) 2019 "Gandhi in the Modern Times) - Panel Discussion
- 9) 2019 "Jai Jagat: A 10,000 KM March..." by Jill Carr-Harris
- 10) 2018 "Gandhi and the Human Rights to Peace" by Douglas Roche
- 11) 2018 "Reflections on Gandhi, the Great Law of Peace and Indigenous Resurgence" by Taiaiake Alfred
- 12) 2017 "Samdarshana and Sambhava: Gandhi on the Plurality of Religions" by Dr. Bindu Puri
- 13) 2017 "Mahatma Gandhi Today" - Panel Discussion
- 14) 2016 "A Centre for Peace (A Vision for the Sacred islands in the Ottawa River)" by Douglas Cardinal
- 15) 2015 "The Mahatma, the Pope, and the Planet - Gandhian Reflections on the Pope's Recent Letter on Environment" by Dr. Noel Salmond
- 16) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma
- 17) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University
- 18) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal
- 19) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber
- 20) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel
- 21) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond
- 22) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik
- 23) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia
- 24) 2008 "Gandhi and Women" by Trichur Rukmani
- 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.**



Past Lecture # (4)

2021-10-02 PANEL DISCUSSION ON: "MAHATMA GANDHI AND ISLAMIC NONVIOLENCE"



**11:05 Panelists introduced 15:00 Mr. Faisal Khan (speaking in Hindi/Urdu)
26:47 Dr. Muhammad Al-Ninowy 32:00 Dr/. Jeffry Halverson**

Summary of the video (by ChatTube app): The panel discussion addressed several key points:

1. The concept of non-violence and its relevance in various aspects of life, including social injustices, gender roles, and treatment of animals.
2. The importance of Sufism or Islamic mysticism in countering rising hatred and Islamophobia, especially in Western societies.
3. The interpretation and evolution of the concept of Jihad, exploring how it can be understood in a contemporary context.

The panelists articulated these points and provided insights and perspectives on these topics during the discussion.

In Islam, the core principles of non-violent jihad include:

1. Seeking knowledge and personal growth to strive for spiritual excellence and moral virtues.
2. Engaging in self-improvement by practicing patience, forgiveness, and compassion in all aspects of life.
3. Emphasizing peaceful resistance and non-violent strategies to address social injustices and tackle challenges.
4. Promoting understanding, respect, and cooperation among diverse communities and religions.
5. Advocating for social justice, equality, and human rights through non-violent means, in alignment with Islamic teachings and values.

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



PROMOTING INNER PEACE FOR GLOBAL COMPASSION: EMBRACING DUTY AND RESPONSIBILITY

Article by the Editors

Synopsis

The article "Inner Peace: The Path to Compassionate Action and Responsibility" challenges the misconception that pursuing inner peace leads to complacency and withdrawal from societal issues. Instead, it argues that inner peace fosters self-awareness, clarity, and a sense of duty towards humanity, making individuals more effective in addressing global challenges like hunger, poverty, and suffering. Using examples of historical figures such as Mahatma Gandhi and Martin Luther King Jr., who maintained inner peace while leading significant social movements, the article illustrates that inner tranquility empowers compassionate action and sustained efforts. Inner peace enhances mental clarity, emotional stability, physical health, and productivity, enabling individuals to connect deeply with others and contribute meaningfully to their communities. The ultimate aim is to build a society of responsible and compassionate individuals who act with vigor and an enhanced sense of duty towards humanity. By embracing inner peace, individuals can become beacons of empathy and strength, capable of making a significant positive impact on the world.

Introduction

In today's world, many people struggle to understand the concept of inner peace. Some may see it as a way to avoid dealing with the challenges of life or to shirk their duty to humanity at large. However, seeking inner peace is not about withdrawing from the world; it is about developing self-awareness, clarity, and a strong sense of responsibility towards others. Our aim is to encourage a society of caring and conscientious individuals who are in tune with the realities of life and who take action with determination and a heightened sense of duty to their families, communities, and the world as a whole.

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Promoting Inner Peace for Global Compassion: Embracing Duty and Responsibility ...

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Inner Peace: A Foundation for Action

Inner peace is not about being complacent, but about creating a stable foundation from which meaningful action can arise. When our minds are clear and our emotions are balanced, we are better equipped to face the world's challenges with determination and compassion. As the Dalai Lama wisely stated, "We can never obtain peace in the outer world until we make peace with ourselves." Inner peace provides the clarity and strength necessary to engage effectively with the world's problems.

Anecdotes and Examples

Consider the story of Mahatma Gandhi, one of the greatest advocates of nonviolence and social justice. Gandhi practiced meditation and maintained a strong inner spiritual discipline. His inner peace was not an end, but a means to fuel his relentless pursuit of justice and equality. Despite constant turmoil and challenges, his inner calm allowed him to lead a massive nonviolent movement, inspiring millions and effecting significant social change.

