

GANDHI'S REFLECTIONS...

Echoes of Peace, Non-violence, and Harmony

Editorial Team: Dr. Sushil Kumar & Anil Agrawal

AUGUST 2024



ISSUE 6



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) featuring Bill McKibben's talk on "Climate Control" -- over 400 attendees were engaged in discussion.

Our Community Education Initiatives

Gandhi's Vows for Youth
Students (14-27) learn Vows and write an Essay

Gandhi's Vows for Kids
Parents/teachers teach Vows to Kids (9-13). Kids draw a picture or write a poem/short essay

Inner Peace Journey - Self-learning
People community-wide embark on an Inner Peace Journey.

Monthly Newsletter
"Gandhi's Reflections"
- disseminating Gandhian wisdom

Events [Register Here]

Gandhi Jayanti 2024

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

Oct 19 - Cultural function comprising a music performance, play, dances and singing, culminating in community dinner.

M.K. Gandhi Annual Lecture 2024

Nov 17 - Concluding the year with our flagship event featuring Prof Rama Singh of McMaster Univ and Mr. Alex Damm of Wilfrid Laurier. exploring Gandhi's enduring relevance in modern times.

Aug 10 - Algonquin Elder William Commanda's Vision- A Legacy of Peace and Environmental Stewardship (A presentation by A Circle of All Nations)

June 1 Food Kitchen Service

May 25 Inner Peace Session
May 4 Park Cleaning

Honoring our Life Members

Echoes of Gandhi (Past Lectures)

Events Calendar (Aug-Sep-Oct)

Community Education Initiatives

Gandhi's Vows

Youth Essays on Gandhi's Vows:

- Essay by Yashas Naik

- Essay by Manasvi Tirukachi

Gandhi's Vows for Kids

Inner Peace Journey

Article: Relevance of Gandhi's Vision in Modern World

Book summary "Gandhi in a Canadian Context"

Article: The Alchemy of Peace

Book Summary: "Alchemy of Peace"

Video: "Alchemy of Peace"

Gandhi's Enduring Teachings



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



Your unwavering support and commitment inspire us every day.

## Trustees/Life Members:

Dr. Kanta Marwah  
Mr. Anil Agrawal (new Trustee)  
Dr. Nishith Goel  
Dr. Jagmohan Humar  
Dr. Pradeep Merchant  
(Late) Mr. Kailash Mittal  
Dr. Vasant Ruparalia  
Mr. Jack Uppal

## Sponsors/Life Members:

Mr. Sain Dass Aeri (upgraded from Patron)  
Mrs. Suman Agrawal (New Sponsor)  
Mr. Atul Garg (New Sponsor)  
Dr. Uma Kumar (New Sponsor)  
Dr. Noel Salmond (upgraded from Patron)

## Patrons/Life Members:

Mr. Nav Aggarwal  
Mr. Chandrakant Arya  
Mr. Beant Barewal  
Dr. Kumar Bharti  
Mr. Sanjay Bhasin  
Dr. Mayurika Chakravorty  
Mr. Sanjeev Chugh  
Dr. Harsha Dehejia  
Mrs. Sneha Dhingra  
Mrs. Rekha Dogra (new Patron)  
Mrs. Mamata Dutta  
Dr. Heather Eaton  
Dr. Indu Gambhir

Mr. Brij Gupta  
Mr. Krishan Gupta  
Mr. Pawan Gupta  
Dr. Rajendra Gupta  
Mr. Shiv Gupta  
Mrs. Rashmi Gupta  
Mr. Rajesh Jain  
Mrs. Malti Kesarwani  
Mr. Rahil Khan  
Dr. Anil Maheshwari  
Mr. Lalit Malik  
Dr. Vishwa Mathur

Mr. Anil Mehta  
Mrs. Asha Mehta  
Mr. Dinesh Mohan  
Dr. Prabir Neogi  
Dr. Naveen Patni  
Mr. Rajan Raj  
Mr. Amitav Sanyal  
Dr. Radhika Sekar  
Mr. Pradeep Srivastava  
Mr. N. Subramani  
Mr. Kanwal (Ken) Talwar  
Mr. Saif Terai

## 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>

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



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





# Echoes of Gandhi: Past Lectures Revisited

- 1) 2024 "Notes from the Climate Struggle" by Bill McKibben (*Talk published in [Newsletter-Issue #1](#)*)
- 2) 2023 "Impact of Jain Religious Tradition on Gandhi" by J. Humar (*Talk published in [Newsletter-Issue# 2](#)*)
- 3) 2022 "Peace in a Picemeal World" by Jaya Row (Zoom Call) (*Talk published in [Newsletter-Issue# 3](#)*)
- 4) 2021 "Mahatma Gandhi & Islamic Non-violence" - Panel Discussion (*Talk published in [Newsletter-Issue# 4](#)*)
- 5) 2021 "Turning the Tide on Non-violence in Education" by Jill Carr-Harris (*Talk published in [Newsletter-Issue# 5](#)*)
- 6) **2020 "Mahatma Gandhi - Beyond the Civil Rights Movement (Panel) (in this Issue)**
- 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 Taiiaki 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 # (6)

### PANEL DISCUSSION ON

### "MAHATMA GANDHI — BEYOND THE CIVIL RIGHTS MOVEMENT."

PANELISTS: 1] DR. CLAYBORNE CARSON, PROFESSOR OF AMERICAN HISTORY AT STANFORD UNIVERSITY 2] DR. FAISAL DEVJI, PROFESSOR OF INDIAN HISTORY AT THE UNIVERSITY OF OXFORD

Panelist Dr. Clayborne Carson



#### ChatTube Summary of Dr. Clayborne Carson's talk:

The speaker discussed the long-standing connection between the African-American civil rights movement and Gandhi's nonviolent struggle. He mentioned the influence of W.E.B. Du Bois and the impact of African-American leaders visiting India to learn from Gandhi. The speaker emphasized how the legacy of Gandhi and Martin Luther King Jr. continues to inspire activism globally, especially among young people.

