

## **64 Days and 64 Ways to Practice Nonviolence**

### **A SEASON FOR NONVIOLENCE**

**January 30 - April 4, 2020**

A SEASON FOR NONVIOLENCE is a 64-day educational, media and grass-roots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform and empower our lives and our communities. In leap year 2020, there will be 65 days and 65 practices in the Season.

A SEASON FOR NONVIOLENCE is a time to remember the lives and accomplishments of two great peacemakers, Mohandas Gandhi and Martin Luther King, Jr. Begun in 1998 by Arun Gandhi and a group of organizations dedicated to the nonviolence principles of Gandhi and King, the dates commemorate the anniversaries of their deaths: Gandhi (January 30) and King (April 4.) This international program honors their vision for an empowered and nonviolent world.

To create an awareness of nonviolent practices, we focus on *64 Ways in 64 Days to Practice Nonviolence*. Every day a personal trait, skill or action is highlighted, and a simple act to enforce the trait is suggested. These practices are listed in the following two pages for each person to practice and to share with family and peers.

Participation in A SEASON FOR NONVIOLENCE is simple: read the practices, talk about them with others, and implement them as best you can. Many people put the *64 Ways* flier on the refrigerator door and read the daily practice with their family. You can bring it to work and share it with co-workers or send it to school with your children to encourage discussions. Pass the *64 Ways* on to others and watch the world change.

We honor those who use nonviolence to build a community that honors the dignity and worth of every human being. Every person can move the world in the direction of peace through daily nonviolent choice and action.

More information available online at <http://www.agnt.org/season-for-nonviolence>.

# 65 Days and 65 Ways to Practice Nonviolence

## A SEASON FOR NONVIOLENCE

January 30 - April 4, 2020 Leap Year

**Days 1 - 23 focus on Personal change. Nonviolence begins by learning how to be less violent and more compassionate with ourselves. We learn by building courage to speak and act with a respect, honor and reverence for our own being.**

**Jan. 30 COURAGE** Eleanor Roosevelt urged, "You must do the things that you think you cannot do." Light a candle and accept the courage to practice living in peace.

**Jan. 31 SMILING** Today, share a smile with at least 3 people, knowing that your smile contributes to peace.

**Feb. 1 APPRECIATION** Write down 10 things that you appreciate about yourself, then read it aloud.

**Feb. 2 CARING** Real caring is not just what we say, but what we do. Make a list of at least 5 ways you can take better care of yourself. Practice at least one today.

**Feb. 3 BELIEVING** Today believe that you have the resources to move your life in the direction of peace. Be aware of simple demonstrations of peaceful responses.

**Feb. 4 SIMPLICITY** Think of 3 ways you can simplify your life and put at least one into practice today.

**Feb. 5 EDUCATION** Learn about the power of nonviolence by educating yourself. Read an article that relates to nonviolence. Learn about human rights, diversity, ecology, history, forgiveness, spirituality, peace studies, and more.

**Feb. 6 HEALING** Today, choose a painful incident in your life and find the "gift" it has given you. Consciously share this gift with others.

**Feb. 7 DREAMING** Martin Luther King, Jr. had a dream. What is your dream of peace? Write it down. What is one thing you can do to honor that dream? Do it today.

**Feb. 8 FAITH** Today, say, "I Can" even if you are not aware of how to accomplish your goal. Have faith and say, "I Can" until you find a way.

**Feb. 9 CONTEMPLATION** "As a man thinketh in his heart, so he is" (Bible). For at least 3 minutes, relax, breath, and let your mind be fed by "whatsoever is good and beautiful."

**Feb. 10 GROUNDEDNESS** "Some little root of the sacred tree still lives. Nourish it..." (Black Elk). Today, place a seed in the earth or nurture a plant.

**Feb. 11 CREATIVITY** Identify at least 5 ways in which you express your creativity every day. Today, allow something unpredictable and joyous to express through you.

**Feb. 12 HUMILITY** Making mistakes is part of learning and growing. Freely acknowledge at least one mistake you make today, and reflect for a few minutes on what you have learned.