Similarly, Martin Luther King Jr. found strength in his spiritual practices, which provided him with the inner peace needed to lead the Civil Rights Movement. His famous words, "Injustice anywhere is a threat to justice everywhere," reflect his deep commitment to addressing societal issues. This commitment was supported by his inner tranquility and clarity of purpose.

Inner Peace and Self-Awareness

Inner peace fosters self-awareness, which is crucial for understanding our duty and responsibility towards others. When we are self-aware, we can better recognize our strengths and limitations and know how to contribute most effectively to the world. Self-awareness allows us to see beyond our own needs and desires to the needs of those around us.

Inner Peace and Compassionate Action

A peaceful mind is an empathetic mind. When we cultivate inner peace, we become more attuned to the suffering of others and more motivated to help alleviate it. This compassionate action begins at home, within our families, and extends to our communities and the world. By fostering inner peace, we create individuals who are at peace with themselves and driven to make peace and well-being for others.

continued ... to page 3/3



Promoting Inner Peace for Global Compassion: Embracing Duty and Responsibility ...

continued from page 2/3

Building a Responsible Society

Imagine a community where every member is dedicated to achieving inner peace. This community would be defined by empathy, cooperation, and a collective sense of responsibility. Issues would be addressed through collaboration, and solutions would be implemented with a thorough understanding of their impact on all members of society.

Quotes to Inspire

- "Peace cannot be kept by force; it can only be achieved by understanding." – Albert Einstein
- "Do not let the behavior of others destroy your inner peace." – Dalai Lama
- "When we are no longer able to change a situation, we are challenged to change ourselves." – Viktor Frankl

Conclusion

The pursuit of inner peace is not an act of selfishness or withdrawal, but rather a necessary step towards becoming more self-aware, compassionate, and effective in addressing the world's challenges. By fostering inner peace, we equip ourselves with the clarity and strength to serve humanity with vigor and responsibility. Let us embrace inner peace not as an escape, but as a powerful tool for creating a better world.

We invite you to embark on this transformative journey to practice inner peace. Together, let's build a society where inner peace leads to outer action, and every individual contributes to the greater good with a clear mind and a compassionate heart. Our ultimate goal in promoting inner peace is to build a responsible and compassionate society. These individuals, grounded in inner tranquility, can better address the complex issues of hunger, poverty, and suffering that humanity faces. They act not out of turmoil and desperation, but from a place of clarity and strength.



Video: Meditation for Inner Peace - Yoga with Adriene



Summary of the Video (by ChatTube): The video is a meditation session led by Yoga With Adriene. It focuses on inner peace and using the breath to find calm. Viewers are guided to let go of distractions and focus on the present moment through breathing exercises and body awareness. The practice aims to create a sense of peace and connection within oneself for a calmer mindset throughout the day.

How does mindfulness practice contribute to inner peace?

Mindfulness practice allows us to be fully present in the moment, focusing our attention on our thoughts, feelings, and sensations without judgment. This helps to reduce stress, anxiety, and negative emotions, leading to a sense of inner peace and calm. By cultivating mindfulness, we can learn to let go of worries about the past or future and find peace and contentment in the present moment.

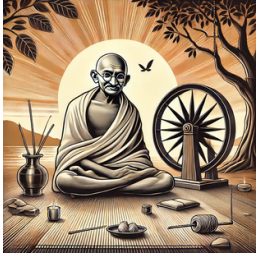
What benefits can regular meditation practice bring to one's daily life?

Regular meditation practice can bring numerous benefits to one's daily life, including reduced stress and anxiety, improved focus and concentration, enhanced self-awareness and self-regulation, increased emotional resilience, and a greater sense of inner peace and well-being. Additionally, meditation can help improve relationships, boost creativity, and promote a sense of overall happiness and contentment.



GANDHI'S PHILOSOPHY (PART 3) - SATYAGRAHA (TRUTH- FORCE)

Article by the Editors



Synopsis: *The article discusses Mahatma Gandhi's principles of "Satyagraha" and "Satya," emphasizing pursuing truth and justice through nonviolent means. Satyagraha, or "truth force," advocates for upholding truth against oppression, illustrated by Gandhi's refusal to swear on the Bible due to his Hindu beliefs, challenging colonial injustices.*

"Satya" translates to Truth in Sanskrit and involves a commitment to honesty in thoughts and actions, which is integral to Gandhi's philosophy and key to Hinduism, Buddhism, and Jainism. It encompasses:

- *Truthfulness in Speech and Thought: Emphasizing the importance of aligning one's words and beliefs to build trust and avoid hypocrisy.*
- *Living in Harmony with Universal Truths: Following principles like justice and compassion.*
- *Courage to Uphold Truth: Requires bravery against opposition.*
- *Truthfulness in Relationships: Advocates transparency to foster trust.*
- *Inner Truth and Self-realization: Promotes self-awareness for personal enlightenment.*
- *Truth as a Path to Freedom: Using truth to combat oppression.*

Satya is about integrating truth into every aspect of life, guiding personal integrity, social justice, and spiritual awakening. Gandhi's adherence to these principles during India's independence movement demonstrated truth's power in achieving peaceful change.

