

# GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

JULY 2024



ISSUE 5



**Our Mission:** Educating communities on Gandhi's peace and non-violence principles and fostering harmony across cultures.

**Contribute content/Provide feedback**

## 2024 Programs and Events

### First 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  
Register - by June 30  
Submit Essay - by July 31

#### Community Services

May 4 Park Cleaning  
May 25 Inner Peace Session  
June 1 Food Kitchen Service  
July xx Tree planting

#### Monthly Newsletter

"Gandhi's Reflections" - Disseminating Gandhian wisdom, and promoting MGPCO activities.

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Video: Lesson from Gandhi on Violence within all of us

Book Summary: Gandhi The Man by Eknath Easwaran

eBook Summary: Peace Portraits: Pathways to Nonkilling - A Memoir

Gandhi's Enduring Teachings

## Our forthcoming Lecture Event

Aug 10 - William Command Vision- A Legacy of Peace and Environmental Stewardship (A presentation by A Circle of All Nations)

**Registrations for this event are now open. Register here.**

### Gandhi Jayanti 2024



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

**Oct 19** (tentative) - Cultural function comprising a slideshow, dance and music performances, followed by dinner.

### M.K. Gandhi Annual Lecture 2024

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



# Honoring Our Life Members: Trustees, Sponsors, and Patrons



Your unwavering support and commitment inspire us every day.

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## AN APPEAL TO THE COMMUNITY

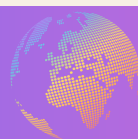
Join Us in Making a Difference - Become a Life Member

JOIN US TODAY: [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.



# Upcoming Events in July, Aug, Sep & Oct 2024

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			



## Tree Plantation:

In planting trees, we pay homage to Gandhi's deep respect for nature and his understanding of the Earth as a living entity. This activity symbolizes our commitment to future generations and the sustenance of the planet.

**Location & date awaited from the City of Ottawa**

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 - William Commanda's Vision - A Legacy of Peace and Environmental Stewardship

A Presentation by Evelyn Commanda and Romola Thumbadoo of the Circle of All Nations.



## 'Essay on Gandhian Vows by Youth

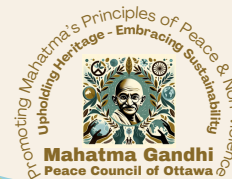
University, College, and High School Students are invited to learn "Gandhi's Vows" from a self-study guide "Gandhi's Vows for Youth Learning Guide" and write an essay on a Vow of their choice.

September						
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	1	2	3	4



## 'Gandhi's Vows for Kids' Initiative

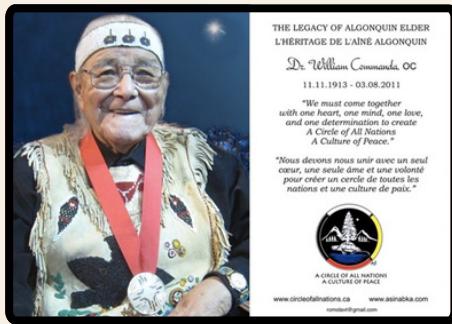
"Gandhi's Vows for Kids: Reflections from Young Minds... .. featuring kids' artwork and narratives, A creative journey through Gandhi's principles.



# GANDHI JAYANTI 2024

**Oct 4 (Sat) - Jayanti 2024**  
 Garlanding of Statue  
 Singing of Hymns  
 Speeches by dignitaries  
 Sweet Distribution

**Oct 19 (Sun) - Cultural Function**  
 Life of Gandhi  
 Music and songs  
 Dance Performances  
 Skits on Gandhi's Vows



## ALGONQUIN ELDER WILLIAM COMMANDA'S VISION: A Legacy of Peace and Environmental Stewardship with parallels to Gandhian Peace Principles

*"We must come together with one heart, one mind, one love, and one determination to create A Circle of All Nations, A Culture of Peace."*

... *William Commanda*

**[Our forthcoming Event - Click Here to Register](#)**

**Saturday Aug 10, 2024 (2 - 4:30 PM) (including tea & mingling)**  
at Tanglewood Park Community Centre, 30 Woodfield Drive, Nepean.

### About the Event and Speakers

Join us for a compelling exploration into the life and impact of **Algonquin Elder William Commanda, OC, Hon PhD**. As a celebrated peace activist and environmental guardian, Commanda's contributions have left an indelible mark on our world. Born just before the outbreak of the First World War, he emerged as a beacon of peace, continuing to inspire even 13 years after his passing in August 2011.

This event is proudly hosted by the Mahatma Gandhi Peace Council of Ottawa in partnership with the Circle of All Nations, the global eco-peace community established by Grandfather Commanda. The afternoon will feature heartfelt greetings from his daughter Evelyn and his biographer, Romola Thumbadoo, alongside an insightful presentation of his pioneering work in environmental conservation and peace. Romola will share her unique insights, rooted in her South African heritage and familial connections to the Gandhi family.

The session will also include a conversation on Commanda's connections with Mahatma Gandhi's international peace initiatives, complemented by a display of posters and informational materials.