**Feb. 13 REVERENCE** Today, go for a walk and realize the beauty around, above and below you. "Everybody needs beauty as well as bread, ...where Nature may heal and cheer and give strength to body and soul." Muir

**Feb. 14 GRATITUDE** Begin the day by listing 5 things for which you are grateful and end it by sharing with one person all of the good things that happened to you today.

**Feb. 15 INTEGRITY** When faced with a choice today, listen to your conscience. You know what's right. Do it.

**Feb. 16 FREEDOM** Take a leadership role today in your life. Find one way you can be more expressive of who you truly are.

**Feb. 17 ACCEPTANCE** "Resentment, fear, criticism and guilt cause more problems than anything else." L. Hay. Choose not to judge yourself. See yourself as unique, loving, capable and bright. Accept yourself as you are.

**Feb. 18 SELF-FORGIVENESS** Knowing that who you are is greater than what you have done or not done, have or don't have, today forgive yourself for forgetting the good that is you.

**Feb. 19 INSPIRATION** Think of at least 2 people who exemplify the practice of peace. What is it you admire about them? Practice these behaviors today.

**Feb. 20 MISSION** "My life is my message" - Gandhi. Write down what you want to "stand for" in your life. Note at least one way you can show through action that you stand for your beliefs. Take the action .

**Feb. 21 PRAYER** "Prayer from the heart can achieve what nothing else in the world can," said Gandhi. Begin and end the day with a prayer for peace. Let peace begin with you.

**Days 24 - 47 focus on Interpersonal change. In order to create a peaceful world, we must learn to practice nonviolence with one another in our day-to-day interactions**

**Feb. 22 HARMONY** Today, choose to see the good in others rather than finding fault. Choosing not to engage in any form of gossip contributes to harmony.

**Feb. 23 FRIENDLINESS** Will Rogers said that strangers were just friends he hadn't met yet. View those you encounter today as friends. Make a new acquaintance.

**Feb. 24 RESPECT** Today, respect yourself and others by choosing not to use any profanity or "put-downs."

**Feb. 25 GENEROSITY** "There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart."- Mother Teresa. Spend 10 minutes assisting someone who needs your nurturing.

**Feb. 26 LISTENING** Today, stop what you are doing and take 5 minutes to listen to the feelings behind someone's words to you. Be fully present for the conversation and show interest in what the person is saying.

**Feb. 27 FORGIVENESS** There are more important things than remembering a hurt. Write a letter to forgive someone and move on with life. You do not have to mail the letter.

**Feb. 28 AMENDS** Make amends today. Apologize to someone you may have hurt and mean your apology sincerely.

**Feb. 29 TRUST** Knowing there is something greater than this place and time, share with a person you trust the reasons you trust yourself, that person, and the power that exists in the Universe for good.

**Mar. 1 PRAISING** Appreciation helps people grow. Offer praise to at least 3 people today for their personal qualities, achievements or helpful service.

**Mar. 2 PATIENCE** When your plans seem delayed, choose to be patient by identifying at least 3 ways that you can constructively use this time to support your goal.

**Mar. 3 ACKNOWLEDGMENT** Tell someone today what a difference he or she has made in your life. Acknowledge that person for being there for you.

**Mar. 4 LOVE** "Nonviolence is based on the assumption that human nature...unfailingly responds to the advances of love." - Gandhi. Focus on what you appreciate most about the person you like the least.

**Mar. 5 UNDERSTANDING** "When you understand, you cannot help but love. Practice looking at all living beings with the eyes of compassion." - Thich Nhat Hanh. Send a silent thought of love to 10 people today. Share your experience with someone.

**Mar. 6 MINDFULNESS** Be aware of the motivation behind your action, the intention behind your words, and the needs and experiences of other people. By doing so, you make life more beautiful for others.

**Mar. 7 GRACIOUSNESS** When you are out driving today, slow down and let the other car pull in front of you. Stop and let pedestrians cross the street. Hold the door open for someone else to enter first.

**Mar. 8 KINDNESS** Participate in random and senseless acts of kindness. Perform 3 acts of kindness today.

**Mar. 9 DIALOGUE** A healthy society is one in which those who disagree can do so with honor and respect for other people's opinions. "Speak your truth quietly and clearly; and listen to others." - Desiderata. Today, speak up but do not enter into the spirit of argument.