Panelist Dr. Faisal Devji



#### ChatTube Summary of Dr. Faisal Devji's talk:

The video features Dr. Faisal Devji discussing Mahatma Gandhi's views on race and humanity, exploring how Gandhi challenged the Western notion of humanitarianism based on imperialism. Gandhi critiqued the concept of humanity, arguing that defining humanity based on biological similarities can mirror the logic of racism. He proposed a non-biological definition of humanity based on duty and sacrificial relations, emphasizing the importance of duty over rights in creating a non-violent and non-racist society.

Q & A (Panel Discussion)



#### How did Gandhi's ideology impact social movements beyond civil rights?:

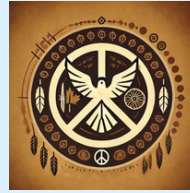
Gandhi's ideology of non-violence, civil disobedience, and peaceful resistance had a significant impact on various social movements beyond civil rights. For example, his principles influenced movements such as the environmentalist movement, feminist movements, anti-war movements, and indigenous rights movements. The idea of non-violent resistance and the emphasis on truth, humility, and duty continue to inspire activists and organizations around the world in their pursuit of social justice, equality, and peace.

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



# Event Calendar in Aug, Sep, Oct 2024

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.



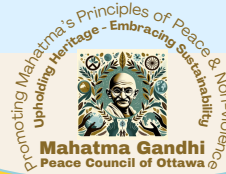
## Tree Plantation:

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

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					

October						
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		



# GANDHI JAYANTI 2024

## Oct 5 (Sat) - Jayanti 2024

Garlanding of Statue  
Singing of Hymns  
Tributes to Gandhi - by guests  
Sweet Distribution

## Oct 19 (Sun) - Cultural Function

Dance: Vashnav Jan To...  
Music Concert by Flute Shiva  
Tributes to Gandhi  
Music Concert (Classical Vocal)  
Play on Gandhi's Principles  
Life of Gandhi (slideshow)  
Folk Dance Performances  
Songs  
Dinner (Vegetarian Indian Cuisine)

Jesus was the most active resister known perhaps to history.  
His was nonviolence par excellence.



# Community Education Initiatives

- Gandhiji's Vows
- Gandhi's Vows for Youth - Essay Writing
  - Essay submitted by Yashas Naik (Abhay - Fearlessness)
- Gandhi's Vows for Kids - Artwork
- Inner Peace Journey





# 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.



**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.**

## 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.

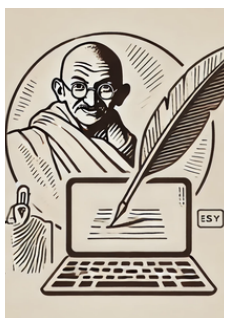
**Embrace "Gandhi's Vows" and cultivate personal integrity, inner strength, and kindness, growing stronger and more united communities, collectively contributing to social harmony.**





## WISDOM OF GANDHI'S VOWS FOR YOUTH

YOUTH LEARN VOWS  
AND WRITE AN ESSAY.



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" will 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.



# STUDENT'S ESSAYS SUBMITTED

## **Yashas Naik**

Grade 12 student, Lisgar Collegiate institute, Ottawa  
Essay on "Abhay - Fearlessness"

## **Manasvi Tiru**

Grade 12 (IB) student, Colonelby High School , Ottawa  
Essay on "Satya - Truth"

### DISCLAIMER:

The essays are published (unedited) as received from the student.



DISCLAIMER: The essay is reproduced as received from the student without editing;

## **GANDHI'S VOWS - ESSAY ON 'FEARLESSNESS' BY YASHAS NAIK** **(Grade 12 student, Lisgar High School, Ottawa)**

### **Topic: Embracing Fearlessness: A Personal, Societal, and Global Journey Through Gandhi's Vow of 'Abhaya'**

In today's fast paced world, the concept of fearlessness is extremely relevant than ever. The vow to "stand brave against fear, with courage proceed, in the face of adversity, let valor lead," resonates deeply in personal lives, society, and globally whether we are aware of it or not. This essay helps me express the importance of Abhaya. And explore how cultivating courage can help individuals face challenges with confidence, reduce anxiety, and foster resilience in various spheres of life.

#### **Personal Perspective**

Fear is a natural human emotion with some being because of survival instincts (fear of heights) or other being induced by the society (fear of ghosts) and is often rooted in the unknown and uncertainty. However, it is how we respond to fear that defines our character. Embracing fearlessness in personal life involves confronting fears head-on rather than avoiding them or choosing an alternate method. This can be as simple as speaking up in a meeting, trying a new activity, or pursuing a long-held dream.