Join us afterwards for tea and informal discussions, deepening our collective understanding and appreciation of Commanda's legacy and parallels with Gandhian's principles.



Speakers

**Evelyn Commanda Dewache**  
**Romola V. Thumbadoo, PhD**

Evelyn, daughter of the late Algonquin Elder Dr. William Commanda, OC, has dedicated decades to promoting Indigenous awareness, cross-cultural relations, social justice, and environmental stewardship in her community and internationally.

Romola, a postdoctoral researcher and writer, is the coordinator and CEO of the **Circle of All Nations**, an eco-peace initiative by Indigenous Elder William Commanda.

Contact: 613-859-8654 Register for the Event: <https://gandhiji.ca/WilliamCommanda>



Our gratitude to MGPCO's Trustees, Sponsors, Patrons, and all the donors for their unwavering support.

**"Its all spirit and its all connected...Our choice is to live out of harmony with spiritual ways or in harmony with spiritual ways. Everything is spiritual." ~ William Commanda**





## GANDHI'S VOWS: PATHWAYS TO PEACE & COMPASSION!

**"True inner peace empowers us to see the world's suffering clearly and inspires us to act with compassion and resolve to alleviate it."**

### 1. Truth (Satya)

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

### 2. Nonviolence (Ahimsa)

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

### 3. Non-stealing (Asteya)

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

### 4. Self-discipline (Brahmacharya)

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

### 5. Non-possession (Aparigraha)

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

### 6. Control of Palate (Asvada)

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

### 7. Fearlessness (Abhaya)

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

### 8. All Religions Equal (Sarva Dharma Samanatva)

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

### 9. Freedom from Untouchability (Asprishyatanivaran)

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

### 10. Body-labor (Sharirshrama)

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

### 11. Self-Reliance (Swadeshi)

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



### MAHATMA GANDHI 1869 - 1948

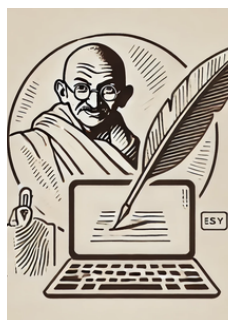
Gandhi lived his vows daily, embodying a life of peace, simplicity, and profound inner strength. Through his commitment to nonviolence, truth, self-discipline, and equality, Gandhi's serene presence reflects the deep inner harmony and unwavering dedication to his principles.

**Embrace "Gandhi's Vows" and cultivate personal integrity, inner strength, and kindness, growing stronger and more united communities, collectively contributing to social harmony.**



## GANDHI'S 11 VOWS: TIMELESS WISDOM

JOIN OUR 'YOUTH  
ESSAY WRITING'  
INITIATIVE.



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

**... and Write An Essay on One or More Vows of Your Choice.  
Your Essay will be published in an eBook "Gandhi's Vows: Youth Perspective."**

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

### Pick a topic and write Essay:

- Go to: <https://gandhiji.ca/essay> to:
  - Register to participate;
  - Learn the 11 Vows with a **Youth Learning Guide**; and
  - Submit your essay.
- **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.



### Essay Evaluation & Rewards:

- **Essay Evaluation** on three criteria: *Presentation, Relevance, Originality.*
- A **special ceremony** with dignitaries like the High Commissioner of India and Mayor of Ottawa.
- The **top three essays** will earn an award.
- The **top ten essay authors** will present.
- A **certificate and a memento** to all participants to honor their contribution.
- A **book/eBook** titled "Gandhi's Vows: Youth Perspective" with include all Essays with their author's name, showcasing their work and sharing it with a broader audience.
- Your essays will radiate Gandhi's Vows and your influence throughout Ottawa.

**YOUTH PERSPECTIVE IS POWERFUL – POST IT PROUDLY!**

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

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



# GANDHI'S VOWS FOR KIDS

LET US TEACH COMMUNITY  
KIDS (9-13) GANDHI'S VOWS  
AND GET THEM TO EXPRESS  
THEIR CREATIVITY IN ART  
FORM FOR A KIDS' PLAYBOOK.

## KIDS' PLAYBOOK

### *Gandhi's 11 Vows: Reflections from Young Minds*

... featuring kids' artwork and narratives, A  
creative journey through Gandhi's principles.



**"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

### Here's how the project will run:

- Teachers/parents teach Kids Gandhi's Vows, using a manual: "[Gandhi's Vows for Kids: Teaching Manual](#)."
- Through stories and demos, help them grasp concepts like honesty, kindness, discipline, respect, and equality, and how to express it in artform or writing.
- Kids choose one or more vows, express it by drawing a sketch/artwork, or composing an 8-10 line poem, or writing a 200 word essay/story to depict each vow.
- Submit kids' creation online.
- There is no competition. All entries (artwork or writeup) with the kid's name will be published in a Playbook.
- Launch of the Playbook: The Playbook will be displayed at a special function later this year.
- Attend a public function: All participating kids and their families/teachers will be invited to attend the function.
- Certificate of Participation: Each kid will receive a certificate of participation in this project.



