



12 Ways to Create Change through Non-Violence

The 64 days between the assassination anniversaries of Mahatma Gandhi (Jan 30th) and Dr. Martin Luther King Jr. (April 4th) were designated as the Season for Non-Violence.

There are hundreds of ways to practice nonviolence, but we offer 12 of them here (go to http://www.k-state.edu/womenscenter/64_ways_to_practice_nonviolence.htm for a longer list), in a time of great challenges to our commitment to civility, and a time of great promise for real change.

PERSONAL

Nonviolence begins by learning how to be less violent and more compassionate with ourselves.

1. Courage

Eleanor Roosevelt urged: You must do the things that you think you cannot do.

2. Caring

Nonviolence toward the self is caring for oneself. Make a list of at least five ways that you can take better care of yourself. Practice at least one today.

3. Education

Knowledge strengthens your conviction and deepens your wisdom and understanding. Learn about the history of LGBT movement and other social change movements.

4. Healing

Writer, poet, activist, and professor Maya Angelou turned a traumatic childhood experience into a catalyst for creativity and achievement. Today, choose a painful incident in your life and find the gift it has given you. Share this gift with others.

INTERPERSONAL

In order to create a peaceful world, we must learn to practice nonviolence with one another in our day-to-day interactions.

5. Friendliness

To humorist Will Rogers, strangers were simply friends he hadn't met. View those you encounter today in that light. Make a new acquaintance. Tell them your story.

6. Respect

Gandhi taught: Language is an exact reflection of the character and growth of its speakers. Today, honor yourself and others by choosing to address difficult people and situations with respect.

7. Listening

Today, stop what you are doing and take five minutes to listen to the feelings behind someone's words to you. Be fully present for the conversation.

8. Love

As a community targeted because of who we love, we send a powerful message when we show love to each other, to our extended families, and especially those who oppose us.

9. 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 or workplace, school or community. Do it.

COMMUNITY

Nonviolence challenges us to stand for truth by taking action that honors the dignity and worth of every human being.

10. Advocacy

When someone stands up to violence, says Thich Nhat Hanh, a force for change is released. Today be an ally.

11. Equality

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

12. 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 of this generation, said Robert Kennedy. Today, find a way to make one, small change that will contribute to the well-being of your home, school, workplace or movement.