For instance, many people fear public speaking, especially small children like I was once, yet those who push through the anxiety often find themselves growing in confidence and capability, as I did quite late in senior middle school. My courage to face personal fears lead to significant personal growth and a more fulfilling and enjoyable school life. Additionally, by facing fears, I had reduced the anxiety that often accompanies the uncertainty of new tasks. Each small victory over fear built resilience, making it easier for me to face future challenges.

#### **Societal Perspective**

In a societal context, fearlessness manifests in standing up against injustice and advocating for change irrelevant of its support. Societal progress often relies on individuals who are willing to confront adversity and challenge the status quo. Historical figures like Mahatma Gandhi exemplify this spirit of courage. He faced significant risks and fears to fight against the ill treatment of the "non-whites."

continued to page 2/3...



**(Page 2/3) Embracing Fearlessness (Gandhi's Vow of 'Abhaya') ...**

Today, cultivating courage within society means encouraging people to speak out against inequality, discrimination, and other forms of injustice. This requires not only individual bravery but also collective action. Communities that foster a culture of fearlessness can address social issues more effectively and create environments where individuals feel supported and empowered to make a difference.

**Global Perspective**

On a global scale, fearlessness is crucial in addressing and solving major challenges such as climate change, political instability, and global health crises. The COVID-19 pandemic, for example, has highlighted the importance of courageous leadership and collective resilience. Leaders who acted decisively and courageously to benefit their people helped to mitigate the impact of the virus, while individuals who adhered to guidelines and supported each other demonstrated societal resilience.

Fearlessness on a global level also involves taking bold steps to address long-term challenges instead of leaving them unsolved. The fight against climate change requires countries to implement drastic measures, often facing opposition and uncertainty. However, it is through courage and determination that meaningful progress can be achieved. By prioritizing the planet over short-term gains, nations demonstrate a commitment to a better future.

**The Role of Education**

Education plays a pivotal role in cultivating fearlessness. By teaching students to face challenges and uncertainties with confidence, educators can reduce anxiety and build courage. This involves creating an environment where failure and resistance is seen as a learning opportunity rather than a setback of a negative sign. Encouraging critical thinking, problem-solving, and collaboration helps students develop courage.

Moreover, integrating lessons on historical figures who exemplified courage can inspire students to emulate these qualities. By understanding the struggles and triumphs of those who came before them, students can gain a sense of perspective and motivation. Programs that focus on social-emotional learning also contribute to developing fearlessness by helping students manage emotions and build strong interpersonal skills.

continued to page 3/3...



**(Page 3/3) Embracing Fearlessness (Gandhi's Vow of 'Abhaya') ...**

### **Conclusion**

In conclusion, the vow to "stand brave against fear, with courage proceed, in the face of adversity, let valor lead" is a powerful principle that can transform lives, societies, and the world. By cultivating courage, individuals can face personal challenges with confidence, reduce anxiety, and build resilience. In society, fearlessness enables people to stand up against injustice and advocate for change. On a global scale, it is essential in addressing major challenges and ensuring a sustainable future. Education plays a crucial role in fostering these qualities, preparing future generations to navigate an increasingly complex and uncertain world. Embracing fearlessness is not only a personal journey but a collective mission that can lead to a more just, resilient, and prosperous world.





DISCLAIMER: The essay is reproduced as received from the student without editing;

## GANDHI'S VOWS - ESSAY ON 'TRUTH'

by Manasvi Tirukachi

(Grade 12 IB student, Colonelby High School, Ottawa)



### Topic: "The Journey to Truth" Through Gandhi's Vow of 'Satya'

Satya, meaning truth, is defined as a concept that is a reflection of reality. The concept of Satya, rooted in ancient Indian philosophy, is more than just the straightforward definition of truth. Satya embodies the journey to discover truth and the essence of what truth truly is. Satyagraha is a concept introduced in the early 20th century by Mahatma Gandhi which emphasizes the importance of truth and the necessity of seeking it.<sup>(1)</sup> If the cause is just and the fight is against injustice, truth will ultimately prevail without the need for physical force or coercion. The concept of seeking truth becomes difficult when placed in a world where the truth is constantly changing forms; where new perspectives come into light; the perception of truth, and what we consider as truth changes accordingly. This paper will focus on the importance of seeking truth by examining what it means to pursue truth in various contexts, what constitutes truth, how it is defined, perceived, and accepted in different situations.

The concept of truth and what it means for something to be true is a topic we frequently grapple with in my IB History class, especially as we explore areas that extend beyond Canada. This year, during our unit on Imperial Japan, we were presented with various documents detailing the lifestyle of that era. Our class was tasked with identifying the limitations of these documents. After some difficulty, a classmate raised an insightful question: Was the document translated? If it originated in Japan, it would have been written in Japanese. Could the translated version we were reading have altered the document's true content? Some idioms and phrases might lose their meaning in translation – were these accurately conveyed, or did they distort the original intent? Then, it struck me to consider the ethnicity of the author. Could the author's inherent bias have distorted reality? The publishing company, what country was that based in? Did they have an inherent bias towards Japan? Ultimately, how neutral is this document? These are considerations I had never ever thought about before my IB History class, and they have deepened my understanding of how truth can be complex and multifaceted. It reminded me to not take things for face value if I wanted to understand the truth and essence behind something.