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





# Echoes of Gandhi: Past Lectures Revisited

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (*Talk published in [Newsletter-Issue #1](#)*)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (*Talk published in [Newsletter-Issue# 2](#)*)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (*Talk published in [Newsletter-Issue# 3](#)*)
- 4) 2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion Talk published in [Newsletter-Issue# 4](#))
- 5) **[2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris](#)** (in this Issue)
- 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 Taiiaike 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
- 16) Environment" by Dr. Noel Salmond
- 17) 2014 "Gandhi's Solution to Religious Conflicts" by Dr. Arvind Sharma
- 18) 2014 "Non-Violence Conference (A Weapon of the Strong)" - St. Paul University
- 19) 2013 "Gandhi's Religion and the Politics of Hinduism" by Vinay Lal
- 20) 2013 "Gandhi as Social Visionary: The Grassroots Work of Ekta Parishad" by Paul Schwartzentruber
- 21) 2012 "In Search of Pax Gandhiana" by Dr. Anthony J. Parel
- 22) 2011 "Encountering Gandhi on the Rideau River" by Dr. Noel Salmond
- 23) 2010 "Mythic Origins of Non-violence" by Devdutt Pattanaik
- 24) 2009 "The Influence of Vaishnavism on Mahatma Gandhi" by Dr. Harsha Dehejia
- 25) 2008 "Gandhi and Women" by Trichur Rukmani
- 26) 2007 "Gandhi, Religion & Non-violence" by Dr. Paul Younger
- 27) 2007 "Gandhi and the Question of the Worship of Images" by Dr. Noel Salmond
- 28) 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 # (5)

### 2021-02-20 "TURNING THE TIDE ON NON-VIOLENCE IN EDUCATION" BY JILL CARR-HARRIS



**Summary of the video (by ChatTube app):** The video is a lecture on nonviolence in education by Jill Carr Harris, who discusses the importance of nonviolent education for the next generation to address issues such as climate change and poverty. Harris outlines the historical waves of nonviolence in India and the West, highlighting the current emergence of a third wave influenced by the climate crisis and global economic inequality.

#### Key takeaways:

- Nonviolence in education should go beyond academic research and be integrated into community living.
- Nonviolence needs to be a grassroots movement accessible to all, including in elementary education.
- Nonviolence should emphasize collaboration and peaceful conflict resolution.
- Educators and teacher training programs should incorporate courses on peace and nonviolence.
- Individual educators can play a crucial role in bringing nonviolence into classrooms and promoting a culture of nonviolence among students.
- Nonviolence can be integrated into various disciplines, such as journalism, politics, and international relations.
- Contemporary movements like Black Lives Matter and the farmers' protests in India can align with principles of nonviolence by fostering collaboration, understanding, and societal change.
- Nonviolence can be a transformative force in addressing global challenges and building a more peaceful world.



## KARMYOGI GANDHI (Gandhi, A Man of Action)

Article by the Editors

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**Synopsis:** *"Karmyogi Gandhi (Gandhi, A Man of Action)" showcases Mahatma Gandhi's dedication to leading through personal example and the impact of individual responsibility in bringing about social change. The text highlights anecdotes such as the sugar story, where Gandhi gave up sugar himself before advising a boy to do the same, to underscore his belief in embodying the values one wishes to see in the world. Gandhi's approach to activism is centered on nonviolence, selfless service, and proactive involvement, as evidenced by actions like the Salt March and his advocacy for economic self-reliance through the Swadeshi Movement.*

*Gandhi's philosophy encompassed empowering oppressed communities through peaceful resistance, as demonstrated in the Champaran and Kheda Satyagrahas. Additionally, he emphasized the implementation of constructive programs for social welfare. His legacy of truth, nonviolence, and service remains a perennial source of inspiration for global movements advocating for justice and sustainability, thus highlighting the enduring significance of his ideas in the contemporary world.*

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A small example of Gandhi is enough to illustrate his belief in the power of action. Once, a man approached him and asked how to get his son to stop eating sugar. Gandhi advised the man to bring the boy back after a week. When the man returned, Gandhi told the boy to stop eating sugar. Puzzled, the man asked why he didn't give this simple advice earlier. Gandhi replied, "Before I could advise your son to give up sugar, I had to give it up myself."

Gandhi urged people to live according to the values and principles they want to see in the world, instead of expecting others to initiate change. He emphasized personal responsibility and the impact of individual actions in driving social change. This quote reflects his belief in taking action: "Be the change that you wish to see in the world."

Gandhi demonstrated his belief in the transformative power of action and his conviction that each individual can make a meaningful impact on the world through their deeds and choices. He emphasized the importance of selfless service and active engagement in the welfare of others. Gandhi believed that by dedicating oneself to the service of humanity, individuals could discover their true purpose and fulfillment in life. "The best way to find yourself is to lose yourself in the service of others," he said.

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**(Page 2/3) KARAMYOGI GANDHI (Gandhi, A Man of Action) ...** (continued from page 1/3)

Gandhi advocated for nonviolent resistance as a powerful means of effecting social change. He believed that even small acts of peaceful protest and civil disobedience could have a transformative impact on society, demonstrating the power of moral courage and collective action. "Gently, you can shake the world," he said.