Satyagraha, or "truth force," is a central part of Gandhi's philosophy. It emphasizes the pursuit of truth and justice through nonviolent methods. Gandhi saw truth as the ultimate reality and believed that individuals have a moral duty to uphold it, even in difficult circumstances. Satyagraha promotes facing injustice with courage and integrity, using truth as a powerful tool against falsehood and oppression.

One notable example of Gandhi's commitment to truth took place in a South African courtroom when he was asked to swear on the Bible. As a devout Hindu, Gandhi refused and instead chose to swear by his religious beliefs. This bold stance challenged the unjust practices of colonial rule and highlighted his unwavering dedication to his principles.

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GANDHI'S PHILOSOPHY (PART 3) - SATYAGRAHA (TRUTH- FORCE) ... CONTINUED FROM PAGE 1/2

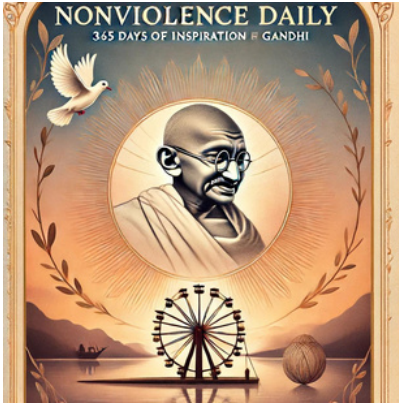
Satya (Truth)

Satya, or "Truth," is a fundamental concept in Indian philosophy and spirituality, prominently emphasized by Mahatma Gandhi. In Sanskrit, Satya symbolizes factual accuracy and a deep commitment to honesty in one's thoughts and actions, embodying moral principles. This concept is integral to Hinduism, Buddhism, and Jainism and serves as the foundation of Gandhi's life philosophy and activism.

Exploring the facets of Satya reveals its comprehensive nature:

- **Truthfulness in Speech:** Gandhi emphasized the importance of always speaking the truth, which helps build trust and resolve conflicts. He is famously quoted as saying, "Truth never damages a cause that is just."
- **Truthfulness in Thought:** More than just words, Satya requires aligning one's inner beliefs with one's external actions, advocating for introspection to avoid hypocrisy.
- **Living in Harmony with Universal Truths:** This aspect involves abiding by universal principles such as justice and compassion, which Gandhi believed lead to personal fulfillment and peace.
- **Courage to Uphold Truth:** Satya requires bravery to defend the truth, even in the face of opposition or risk, a characteristic exemplified by Gandhi in his struggles against injustice.
- **Truthfulness in Relationships:** Emphasizing transparency and sincerity in interactions fosters trust and solid, harmonious connections.
- **Inner Truth and Self-realization:** This practice fosters deep self-understanding through self-awareness and spiritual inquiry, essential for personal enlightenment.
- **Truth as a Path to Freedom:** Gandhi saw truth as a crucial tool to combat oppression and achieve freedom, using it to free oneself from fear and domination.

Ultimately, Satya is about embodying truth in every aspect of life—thought, word, and deed. It is a guiding principle that fosters personal integrity, social justice, and spiritual awakening. Gandhi's teachings and his practice of Satyagraha during India's independence movement demonstrate the transformative power of truth, inspiring global change and leading to India's independence through nonviolent means.



eBook Summary: Nonviolence-Daily 365 Days of Wisdom and Inspiration from Gandhi

by Michael N. Nagler and Stephanie N. Van Hook

Source: <https://www.mettacenter.org/s/Nonviolence-Daily.pdf>

Overview of the eBook:

'Nonviolence Daily: 365 Days of Inspiration from Gandhi' by Michael N. Nagler and Stephanie N. Van Hook is a collection of quotes and a unique spiritual and philosophical guide. It pairs daily quotes from Mahatma Gandhi with practical reflections, offering a year-long journey of inspiration and wisdom. This eBook is designed to help readers integrate Gandhi's principles into their daily lives, fostering personal growth and inspiring social change. Each entry invites introspection and action, emphasizing love, compassion, and social justice. Suitable for adults, young adults, and older teenagers, this book is a timeless source of wisdom from Gandhi.