(1) <https://www.britannica.com/topic/satyagraha-philosophy>

continued to page 2/3...



### Essay on 'The Journey to Truth' by Manasvi Tirukachi (page 2/3)

Now, my example with my history documents were based in an educational setting with an educational purpose behind it. Because we write many research papers, it is only right to acknowledge the potential limitations with the sources we refer to. However, why is this useful in a day-to-day context? Why is it so important to seek the truth? Seeking the truth is crucial because it forms the foundation of informed decision-making, integrity, and trust in both personal and societal contexts.

When we pursue the truth, we gain a clearer understanding of reality, which allows us to make decisions based on accurate information rather than assumptions or misinformation. Especially since 85% of people aged 15-34 obtain their news through social media(2), it is even more important to understand that social media is constantly exposed to fake news. Our generation is constantly bombarded with information the second we click onto social media platforms. Whether that information be useful or random knowledge about someone's feelings, events in their life, or perhaps about a specific historical event, we are continuously exposed to information.

Analyzing your sources and understanding the origins behind the content is crucial to conclude with an objective truth. This doesn't necessarily need to be too difficult; simply consuming the content with an objective mindset is all that is required. Simply consuming the content with the mindset of "This is someone's truth, and this truth can be different to another's" or "This information is coming from a rapid-sharing platforms where words with various meanings can oftentimes be interchangeably" is all you need to do to start filtering the content you consume on a day-to-day basis. This understanding can help you reach a deeper understanding of the truth behind the information you consume.

Expanding on my previous idea of one person's truth can be different from another's truth, think of a time when you had gotten into a misunderstanding with a family member or friend. In situations like this, each person has perceived the situation differently, and so they have a different truth regarding it. This is seen in the following case studies:

(2) <https://www150.statcan.gc.ca/n1/daily-quotidien/231110/dq231110b-eng.htm>

continued to page 3/3...



### Essay on 'The Journey to Truth' by Manasvi Tirukachi (page 3/3)

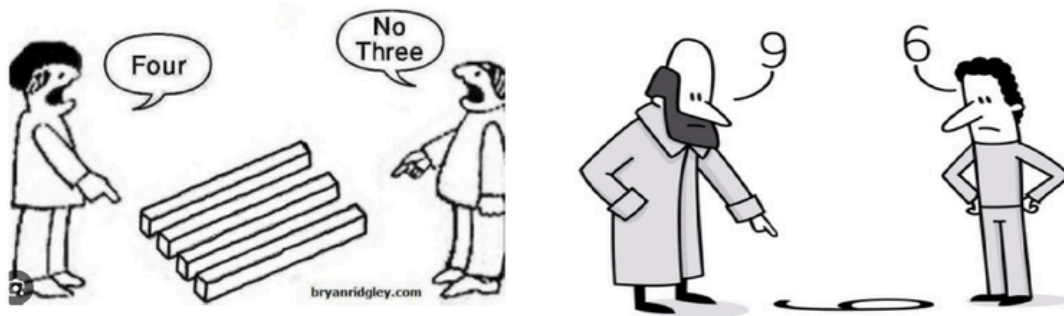


Image credits: <https://stock.adobe.com/ca/search/images?k=different+point+of+view>

As you can see, in the first case study, the perspective of both the people vary, providing a different narrative for truth. If the man on the left was to tell his family on how many bricks he saw, he would say four, while the man on the right would say three. Are both of them correct? Are both of them wrong? In cases like this, it becomes clear that the fact that there is no real truth is the truth of the scenario. Perhaps, both of them are right, or both of them are wrong. This is seen in the second image as well; where the first man perceives the number as nine whereas the second perceives as six. Technically, both are correct in their own perspective. These case studies accurately depict how truth is not always black and white. Instead of a single objective truth, there may be multiple interpretations or perspectives that each hold some extent of validity. Recognizing different perspectives and communicating with each other to come to a well-rounded conclusion is crucial in our day to day lives. This case study allows us to understand that communication is essential to discover the truth, and deepens our understanding that the truth is not always one solid conclusion. This notion helps us form stronger relations and allows us to become well-rounded individuals who are open to various perspectives and that are capable of communicating to reach a mutual conclusion.

In conclusion, this paper explored the concepts of bias, perception, and the tools used to understand the truth. Initially, we analyzed how source analysis and awareness of potential bias are crucial when seeking objective truth. In the second scenario, we reviewed two case studies, concluding that communication and understanding is essential, as truths are not always black and white. The key takeaway is that the journey to truth is complex. We should always strive to seek the truth, using a more analytical approach than a violent method. This pursuit of truth is integral to our curiosity and helps us make well-informed decisions and conclusions about the world around us. Mahatma Gandhi believed that seeking truth was essential for living a morally sound and just life. Similarly, we must continue to adhere to this principle to lead a life of integrity and fairness.