Gandhi stressed the importance of taking action in the present to create a better future. Instead of passively accepting the status quo, proactive engagement can lead to significant change. "The future depends on what you do today."

Gandhi stressed the significance of translating ideas into action. He believed in leading by example and considered the personal demonstration of principles more impactful than mere words or theories. He famously said, "An ounce of practice is worth more than tons of preaching."

Mahatma Gandhi's ideas embody his proactive approach to life and steadfast dedication to creating a positive impact. Undoubtedly, Mahatma Gandhi was a man of action, renowned for his unwavering commitment to effecting social change through practical and nonviolent methods.

Here are some examples and anecdotes that illustrate Gandhi's proactive approach to activism:

- **Salt March:** In 1930, Gandhi led one of his most iconic acts of civil disobedience known as the Salt March or the Dandi March. This was in response to the British salt monopoly. Gandhi led a 240-mile march from Sabarmati Ashram to the coastal village of Dandi, where he and his followers made salt from seawater, defying British law. This symbolic act sparked widespread civil disobedience across India and drew international attention to the Indian independence movement.
- **Boycotts and Swadeshi (self-reliance) Movement:** Gandhi supported the idea of economic self-reliance and urged people to boycott British goods in order to protest colonial rule. He encouraged the use of khadi (hand-spun cloth) and promoted the boycott of British textiles and other imported goods. Gandhi aimed to revive Indian industries through the Swadeshi Movement, strengthen local communities, and promote sustainability by reducing dependence on foreign imports.

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**(Page 3/3) KARAMYOGI GANDHI (Gandhi, A Man of Action) ...** (continued from page 2/3)

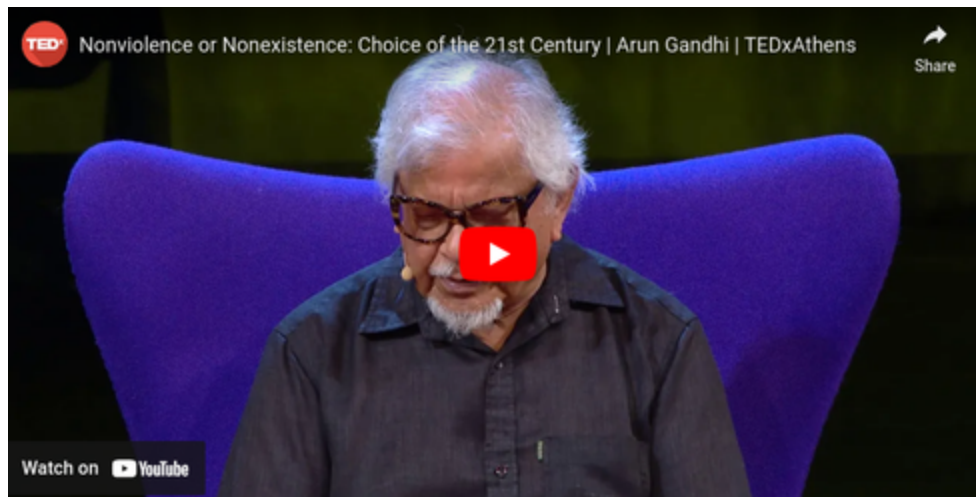
- **Champaran and Kheda Satyagraha:** Champaran and Kheda Satyagraha were key moments in Gandhi's efforts to address the grievances of oppressed communities. In these regions, he organized satyagrahas (nonviolent resistance campaigns) to support indigo farmers and peasants who were struggling with oppressive taxation and unfair labor practices. Through these movements, Gandhi empowered marginalized communities to peacefully assert their rights and resist exploitation.
- **Ahimsa and Nonviolent Resistance:** Gandhi's philosophy of nonviolence, or ahimsa, was central to his approach to activism. He believed in confronting injustice without resorting to violence, instead employing peaceful protests, strikes, and civil disobedience to challenge oppressive systems. Gandhi's commitment to nonviolent resistance inspired similar movements for social justice in other countries, such as the Civil Rights Movement led by Martin Luther King Jr. in the United States.
- **Constructive Programmes:** In addition to resisting injustice, Gandhi emphasized the importance of constructive programs for building alternative institutions and promoting social welfare. He spearheaded projects such as rural development, education for the marginalized, and sanitation campaigns to uplift communities and address social inequalities. Through these initiatives, Gandhi aimed to create sustainable solutions to systemic problems and empower individuals to take control of their destinies.
- **Self-experimentation and Personal Example:** Gandhi believed in leading by example and often engaged in self-experimentation to demonstrate the principles of his philosophy. For instance, he adopted a simple lifestyle, including vegetarianism, fasting, and celibacy, to align his personal conduct with his ethical beliefs. Gandhi's willingness to make personal sacrifices for the greater good inspired others to join the struggle for social change and imbued his activism with moral authority.

