Day 7
Today, I look inside and find one thing I can do to contribute to the betterment of the world.

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." *-- Voltaire*

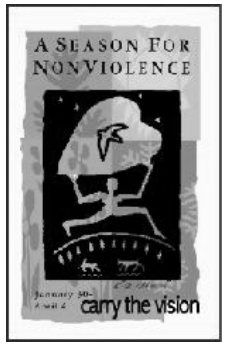
My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences

Centre for Spiritual Living, www.cslvancouver.com
A Season for Nonviolence, www.agnt.org

Week One
"Be the Change"

Spiritual Activism



"We must be the change we wish to see In the world."
Mahatma K. Gandhi

This Week's Reading

The change that we seek for in the world around us, we have to generate at the core of our own being. Many people who are just responding to the external crisis, unsupported by their own internal development, usually get burned out because their soul is not being fed. And on the other hand, many who are only pursuing personal spiritual transformation are simply looking for a means of escape, unwilling to face and engage with the overwhelming challenges of being a human being in this world at this crucial point in our collective evolution… Only in awakening to a higher level of consciousness can we create the spiritually enlightened context for a new kind of activism.

Andrew Cohen, Enlightened Activism
April 2005

Weekly Affirmation

I choose to be the change I wish to see in the world.
I embody the qualities of peace, joy, abundance, unity, love.
I am a transformative power for change.

Day I

Today I contemplate Mahatma Gandhi's statement, "You must be the change you wish to see in the world."

"Acceptance is such an important commodity, that it should be called the first law of personal growth." -- Peter McWilliams

My thoughts of nonviolence…

Movies for your consideration

Such a long Journey
Bend it Like Beckham
Colour of Paradise

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences

***Day* 6**

Today I will appreciate nature in all her magnificence.

"In all things of nature there is the marvelous." -- Aristotle.

My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences

***Day* 5**
Today, I accept the differences in others. Together, we can become greater than our sum.

Acceptance of *others brings you an inner peace and tranquility instead* of *anger and resentment.* *--Source Unknown*

My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences

***Day* 2**
Today I will make a conscious choice to think about what I is good in the world and my life, not what I don't like.

"As a man thinketh in his heart, so he is" (Bible).

My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experience

***Day* 3**

Today I will honour my family by sitting down with them and being present for at least one meal.

"The family is the country of the heart." -- Giuseppe Mazzini.

My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences

***Day* 4**

Today I will meditate and reflect as often as possible on happiness.

"Happiness can exist only in acceptance."
-- Dennis De Rougamont

My thoughts of nonviolence…

Awake: Read Weekly Theme & Reading
Before Eating: Read Daily Quotes & Actions/Affirmations
Before Bed: Write down today's memorable reflections, observations and experiences