Summary of the eBook:

"Nonviolence Daily: 365 Days of Inspiration from Gandhi" by Michael N. Nagler and Stephanie N. Van Hook is a compilation of daily quotes and reflections from Mahatma Gandhi, aiming to provide readers with a year-long journey of inspiration and practical wisdom rooted in nonviolence. The book serves as a spiritual guide, drawing from Gandhi's life, teachings, and the broader principles of nonviolence he championed.

The book begins with an introduction highlighting Gandhi's profound impact on the twentieth century, portraying him as a figure of immense creativity and energy whose contributions span various fields, including healthcare, peace, education, democracy, and economics. According to the authors, the core of Gandhi's work was to uplift the human image and remind humanity of its unrealized potential. This uplifting was achieved through nonviolence, which Gandhi saw as an expression of insatiable love for humankind. The introduction emphasizes that Gandhi's teachings are not just historical artifacts but timeless wisdom that remains relevant in addressing contemporary issues such as materialism and the degradation of the human image.

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Nonviolence-Daily (continued from page 1/2)

The book's main content is divided into daily entries, each featuring a quote from Gandhi and a reflection or commentary by the authors. These reflections are designed to be like "spiritual vitamins," offering daily nourishment and practical guidance. The quotes cover various topics, reflecting the breadth of Gandhi's thoughts and actions. For instance, some quotes focus on personal growth and the importance of selfless service. In contrast, others address broader social issues like democracy, nonviolence, and the interconnectedness of all life.

The reflections often connect Gandhi's time and the present day, illustrating how his principles can be applied to modern challenges. The authors encourage readers to engage deeply with the material through personal contemplation, discussion with others, or practical application in daily life. They stress that true transformation comes from awakening a different power within people rather than merely changing external circumstances. This pragmatic approach inspires and motivates readers to take action in their own lives.

Key terms explained in the book include:

- **Ahimsa:** Often translated as "nonviolence," but better understood as "love in action" or the force unleashed when the desire to harm is eradicated.
- **Satyagraha:** Meaning "clinging to truth," this concept refers to nonviolent resistance and the inner strength required for such acts. Practitioners are known as satyagrahis (people embracing satyagraha).
- **Person Power:** A term coined by Michael N. Nagler to describe the core energy of any nonviolent movement, focusing on individual transformation as the foundation for broader social change.

The book also acknowledges the significant role of the Metta Center for Nonviolence and its supporters in making the publication possible. The center, founded by Michael N. Nagler, is a renowned institution that promotes the study and practice of nonviolence worldwide. The authors express deep gratitude to those who helped bring the book to fruition and readers for joining them on this transformative journey.

In essence, "Nonviolence Daily: 365 Days of Inspiration from Gandhi" is more than a collection of quotes; it is a call to action and a guide for living a life grounded in the principles of nonviolence. Through daily engagement with Gandhi's wisdom, readers are invited to transform themselves and, by extension, the world around them.



Video: Nonviolence - Your Inner Power



Video Summary by ChatTube: The video discusses the power of nonviolence as a transformative force for positive change in individuals and communities. It emphasizes that nonviolence is not about passivity or silence but is a powerful tool for creating lasting, constructive change. By utilizing nonviolence, individuals can address injustices, promote peace, and build a new story of shared humanity based on interconnectedness and compassion.

How can nonviolence empower individuals in daily life?

Nonviolence can empower individuals in daily life by providing them with a set of tools for making constructive and lasting change. It allows individuals to convert their fear or anger into a positive force for change, unlocking a transformative power that can change themselves, their communities, and the world. Nonviolence is a way of life that encourages love-in-action and enables individuals to fight against injustice without resorting to violence. By practicing nonviolence in their thoughts, words, and actions, individuals can contribute to creating a more just and peaceful society for everyone.

In what ways does nonviolence provide effective tools for social change?

Nonviolence provides effective tools for social change by offering a peaceful alternative to violence and conflict. It is twice as effective as violence in bringing about lasting change. By practicing nonviolence, individuals can organize for rights, freedoms, and dignity in their communities using time-tested methods to right wrongs and break the cycle of violence. Nonviolence emphasizes fighting against injustice, not people and encourages reconciliation and long-lasting peace rooted in justice for all. By utilizing the principles of nonviolence, individuals can transform injustice without resorting to physical harm or destruction, contributing to a more compassionate and equitable society.

**Love and exclusive possession can never go together. Theoretically,
where there is perfect love, there is perfect non-possession.**



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.

"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.



Join us as a member of the Peace Council: www.gandhiji.ca/joinus
Embrace Gandhi's Legacy in 2024.