The examples and anecdotes illustrate Gandhi's proactive approach to social and political change, marked by courage, determination, and a strong commitment to the principles of truth, nonviolence, and service. Gandhi's legacy continues to inspire movements for justice, peace, and sustainability worldwide, underscoring the lasting relevance of his ideas in tackling modern challenges.





## Video: Nonviolence or Nonexistence: Choice of the 21st Century - TED Talk by Arun Gandhi



**Summary by ChatTube:** Arun Gandhi shared a lesson from his grandfather on nonviolence, emphasizing the importance of reducing violence in our world to ensure our existence. He highlighted how seemingly small actions of overconsumption and wastefulness contribute to violence against nature and humanity. Gandhi urged for introspection to recognize both physical and passive violence, promoting respect, understanding, acceptance, and appreciation as the pillars of nonviolence.

### key takeaways.

- The speaker learned a valuable lesson from his grandfather about nonviolence when he was 12 years old.
- Small everyday actions like overconsuming and wasting resources contribute to violence against nature and humanity.
- Passive violence, actions that harm others without physical force, often leads to physical violence when victims seek revenge for perceived injustices.
- The philosophy of nonviolence is based on the principles of respect, understanding, acceptance, and appreciation.
- Building relationships based on respect and equality is key to achieving peace and harmony in society.
- Peace is not just the absence of war but requires creating harmony and respect among people and with nature.
- A story about a grain of wheat symbolizes the importance of sharing peace and allowing it to grow by interacting with others to create a world of peacemakers.

### What actions contribute to violence against nature and humanity?

Actions that contribute to violence against nature and humanity include overconsuming resources, wasting natural resources, and depriving others by overconsumption. These actions create disparities between people, leading to economic, social, cultural, and religious conflicts.

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



## GANDHI'S PHILOSOPHY (PART 4) SARVODAYA (WELFARE OF ALL)

Article by the Editors

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**Synopsis:** "Sarvodaya," a term coined by Mahatma Gandhi, means "universal uplift" or "welfare for all." It is a central element of Gandhi's philosophy, emphasizing nonviolence, self-reliance, and justice. His quote, "The best way to find yourself is to lose yourself in the service of others," encapsulates the essence of Sarvodaya, highlighting selfless service for the common good.

Gandhi's advocacy for untouchables, referred to as 'Harijans' or children of God, demonstrates his commitment to dignity and respect for all. The fundamental principles of Sarvodaya are:

1. *Truth & Nonviolence (Satya & Ahimsa):* Progress through peaceful means.
2. *Self-reliance (Swadeshi):* Use of local resources to promote self-sufficiency.
3. *Equality and Social Justice:* Elimination of social inequalities.
4. *Spiritual and Moral Values:* Ethical development alongside material progress.
5. *Bread Labor (Shramdan):* Utilization of idle labor for social welfare.
6. *Sarva Dharma Sambhava:* Equal respect to all religions and minorities.
7. *Decentralization and Constructive Program:* Decentralized Governance, Women's Empowerment, and upliftment of marginalized communities.

Sarvodaya prioritizes human well-being over economic growth and has inspired movements such as the Bhoodan movement. Gandhi's legacy of ahimsa, Satyagraha, and Sarvodaya underscores the power of love, truth, and service in achieving justice and peace.

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"Sarvodaya" is a term coined by Mahatma Gandhi, representing the idea of "universal uplift" or "welfare for all." It is a guiding principle in Gandhi's social and economic development philosophy, deeply rooted in nonviolence, self-reliance, and the pursuit of justice. Its aim is to create a society where the welfare of each individual is interconnected with the welfare of all.

Gandhi's philosophy of Sarvodaya is beautifully encapsulated in his quote: 'The best way to find yourself is to lose yourself in the service of others.' This quote reflects Gandhi's belief that true happiness and fulfillment come from selflessly serving others and working towards the common good. Throughout his life, Gandhi dedicated himself to uplifting the marginalized and oppressed, embodying the spirit of Sarvodaya in action.

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## (PAGE 2/4) GANDHI'S PHILOSOPHY (PART 4) - SARVODAYA ... CONTINUED (FROM PAGE 1/4)

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An anecdote that vividly illustrates Gandhi's unwavering dedication to the welfare of all is his advocacy for the rights of the untouchables, or Dalits, in India. Gandhi famously referred to them as "Harijans," or children of God, and worked tirelessly to eradicate the social stigma associated with caste discrimination. Through his relentless efforts, Gandhi sought to create a more inclusive and egalitarian society where everyone is treated with dignity and respect.

Sarvodaya at its core, advocates for the well-being and progress of every individual in society, especially the marginalized and disadvantaged. This philosophy values every member of society, emphasizing the importance of first addressing the needs of the most vulnerable to ensure that their basic requirements for a dignified life are met.