**The law of Truth is merely understood to mean that we must speak the truth.**



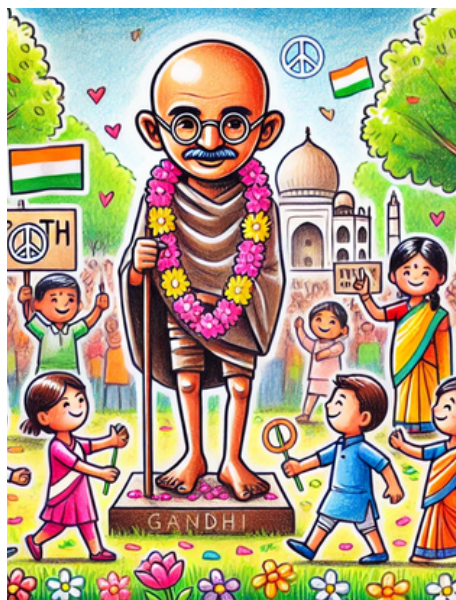
# GANDHI'S VOWS FOR KIDS

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.**





# Inner Peace Journey

Achieve clarity, balance, and compassion through reflective practices and mindfulness.

Discover how to manage stress, build positive relationships, and embrace social responsibility for a fulfilling life.

Read & download: [Inner Peace Journey - Learning Guide](#)



INNER  
PEACE



COMPASSION

## Practice of Inner Peace Journey – Individually and in groups.

These images depict people from diverse backgrounds collaborating and discussing with one another in various settings such as parks, community centers, and homes, engaged in shared pursuit of inner peace and social responsibility.

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





## RELEVANCE OF GANDHI'S VISION IN MODERN WORLD

Article by the Editors

**Synopsis:** *Mahatma Gandhi's principles of truth and non-violence are crucial today due to widespread conflict and unrest. By practicing these values, societies can break the cycle of violence and achieve lasting peace. Gandhi's emphasis on respect, dialogue, and understanding promotes human rights and reconciliation. His idea of Sarvodaya focuses on uplifting the vulnerable through education and opportunities, reducing conflict causes. Advocating simple living and environmental sustainability, Gandhi's teachings help prevent conflicts arising from resource issues. His vision of global unity and cooperation remains vital for addressing major global challenges, fostering a just and peaceful world for all.*

Mahatma Gandhi's ideas of truth and non-violence are fundamental today, especially with so much fighting and unrest in many places. By practicing truth and non-violence, we can stop the cycle of violence in many societies. In a world filled with conflict and war, peaceful solutions can help end revenge and lead to lasting peace.

Gandhi believed in treating everyone with respect and valuing their strengths. He thought that in a conflict, society must understand and appreciate the humanity of both sides. This way, societies can support human rights, encourage forgiveness, and create a culture of understanding and kindness. Gandhi also believed it is always important to talk, negotiate, and make peace to solve problems. In the face of deep-seated anger and hostility, he thought that having discussions could bring people together, build trust, and create agreements for lasting peace by addressing the leading causes of conflict.

Gandhi's idea of *Sarvodaya* (Welfare-For-All) means the well-being of all. It focuses on helping the most vulnerable people in society because they are the worst hit in any conflict. Gandhi believed in empowering them by giving them better education, job opportunities, and chances to participate in political activities. These initiatives will address and strengthen their underlying grievances, helping them build resilience against violence and extremism.

Gandhi advocated for simple living and sustainable development, which would help avoid or minimize conflicts arising from environmental degradation and climate change. If people embrace eco-friendly lifestyles and adopt policies prioritizing ecological stewardship, societies can mitigate resource conflicts and safeguard the planet for future generations.

... continued to page 2/3



(Page 2/3) **Article: Relevance of Gandhi's Vision in Modern World**

Gandhi dreamed of a world where kindness and unity unite people, no matter where they are from or their background. In today's connected world, it's essential to work together, understand each other, and solve big problems like terrorism, pandemics, and the spread of nuclear weapons.

In conclusion, Gandhi's teachings provide a timeless and universal blueprint for peacebuilding, social justice, and human flourishing. As the world grapples with violent conflicts, embracing Gandhian principles can pave the way toward a more just, equitable, and peaceful world for all.

### **Applying Gandhi's Philosophy to Bring Peace and Harmony**

Gandhi's ideas are beneficial for solving today's problems of war, terrorism, and conflicts. His belief in non-violence, talking, and making peace can help us understand each other and work together better. Here are some ways we can use his ideas:

- **Non-violence as a Strategy:** Gandhi's idea of non-violence (Ahimsa) means solving problems without fighting. In wars and conflicts, we can use nonviolent methods like protests, civil disobedience, and negotiation to calm things down and find peaceful solutions.
- **Dialogue and Reconciliation:** Talking and listening can help people in conflict understand each other. Creating safe discussion spaces, showing empathy, and respecting each other can help solve disputes. Instead of fighting, people can talk to find common ground and make peace.
- **Conflict Resolution:** Nonviolent methods like mediation and negotiation can help solve disputes without violence. Conflicts can be resolved peacefully by finding shared interests and building trust.
- **Addressing Root Causes:** Gandhi believed in fixing the root problems of conflicts, like inequality and injustice. By solving these underlying issues, societies can reduce the reasons for radicalization and violence.
- **Empowerment of Marginalized Communities:** Nonviolent resistance helps marginalized groups advocate for their rights. We can create a fairer society by giving them better education, job opportunities, and a voice in decision-making.

