

GGKLI-CULTURE GROUP 3

YAMA-PRINCIPLE 1

Ahimsa-Non-Violence 11/18/12

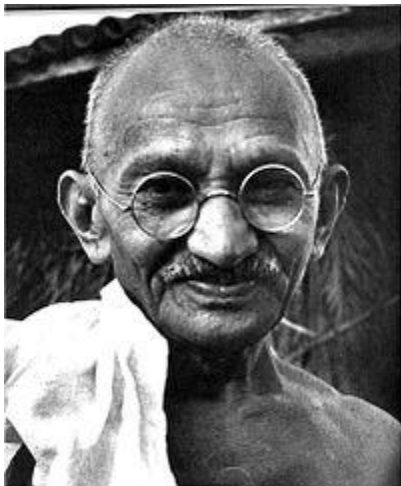
What is violence? Violence is a severe or furious action which causes harm to another, physically or mentally.

What is Non-Violence?

- Principally, it is the abstinence of these (violent) actions as a form of principle; however, non-violence encompasses so much more.
- “Non-Violence prescribe not only the act of inflicting a physical injury, but also mental states like evil thoughts and hatred, unkind behavior such as using harsh words, dishonesty and lying. All are manifestations of violence incompatible with ahimsa.”
- As per – Dr. Martin Luther King Jr.- “Non-Violence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”

Mahatma Gandhi

As per Mahatma Gandhi- It is better to be violent, if there is violence in our hearts, than to put on cloak of nonviolence to cover impotence.



- Mahatma Gandhi' principle of Ahimsa (non vilance) helped India to get freedom. In 2007 the U.N. General Assembly adopted a resolution recognizing Mahatma Gandhi's birthday (October 2) as the "International Day of Non-Violence." Mahatma's message encompasses the rejection of violence against oneself, against others, against other groups, against other societies and against nature

Dr . Martin Luther King Jr.



Let us see how Dr Martin Luther King Jr. practiced Non-Violence:

In 1963, Martin Luther King paid a trip to Birmingham, Alabama, reputed to be the most segregated city this side of Johannesburg. One evening, we spoke at a church. The place was packed. People filled the pews and the aisles, the window alcoves and balconies; even the parking lot was fitted with speakers for the overflowing crowd. As King stepped to the podium, a white man in the front row stood up and walked toward him. Not until the man was quite close did King see the hatred in his eyes. The man lunged after King, knocked him back onto the floor, and beat him on the chest. The church erupted. A mob swarmed around King, grabbed the attacker, and herded him toward the door. Cries rang out, "Kill the bastard! Lynch him! Beat him to a bloody pulp!" In the midst of all the chaos, Martin Luther King staggered up and boomed his baritone voice through the microphone. "Stop!" The place fell silent. King walked over to the man, put his arm around the assailant's shoulder, and looked around the crowd. "What do you want to do with this man? Kill him? Beat him? Do unto him what he's done unto us? That isn't our task. Our task is to step into his shoes. To ask ourselves, 'What would we be like if everybody we knew, our parents and ministers and teachers, taught us since we could walk that the Negro was a thing?' Our task is to see the hatred in his eyes and refuse to mirror it ourselves, to feel his fear and glimpse his goodness, and show him what it means to be a human being welcomed into the beloved community that holds us all." Martin Luther King may have saved a man's life that day. He certainly challenged us all with the peace building practice of loving our enemies.

Buddha

As per Buddha--The tongue is like a sharp knife---Kills without drawing blood. What does this mean? If you say something that hurts someone's feeling it is same as committing violence.

All that we are is the result of what we have thought. The mind is everything. What we think we become.

How can we practice Non-Violence?



- By thinking as one instead of us/me vs. them and by declining to be enemies. It applies to all; countries, religions, teams, friends, family, all living things.
- Ease suffering
- Challenge fear
- End support for violence

Perfecting nonviolence requires patience, courage, strength, faith, and deep understanding. That is why simply practicing the one precept, even if no other spiritual exercises are practiced, is highly valued.

Hum Badlenge Yug Badlega
Hum Sudharengge Yug Sudharega

Homework:

Read the following story and write answers to the questions in your spiral notebook.

This story below illustrates the simplest form of Non-Violence:

I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbors, so my two sisters and I would always look forward to going to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father ask me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, 'I will meet you here at 5:00 p.m., and we will go home together.'

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00. He anxiously asked me, 'Why were you late?' I was so ashamed of telling him I was watching a John Wayne western movie that I said, 'The car wasn't ready, so I had to wait,' not realizing that he had already called the garage. When he caught me in the lie, he said: 'There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and dress shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie that I uttered.

I decided then and there that I was never going to lie again. I often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single Non-Violent action was so powerful that it is still as if it happened yesterday. That is the power of Non-Violence.

- Did this story remind you of anything in your life?
- Has anyone taught you a lesson using Non-Violence (harsh) Method?
- How do you normally settle an argument?
- Have you resolved an issue using Non-Violence?
- Do you think Non-Violence is practical in today's world? If so, how would you carry it out?