### Guiding Principles of Gandhi's Sarvodaya Movement

Gandhi's vision of Sarvodaya encompasses several fundamental principles:

- **Nonviolence (Ahimsa):** Gandhi believed that nonviolence (Ahimsa) was the fundamental principle of Sarvodaya. He thought that any progress achieved through violence would ultimately be unsustainable and harmful to society. Instead, he advocated peacefully resolving conflicts and fostering harmony among individuals and communities.
- **Truth (Satya):** The pursuit of truth (Satya) was a central focus for Gandhi. He believed that truth is vital for personal and societal well-being in our thoughts, speech, and actions. He also coined the term Satyagraha, which is a form of nonviolent resistance against injustice, a crucial aspect of his philosophy. Gandhi's legacy serves as a powerful reminder that initiating change requires the courage to stand up for what is right and the willingness to make sacrifices for the greater good.
- **Self-reliance (Swadeshi):** Sarvodaya promotes self-sufficiency at both individual and community levels. Gandhi used the term 'Swadeshi' to encourage using local resources and talents for development instead of relying on external aid or exploitation. He advocated for the promotion of cottage industries and decentralized economic systems to empower local communities and reduce dependency on centralized authorities.

continued (to page 3/4)



### (PAGE 3/4) GANDHI'S PHILOSOPHY (PART 4) - SARVODAYA ... CONTINUED (FROM PAGE 2/4)

Decentralization: Gandhi believed in decentralized governance and financial structures to ensure that power and resources were distributed equitably among all members of society. He promoted empowering local communities to make decisions directly affecting their lives, fostering a sense of ownership and responsibility.

- **Equality and Social Justice:** Sarvodaya aims to eradicate social inequalities and injustices, regardless of caste, religion, gender, or economic status. Gandhi dreamed of a society where every person had equal rights and opportunities, and where the dignity of each individual was valued and maintained.
- **Spiritual and Moral Values:** Gandhi emphasized the importance of spiritual and moral values in achieving Sarvodaya. He believed moral and ethical development should occur alongside material progress, nurturing compassion, empathy, and a sense of duty towards others.
- **Bread Labor (Shramdan):** Everyone should participate in manual labor and contribute to the well-being of the community. The term "Bread Labor" signifies the belief that everyone should engage in physical work to earn their bread, highlighting the dignity and value of labor. This principle discourages idleness and promotes equality by ensuring that all work is valued.
- **Decentralization:** Sarvodaya advocates for decentralized governance, emphasizing local self-governance through village panchayats (councils). This ensures that decisions are made at the grassroots level, reflecting the needs and desires of local communities.
- **Simple Living:** Gandhi advocated a lifestyle of simplicity and minimalism. By reducing material desires and living modestly, individuals can focus more on spiritual and moral growth and less on consumerism.
- **Sarva Dharma Sambhava:** Respect all religions and believe that all religions hold intrinsic value and truth. This principle promotes interfaith harmony and understanding.
- **Constructive Program:** Gandhi advocated for constructive programs to enhance society, including promoting literacy, sanitation, prohibition, women's empowerment, and uplifting marginalized communities.

... continued (to page 4/4)





**(PAGE 4/4) GANDHI'S PHILOSOPHY (PART 4) - SARVODAYA ... CONTINUED (FROM PAGE 3/4)**

- **Trusteeship:** Trusteeship is a socio-economic philosophy in which wealth is considered a trust to be used for the welfare of society. Individuals and businesses are expected to act as trustees, managing resources not for personal gain but for the benefit of all.

Sarvodaya embodies Gandhi's vision of a fair and harmonious society, where everyone is empowered to fulfill their potential and contribute to the common good. It is a comprehensive approach to development that prioritizes human well-being over mere economic growth. It motivates social movements and endeavors to build a more just and sustainable world. For example, the Bhoodan movement in India, spearheaded by Vinoba Bhave, put Sarvodaya principles into practice, with landowners voluntarily donating land to be redistributed among the landless.

In conclusion, the Sarvodaya movement aims to create a society where each individual's well-being is interconnected with the well-being of all, fostering a holistic approach to inclusive, just, and sustainable development. Gandhi's philosophy of Sarvodaya continues to inspire generations of activists and leaders worldwide. Through his commitment to ahimsa, Satyagraha, and Sarvodaya, Gandhi demonstrated the transformative power of love, truth, and service in pursuing justice and peace.



## Video: Lesson from Gandhi on the Violence Within All of us: Arun Gandhi & Jonathan Jones (TED)



**Summary from ChatTube:** The video discusses the concept of violence and nonviolence, highlighting how violence is deeply rooted in individuals and society. Gandhi's grandson shares his experiences and teachings about the importance of recognizing both physical and passive violence. A former inmate also shares his journey from violence to nonviolence, emphasizing the power of personal transformation and the impact it can have on others.

### Key takeaways:

- Violence is deeply rooted within us, and it manifests in both physical and passive forms.
- Passive violence is often overlooked but plays a significant role in fueling physical violence.
- It is essential to introspect and recognize the passive violence we commit in our daily lives.
- By understanding and addressing our own violence, we can work towards creating a more peaceful society.
- Change should come from within, regardless of external acceptance or recognition.
- Nonviolence can be learned and practiced, positively transforming individuals and communities.
- Nonviolent actions, such as deep breathing and intentional decision-making, can have a powerful impact on diffusing conflicts.