.... continued to 3/3



(Page 3/3) **Article: Relevance of Gandhi's Vision in Modern World**

- **Building Trust and Reconciliation:** Gandhi believed in forgiveness and building trust. By addressing past grievances and promoting healing, communities can work towards a peaceful future based on mutual respect.
- **Promoting Human Dignity and Rights:** Gandhi emphasized the dignity and worth of every person. By protecting human rights like freedom, equality, and justice, we can create a world where everyone is treated with respect.
- **Environmental Sustainability:** Gandhi's philosophy of simplicity and respect for all life can help protect the environment. Living sustainably and caring for the planet can ensure a healthy environment for future generations.
- **Global Solidarity and Cooperation:** Gandhi's idea of Sarvodaya means the well-being of all people. By working together internationally, we can address global challenges like terrorism and conflict, fostering empathy and cooperation.
- **Leadership as a Role Model:** Gandhi's life showed the power of moral leadership and personal sacrifice. Leaders who follow Gandhi's values can inspire hope and drive movements for peace and justice.

In summary, Gandhi's philosophy of nonviolent resistance promotes peace and harmony by addressing the root causes of conflict, encouraging dialogue and reconciliation, and empowering communities. Following these principles can build a more just, equitable, and peaceful world for everyone.



## Book summary "Gandhi in a Canadian Context: Relationships between Mahatma Gandhi and Canada," edited by Alex Damm

Reference: <https://www.amazon.ca/Gandhi-Canadian-Context-Relationships-between-ebook/dp/B01MU71ZW1/>

---

**Synopsis:** Edited by Alex Damm, "Gandhi in a Canadian Context" examines the connections between Mahatma Gandhi and Canada, highlighting the profound influence of Gandhi's non-violent philosophy on Canadian society. The book covers historical interactions, such as the involvement of Canadian missionaries and activists in the Indian independence movement. It explores how Gandhi's principles inspired Canadian social movements, leaders, and policies. It also discusses cultural and educational exchanges that strengthened ties between the two countries and considers the modern relevance of Gandhi's ideas in addressing contemporary issues like multiculturalism and environmental sustainability. Through various essays, the book showcases Gandhi's lasting impact on Canada.

---

"Gandhi in a Canadian Context," edited by Alex Damm, is a book that examines the connections between Mahatma Gandhi and Canada. Gandhi, known for his leadership in the Indian independence movement and his philosophy of non-violence, has had a significant impact beyond India. The book delves into how his ideas and actions have influenced Canadian society. It covers various aspects of this influence, from historical interactions to modern applications of his principles in Canadian life. Through stories of individuals and movements, the book presents a comprehensive picture of the enduring legacy of Gandhi in Canada.

### Historical Connections

The book begins by exploring the involvement of Canadians in Gandhi's movement for India's independence. It includes accounts of Canadian missionaries and activists who backed Gandhi. These early connections enabled Canadians to comprehend and value Gandhi's efforts.

### Influence on Social Movements

The book highlights how Gandhi's principles of non-violence and civil disobedience influenced Canadian social movements. Canadian peace activists and anti-nuclear protests were particularly inspired by Gandhi's methods. Additionally, his ideas had a significant impact on Canada's labor movements, indigenous rights activism, and environmental protests.

continued to page 2/2...



**(Page 2/2) Book Summary: Gandhi in a Canadian Context**

**Canadian Leaders Inspired by Gandhi**

The book explores how Canadian leaders, such as former Prime Ministers Lester B. Pearson and Pierre Trudeau, drew inspiration from Gandhi. Pearson's emphasis on peacekeeping and Trudeau's advocacy for multiculturalism and social justice demonstrate how they incorporated Gandhi's ideas into shaping Canada's policies.

**Cultural and Educational Exchanges**

The book discusses cultural and educational exchanges between Canada and India. Canadian scholars and institutions have helped spread Gandhi's teachings, and programs and studies about Gandhi in Canadian universities have promoted better understanding between the two countries.

**Modern Relevance**

The book concludes by exploring the ongoing relevance of Gandhi's ideas. It delves into how his principles can contribute to addressing contemporary issues in Canada including multiculturalism, peacebuilding, and environmental sustainability. Gandhi's vision for a fair and just society remains an inspiration for Canadians.

**Conclusion**

"Gandhi in a Canadian Context" demonstrates the lasting impact of Gandhi's ideas on Canada. The book emphasizes the significant connections between Gandhi and Canadian society, clearly illustrating how his principles have influenced Canadian leaders, activists, and everyday life.





# THE ALCHEMY OF PEACE: TRANSFORMATIVE SHIFTS FOR A HARMONIOUS WORLD

Article by Editors

Source: [The Alchemy of Peace: 6 Essential Shifts in Mindsets and Habits to Achieve World Peace](#)

**Synopsis:** *In her book, "The Alchemy of Peace: 6 Essential Shifts in Mindsets and Habits to Achieve World Peace," Sovaida Ma'ani Ewing outlines practical steps to foster global harmony. She highlights six crucial shifts: division to unity, prejudice to empathy, competition to cooperation, exploitation to stewardship, conflict to reconciliation, and apathy to engagement. Ewing emphasizes the need for unity in a divided world, empathy to overcome prejudice, cooperation for global challenges, and stewardship to protect the environment. She advocates for reconciliation to resolve conflicts and active engagement to combat apathy. These actionable principles offer a roadmap to create a peaceful and just world.*

In an increasingly divided world, the quest for peace often seems elusive. Yet, Sovaida Ma'ani Ewing's book, "The Alchemy of Peace: 6 Essential Shifts in Mindsets and Habits to Achieve World Peace," offers a profound and practical roadmap. The book identifies six pivotal shifts in thinking and behavior that individuals and societies must embrace to foster global harmony. These shifts are not merely theoretical but actionable steps that can transform how we interact with each other and the world. As we delve into these essential shifts, we will see how their implementation can address some of the most pressing issues of our time.