**Mar. 10 UNITY** Today, look for 3 ways to see beyond outer differences in opinions, appearances or goals. Find the meeting point of underlying unity that exists in diversity.

**Mar. 11 OPENNESS** "He who builds himself a fence, fences out more than he fences in." (Turkish proverb) Today, be open to understanding ideas and people that you have previously opposed.

**Mar. 12 ACCOUNTABILITY** Today, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.

**Mar. 13 UNIQUENESS** Praise, compliment and honor the uniqueness of at least 5 people today. Notice the positive impact you make by valuing the individuality of each one.

**Mar. 14 COOPERATION** When we work together we are stronger than when we work alone. Today, find one significant way that you can cooperate more effectively with the people in your family, workplace, school or community. Do it.

**Mar. 15 MASTERY** Breathe deeply, silently counting backwards from ten to calm yourself and cool off before speaking or acting in anger. Do this at least once today.

**Mar. 16 COMPASSION** "Find someone who thinks he is alone and let him know he is not." Mother Teresa. Do this today.

**Days 48 - 65 focus on Community. Nonviolence challenges us to stand for Truth by taking action that honors the dignity and worth of every human being.**

**Mar. 17 DISARMAMENT** Have a conversation with someone today about what the world would be like if there were no weapons nor any need for them. Imagine such a world.

**Mar. 18 ECOLOGY** Value the earth by conserving natural resources and practicing recycling. Today use or purchase recycled products.

**Mar. 19 HONOR** "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." - Albert Einstein. Today, stop to honor the hands that prepare your food, the earth for its bounty, and the people who provide services for you.

**Mar. 20 RESPECT** Be aware today of "jokes" or remarks that show disrespect toward groups, sexes, classes of people, religions. Be considerate of every person's dignity, and choose not to participate in disrespectful conversations.

**Mar. 21 ADVOCACY** Every action for peace requires someone to exhibit the courage to challenge violence and inspire love. Today, be an ally. Without blaming or judging others, speak out for those who are disrespected.

**Mar. 22 EQUALITY** Have you ever noticed groups of people who are under-represented in your activities and lifestyle? Find one way to connect with a person from these groups today.

**Mar. 23 ACTION** "Each of us can work to change a small portion of events, and in the total of all those acts will be written the history for this generation." Robert Kennedy. Find a way to make one small change today.

**Mar. 24 GIVING** Practice generosity by sharing time, energy and material resources. Clean out your closet, bureau or garage. Give away what you no longer need.

**Mar. 25 RESPONSIBILITY** The quality of your community starts with you. Today, pick up trash that is not your own, whether at home, work or play. Every little bit helps.

**Mar. 26 SELF-SUFFICIENCY** People need the dignity of work and the opportunity to provide for themselves. Today, create a job for someone or help someone find employment or learn to apply for a job.

**Mar. 27 SERVICE** "Everybody can be great, because anybody can serve...You only need a heart full of grace and a soul generated by love." MLK, Jr. Sign up to volunteer at least 2 hours this month to an organization of your choice

**Mar. 28 CITIZENSHIP** Today, call or write one of your state or federal legislators and register your views.

**Mar. 29 INTERVENTION** Today, have the courage to intervene in a caring way with someone who may be using alcohol or drugs.

**Mar. 30 WITNESSING** Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion. Be willing to stand up for Truth by your presence, your words and actions.

**Mar. 31 PEACE** Today, make a choice to meet each experience with an intention for peace.

**April 1 COMMITMENT** Spend 5 minutes reflecting on your commitment to nonviolence. Write down what it means to you and what you are willing to do as a consequence of your commitment. Make your commitment public by sharing this with at least 2 people.

**April 2 RELEASE** Today, look back on how far you have come during this 64-day journey. Release the weight of your past, judgments of yourself and others and the idea that world peace is not possible by acknowledging that you do make a difference.

**April 3 CELEBRATION** Rejoice in the work that you have done. Celebrate the journey that you have made. "Never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has." Margaret Mead