Continued (to page 2/2)...



(Page 2/2) Video: Lesson from Gandhi on the Violence Within All of us (continued from page 1/2):

### **What are the benefits of practicing nonviolence in daily interactions?**

Practicing nonviolence in daily interactions can lead to various benefits, such as:

- Fostering positive relationships based on respect, empathy, and understanding.
- Promoting peaceful conflict resolution and reducing instances of aggression or hostility.
- Creating a harmonious and inclusive environment where individuals feel safe and valued.
- Inspiring others to adopt nonviolent attitudes and behaviors, contributing to a culture of peace.
- Enhancing personal well-being and mental health by choosing nonviolent responses to challenging situations.

### **What are the steps to breaking the cycle of violence in personal life?**

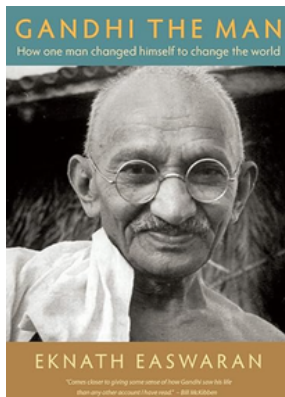
To break the cycle of violence in personal life, you can take the following steps:

- Recognize and acknowledge your own violent tendencies or behaviors.
- Engage in self-reflection and introspection to understand the root causes of your violence.
- Seek support from counselors, therapists, or support groups to address underlying issues.
- Practice nonviolent communication and conflict resolution techniques in interactions with others.
- Learn from past experiences and make conscious choices to respond nonviolently in challenging situations.
- Educate yourself about the impact of violence and actively work towards creating a more peaceful mindset and environment.

### **What strategies can be used to inspire a culture of peace and nonviolence in communities?**

Strategies to inspire a culture of peace and nonviolence in communities include:

- Promoting education and awareness about the consequences of violence and the benefits of nonviolent approaches.
- Encouraging open dialogue and communication to address conflicts peacefully and find common ground.
- Organizing community events, workshops, and initiatives focused on promoting nonviolence and tolerance.
- Supporting local organizations and programs that work towards peacebuilding and conflict resolution.
- Emphasizing empathy, compassion, and understanding as core values within the community.
- Leading by example and demonstrating nonviolent behaviors in daily interactions.



**BOOK:**  
**GANDHI THE MAN: HOW ONE  
MAN CHANGED HIMSELF TO  
CHANGE THE WORLD" BY  
EKNATH EASWARAN**

**Book Available at:** <https://www.amazon.ca/Gandhi-Man-Changed-Himself-Change-dp-1586380559/dp/1586380559/>

**Book Summary:**

**Introduction:** Eknath Easwaran's "Gandhi the Man: How One Man Changed Himself to Change the World" explores the transformative journey of Mahatma Gandhi, from a timid, unsure young man to a powerful leader who played a pivotal role in India's struggle for independence. Easwaran delves into Gandhi's inner life, examining how his personal transformation became a catalyst for social and political change.

**Gandhi's Early Life:** The book begins by recounting Gandhi's early years, which were marked by shyness, fear, and a lack of self-confidence. Easwaran highlights Gandhi's time in England as a student and later in South Africa, where he encountered racial discrimination that ignited his resolve to fight for justice.

**The Turning Point:** Most of the book focuses on Gandhi's spiritual awakening and commitment to self-discipline. Easwaran details how Gandhi adopted principles such as nonviolence (ahimsa), truth (Satya), and selfless service (seva), influenced by his study of religious texts and interaction with various spiritual leaders.

**Transformation through Self-Discipline:** Gandhi's transformation is depicted through his rigorous practices, including fasting, meditation, and celibacy. Easwaran emphasizes how these practices fortified Gandhi's character, giving him the moral strength to lead mass movements with an unwavering commitment to nonviolence.

**Leadership and Nonviolent Resistance:** Easwaran chronicles Gandhi's role in the Indian independence movement, highlighting key events such as the Salt March and the Quit India Movement. The book illustrates how Gandhi's personal evolution inspired millions to embrace nonviolent resistance against British colonial rule.

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(Page 2/2) **Gandhi the Man: How One Man Changed Himself...** (continued from Page 1/2)

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**Legacy and Impact:** The final chapters reflect on Gandhi's lasting impact on the world. Easwaran discusses how Gandhi's principles influenced other global leaders and movements, such as Martin Luther King Jr. and the Civil Rights Movement. The book concludes with a contemplation on Gandhi's enduring relevance in contemporary times.