## **From Division to Unity**

The first shift Ewing emphasizes is the transition from division to unity. In today's world, where polarization is rampant—whether political, racial, or ideological—this message is crucial. Social media platforms, while connecting us, often serve as echo chambers that deepen divisions. Ewing advocates for recognizing our interconnectedness and fostering a sense of global citizenship. This shift requires us to see beyond superficial differences and acknowledge our humanity. We can build bridges across divides by embracing unity and promoting a more cohesive and peaceful society.

## **From Prejudice to Empathy**

Prejudice and bias continue to fuel conflicts and social unrest globally. The second shift, from prejudice to empathy, requires a conscious effort to understand

... continued to page 2/3



**(Page 2/3): Article: The Alchemy of Peace**

and appreciate different perspectives. Understanding empathy involves stepping into someone else's perspective and seeing the world through their eyes. It's about relating to others by understanding their experiences and emotions. This mindset can dismantle stereotypes and reduce hostility. Ewing's call for empathy resonates with movements advocating for social justice and equality. By cultivating compassion, we can create more inclusive communities where everyone feels valued and respected.

**From Competition to Cooperation**

The third essential shift is from competition to cooperation. In a world where success is often measured by individual achievements and competition, Ewing highlights the benefits of collaboration. The global challenges we face—such as the COVID-19 pandemic, climate change, and economic instability—require collective action. Competitive nationalism and isolationism are counterproductive in solving these issues. Instead, cooperation can lead to innovative solutions that benefit all. We can harness this shift to emphasize the importance of collaborating and pursuing common goals, fostering a spirit of partnership rather than rivalry.

**From Exploitation to Stewardship**

Our current pressing concerns involve the degradation of the environment. We also need to address the overuse of natural resources. Ewing's fourth shift, from exploitation to stewardship, underscores the need for responsible management of our planet's resources. This involves adopting sustainable practices and respecting the environment. The concept of stewardship calls for a shift in our relationship with nature, viewing it not as a resource to be exploited but as a legacy to be preserved for future generations. This mindset is critical for addressing the environmental crisis and ensuring a sustainable future.

**From Conflict to Reconciliation**

The world is rife with conflicts, from international wars to interpersonal disputes. The fifth shift, from conflict to reconciliation, focuses on healing and rebuilding relationships. Reconciliation involves addressing grievances, promoting forgiveness, and fostering understanding between adversaries. This process is essential for long-term peace and stability. Ewing's emphasis on reconciliation aligns with efforts to resolve conflicts and heal divisions in post-war societies or communities divided by racial and ethnic tensions. By prioritizing reconciliation, we can move towards a more harmonious world.

... continued to page 3/3



(Page 3/3): Article: The Alchemy of Peace

### **From Apathy to Engagement**

Political apathy is a significant barrier to progress in an age of information overload and widespread disillusionment. The final shift Ewing proposes is from apathy to engagement. Active participation in civic and community affairs is crucial for effecting positive change. This shift encourages individuals to be informed, involved, and committed to making a difference. Engagement means taking responsibility for our communities and working towards collective well-being. By overcoming apathy, we can empower ourselves and others to contribute meaningfully to society.

### **Relevance in Modern Times**

The relevance of Ewing's "Alchemy of Peace" in modern times cannot be overstated. The world is grappling with numerous challenges that these six shifts can directly address. The ongoing pandemic has shown the need for global cooperation and unity. Social justice movements highlight the importance of empathy and inclusivity. Environmental activism calls for stewardship of our planet. Conflict resolution efforts underscore the necessity of reconciliation. Political engagement and activism are crucial in addressing systemic issues and advocating for change.

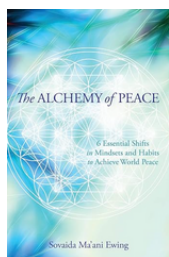
Ewing's book provides a framework for understanding and implementing these shifts in our daily lives. The principles outlined are not idealistic aspirations but practical steps that can lead to real change. By embracing these changes, people and communities can work toward creating a fair, peaceful, and enduring world.

### **Conclusion**

"The Alchemy of Peace" is a timely and insightful guide for those seeking to positively impact the world. Sovaida Ma'ani Ewing's six essential shifts offer a comprehensive approach to achieving world peace. By moving from division to unity, prejudice to empathy, competition to cooperation, exploitation to stewardship, conflict to reconciliation, and apathy to engagement, we can transform our societies and pave the way for a harmonious future. The journey to peace begins with each of us making these shifts in our lives, inspiring others to do the same.

