



## YAMA-PRINCIPLE 1 Ahimsa-Non-Violence 09/29/13

1. **What is violence?** Violence is an angry action which causes harm to another person, physically or mentally.

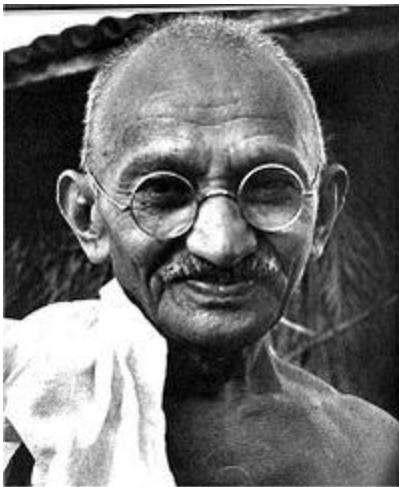
### What is Non-Violence?

- Principally, it is the self-denial of these (violent) actions as a form of principle; however, non-violence includes so much more.
- “Non-Violence denies not only physical injury, but also mental states like evil thoughts and hatred, unkind behavior such as using harsh words, dishonesty and lying. All these forms of violence are 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.”

2. **Which leaders taught us about Non – Violence?**

### Mahatma Gandhi

As per Mahatma Gandhi - I object to violence because when it appears to do good, the good is only temporary; the evil it does is permanent.



Mahatma Gandhi' principle of Ahimsa (non violence) 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, he 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. People crowded 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 voice through the microphone. "Stop!" The place fell silent. King walked over to the man, put his arm around the attacker'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 been thought. The mind is everything. What we think we become.

## 3. 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.
- Relieve suffering
- Challenge fear – Be brave

- End support for violence

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

Hum Badlenge Yug Badlega  
Hum Sudharengge Yug Sudharega

We will change, Era will change  
We will improve, Era will improve

Homework:

What is non-violence?

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Write four ways to practice non-violence?

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As per Buddha--The tongue is like a sharp knife---Kills without drawing blood. What does this mean? Explain in your own words.

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In your opinion, what would happen if everyone started to do or think like Dr. Martin Luther King did in the story we read?

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Write an example of mental non violence you may have seen or heard about.

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Have you resolved an issue using Non-Violence? Write how.

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