## Significance of the Book

- **Insight into Personal Transformation:** Easwaran's book offers a profound exploration of how personal transformation can lead to significant social and political change. It underscores the idea that true leadership begins with self-mastery and moral integrity.
- **Emphasis on Nonviolence:** The book serves as a compelling case study of nonviolent resistance. It provides a detailed account of how Gandhi's commitment to nonviolence became a powerful tool for social change, offering valuable lessons for contemporary movements advocating for justice and equality.
- **Inspirational Narrative:** "Gandhi the Man" is an inspirational narrative that showcases the potential for individuals to overcome personal limitations and achieve greatness through dedication and spiritual growth. It is a source of motivation for readers to pursue their own paths of self-improvement and social contribution.
- **Historical and Cultural Context:** Easwaran provides a rich historical and cultural context, helping readers understand the socio-political environment in which Gandhi operated. This context enhances the appreciation of Gandhi's strategies and achievements in the broader landscape of Indian and world history.
- **Spiritual Wisdom:** The book is imbued with spiritual wisdom, drawing from various religious traditions that influenced Gandhi. It presents a holistic view of spirituality as an integral part of daily life and social activism.

**Conclusion:** Eknath Easwaran's "Gandhi the Man" is a profound exploration of how one man's inner transformation had a ripple effect that changed the world. Through detailed storytelling and insightful analysis, Easwaran not only illuminates Gandhi's life but also inspires readers to consider the power of personal growth and nonviolent action in creating a better world.



This image symbolizes the principles of nonviolence, peace, and the enduring influence of notable peacemakers including Mahatma Gandhi.

## eBook Summary: “Peace Portraits: Pathways to Nonkilling – A Memoir” by Balwant Bhaneja

Source: <https://nonkilling.org/center/download/peace-portraits-pathways-to-nonkilling/?tmstv=1721680122>

### Concepts in this eBook vis-a-vis Gandhian Principles

"Peace Portraits: Pathways to Nonkilling – A Memoir" by Balwant Bhaneja offers a rich exploration of the lives and philosophies of influential peacemakers. Central to this memoir are the principles of peace, nonviolence, and social justice, which resonate deeply with the teachings of Mahatma Gandhi. Gandhi, a beacon of these ideals, dedicated his life to promoting Ahimsa (nonviolence), Satya (truth), and the upliftment of the marginalized.

The memoir captures how various notable figures embody and extend Gandhian principles in their efforts to address contemporary global challenges. By drawing parallels between the memoir's themes and Gandhian ideals, we can appreciate the enduring relevance and transformative power of Gandhi's philosophy in today's world.

The concepts in "Peace Portraits: Pathways to Nonkilling – A Memoir" closely relate to Gandhian principles of peace, nonviolence, and social justice. Here's how these core Gandhian principles are reflected in the memoir:

### Gandhian Principles and Their Reflections in the eBook:

#### 1. Nonviolence (Ahimsa):

- Gandhi's Principle: Nonviolence, or Ahimsa, is central to Gandhi's philosophy. He believed in resolving conflicts without violence and promoted peaceful resistance.
- Reflection in the Memoir: The memoir discusses the lives and philosophies of individuals like Mahatma Gandhi himself and Glenn D. Paige, who advocate for nonviolent approaches to conflict resolution. Paige's concept of a nonkilling society directly aligns with Gandhi's belief in Ahimsa, emphasizing a world free from violence and killing.

#### 2. Truth (Satya):

- Gandhi's Principle: Gandhi held truth as the highest value, advocating for living in accordance with truth in thought, word, and deed.

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- Reflection in the Memoir: Bhaneja's recounting of Gandhi's commitment to truth and his personal experiences with truthfulness underlines this principle. The memoir portrays how adhering to truth can lead to moral courage and ethical integrity, which are essential for peacebuilding.

### **3. Selfless Service:**

- Gandhi's Principle: Gandhi believed in serving others selflessly as a way to achieve social justice and community welfare.
- Reflection in the Memoir: The teachings of Sri Sathya Sai Baba, as discussed in the memoir, emphasize selfless service and the importance of compassion. This mirrors Gandhi's idea of serving humanity to foster a just and equitable society.

### **4. Social Justice:**

- Gandhi's Principle: Gandhi fought for the rights and dignity of all individuals, especially the marginalized and oppressed, advocating for social justice and equality.
- Reflection in the Memoir: The memoir covers the activism of figures like Máiread Corrigan Maguire, who worked for peace and justice in Northern Ireland. Her grassroots activism and efforts to bring about social change reflect Gandhi's dedication to fighting injustice and uplifting the downtrodden.

### **5. Grassroots Activism:**

- Gandhi's Principle: Gandhi's movements were rooted in grassroots activism, mobilizing ordinary people to participate in the struggle for independence and social reform.
- Reflection in the Memoir: The book highlights how various peace activists, including Lester B. Pearson and Máiread Corrigan Maguire, engaged communities and utilized grassroots methods to promote peace and justice. This approach resonates with Gandhi's strategy of involving the masses in nonviolent movements.

### **Conclusion:**

"Peace Portraits: Pathways to Nonkilling – A Memoir" effectively mirrors Gandhian principles through its portrayal of contemporary and historical figures dedicated to peace, nonviolence, and social justice. The memoir underscores the timeless relevance of Gandhi's ideas, demonstrating their application in various contexts to address modern challenges and inspire ongoing efforts towards a peaceful and just world.



## 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](http://www.gandhiji.ca/joinus)

We invite you to join us and embrace Gandhi's Legacy in 2024.



It's easy to stand in the crowd but it takes courage to stand alone.