### **References:**

- *Constat Amiable PDF Free Download*. <https://www.hindihelpguru.com/constat-amiable/>
- *5 ways our governments can confront climate change | Interamerican Association for Environmental Defense (AIDA)*. <https://aida-americas.org/en/blog/5-ways-our-governments-can-confront-climate-change>
- *Not another climate article • Die Bärliner*. <https://blog.berlin.bard.edu/another-climate-article/>
- *Global Education | ESPNET*. <https://espnet.eu/?p=1244>



## BOOK SUMMARY: THE ALCHEMY OF PEACE

### 6 Essential Shifts in Mindsets and Habits to Achieve World Peace

by Sovaida Ma'ani Ewing

**Amazon Link for the book:** <https://www.amazon.com/dp/B08QZZZVYK>

"The Alchemy of Peace: 6 Essential Shifts in Mindsets and Habits to Achieve World Peace" by Sovaida Ma'ani Ewing offers timeless wisdom that is especially relevant in modern times. Ewing's insights not only provide a crucial roadmap for navigating these issues but also offer hope for a more peaceful world as the world faces increasing challenges such as political polarization, racial tensions, environmental crises, and social inequalities.

- 1. From Division to Unity:** In an era of widespread division, whether political, racial, or ideological, the message of unity is vital. Social media and global connectivity often exacerbate divisions, making fostering a sense of global citizenship and shared humanity more critical than ever.
- 2. From Prejudice to Empathy:** Cultivating empathy is essential with rising incidents of hate crimes and discrimination. Understanding and appreciating diverse perspectives can help mitigate conflicts and build more inclusive societies.
- 3. From Competition to Cooperation:** The challenges posed by the COVID-19 pandemic, climate change, and economic instability underscore the need for global cooperation. Competitive nationalism and isolationism can hinder collective progress, while cooperation can lead to innovative solutions that benefit all.
- 4. From Exploitation to Stewardship:** The ongoing environmental crisis highlights the urgency of responsible stewardship. The shift towards sustainable practices is crucial for the health of our planet and future generations. Ewing's emphasis on stewardship resonates with contemporary movements advocating for environmental justice and sustainability.
- 5. From Conflict to Reconciliation:** Numerous conflicts worldwide make the need for reconciliation and healing evident. Addressing historical grievances and promoting forgiveness is critical to achieving long-term peace and stability in conflict-ridden regions.
- 6. From Apathy to Engagement:** In a time of widespread disillusionment and political apathy, Ewing's call for active engagement is particularly relevant. Civic participation and grassroots activism are crucial for effecting positive change and holding leaders accountable.

Ewing's book provides a practical framework for addressing the root causes of many of today's most pressing issues. Encouraging shifts in mindsets and habits offers a path toward a more peaceful, just, and sustainable world. The principles outlined in "The Alchemy of Peace" are romantic and practical. They offer concrete steps that individuals and communities can take to contribute to global peace and well-being, empowering them to make a difference.

**"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that." -Martin Luther King Jr.**



## VIDEO: THE ALCHEMY OF PEACE | 6 ESSENTIAL SHIFTS IN MINDSETS AND HABITS | SOVAIDA MA'ANI EWING



**ChatTube Summary:** The video discusses the increasing global crises and the need for essential shifts in mindsets and habits to achieve world peace. The speaker introduces the concept of the "Alchemy of Peace" method that aims to create shifts in collective energy to motivate systemic changes. Drawing inspiration from divine teachings, the method involves recognizing harmful mindsets, replacing them with empowering ones, and adopting new constructive habits aligned with a vision of a peaceful world.

### Key takeaways from the video:

- 1. Mindset Shifts:** Changing our mindset is essential for fostering peace as it influences our emotions, behaviors, and perceptions.
- 2. Identification of Harmful Mindsets:** Recognizing and replacing harmful mindsets, such as victim mentality or the need to always win, can lead to more constructive behaviors.
- 3. Importance of Character in Leadership:** Evaluating the character and values of leaders is crucial for choosing effective and trustworthy leaders who prioritize the well-being of society.
- 4. Behavioral Changes:** Adopting new habits and behaviors that align with a vision of peace and unity can contribute to positive societal change.
- 5. Influence of Divine Teachings:** Drawing inspiration from divine teachings and incorporating empowering mindsets and habits can lead to a transformation in personal and collective life.

By implementing these shifts in mindset and behaviors, individuals can work towards building a world characterized by peace, justice, and unity.

continued to page 2/2 ...



**(Page 2/2) Video: The Alchemy of Peace**

**How can mindset shifts contribute to peace?**

Mindset shifts are crucial in contributing to peace because they shape our perceptions, emotions, and behaviors. By changing our mindset, we can cultivate attitudes of empathy, understanding, and cooperation, which are essential for promoting peace. When individuals adopt new mindsets that prioritize compassion, unity, and justice, they are more likely to engage in peaceful interactions and resolve conflicts constructively. These shifts in mindset can lead to the development of peaceful habits and behaviors at both the individual and societal levels, ultimately fostering a culture of peace and harmony.

**Why is the transition from old to new essential in fostering peace?**

The transition from old mindsets and habits to new ones is crucial in fostering peace because the old ways of thinking and behaving often perpetuate conflict, division, and inequality. By letting go of outdated beliefs and behaviors that no longer serve the greater good, individuals and societies can make room for new perspectives and actions that prioritize unity, empathy, and cooperation. This transition allows for the growth and evolution of individuals and communities towards a more peaceful and harmonious existence, paving the way for positive change and collective well-being.





## 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.

