

The Gandhi King Season for Nonviolence (SNV) commences on January 30, in cities across the globe. The annual 64 day campaign, co-founded in 1998 by Dr. Arun Gandhi and The Association for Global New Thought (agnt.org), is an educational, media and grassroots awareness campaign spanning the January 30th and April 4th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr.



The purpose of the campaign is to focus educational and media attention on the philosophy of attaining peace through nonviolent action as demonstrated by legendary leaders Mohandas K. Gandhi, Rev. Martin Luther King, Jr., Cesar E. Chavez, and President Nelson Mandela, as well as living legends such as His Holiness, Tenzin Gyatso, the 14th Dalai Lama of Tibet.

For free SNV events at Central Oregon Community College discussing immigration and racial diversity - www.cocc.edu/departments/foundation/vsp/

A Bodhisattva's Path of Nonviolent Action, a 3 day workshop March 9, 10, 11, 2018 - www.compassionatecenter.org/classes/bodhisattvas-path-of-nonviolent-action

The Center for Compassionate Living is a volunteer organization working to create a culture of peace in Central Oregon. Our priority is educating individuals and groups in Compassionate Communication and other complementary skills through workshops and ongoing classes.

What is Compassionate Communication? Compassionate Communication is based on Nonviolent Communication (NVC), a process developed by Dr. Marshall Rosenberg where everyone's needs are met peacefully through relationships guided by compassion.

The heart of the Center for Compassionate Living is educating individuals and groups in Compassionate Communication skills that help people develop relationships of trust and respect that lead to cooperative problem solving strategies. Our vision is to create a local and global community which embraces and uses these skills because they work - for you, for me and for everyone.

Our mission is to provide you with the resources to learn and use these skills. Contact us to take your first step to learning the skills, practicing with other students and transforming your life and relationships.

Center for 
Compassionate Living

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January 30 - April 4

A SEASON FOR NONVIOLENCE



carry the vision

64 Ways in 64 Days

- We learn to practice nonviolence
- one step at a time
 - one choice at a time
 - one day at a time

Each of us can be a force for nonviolence. We invite you to join us in creating peace in ourselves and in our community by choosing to participate in A Season for Nonviolence and all year long.



A Season for Nonviolence

January 30 - April 4
(The time between Mahatma Gandhi's death and Martin Luther King, Jr.'s death)

64 Ways in 64 Days To Choose Peace

- 1/30 I choose to reflect on what peace means to me.
- 1/31 I choose to work to understand and respect another culture.
- 2/1 I choose not to take myself so seriously.
- 2/2 I choose to take some time to admire and appreciate nature.
- 2/3 I choose to plant seeds--of plants or constructive ideas.
- 2/4 I choose to be aware of the hungry and how I may help them.
- 2/5 I choose to acknowledge every human being's fundamental right to justice, equity, and equality.
- 2/6 I choose to appreciate the earth's bounty and all of those who work to make my food available (i.e., grower, trucker, grocery clerk, cook, waitress)
- 2/7 I choose to walk rather than drive to nearby destinations.
- 2/8 I choose to oppose injustice, not people.
- 2/9 I choose to call one of my elected officials and voice my opinion.
- 2/10 I choose to be aware of what I say and refuse to gossip.
- 2/11 I choose to live in the present moment and release the past.
- 2/12 I choose to silently acknowledge all the leaders throughout the world.
- 2/13 I choose to speak with respect to every person I meet and on the phone.
- 2/14 I choose to tell someone I love them.
- 2/15 I choose to speak honestly from the heart.
- 2/16 I choose to cause a ripple effect of good by an act of kindness toward another.
- 2/17 I choose to use my talents to serve others.

- 2/18 I choose to say a blessing for greater understanding whenever I see evidence of crime, vandalism, or graffiti.
- 2/19 I choose to say "No" to violent movies, TV, or videos.
- 2/20 I choose to express appreciation and gratitude to at least two people.
- 2/21 I choose to greet others with a smile.
- 2/22 I choose to drive with tolerance and patience.
- 2/23 I choose to relieve my frustration by taking a walk.
- 2/24 I choose to take time to listen carefully to another's point of view.
- 2/25 I choose to talk less and listen more.
- 2/26 I choose to notice the peacefulness in the world around me.
- 2/27 I choose to recognize that my actions directly affect others.
- 2/28 I choose to take time to tell a family member or friend how much they mean to me.
- 3/1 I choose to acknowledge and thank someone for acting kindly.
- 3/2 I choose to send a kind, anonymous message to someone.
- 3/3 I choose to identify something of value in everyone I meet.
- 3/4 I choose to treat animals with care and consideration.
- 3/5 I choose to practice praise rather than criticism.
- 3/6 I choose to strive to learn from my mistakes.
- 3/7 I choose to recycle grocery bags or use cloth bags.
- 3/8 I choose to hold children tenderly in thought and/or action.
- 3/9 I choose to listen without defending and speak without judgment.
- 3/10 I choose to help someone in trouble.
- 3/11 I choose to listen with an open heart to at least one person.
- 3/12 I choose to treat the elderly I encounter with respect and dignity.
- 3/13 I choose to treat the children I encounter with respect and care, knowing that I serve as a model to them.

- 3/14 I choose to treat my co-workers with understanding and compassion.
- 3/15 I choose to recycle more of my trash.
- 3/16 I choose to appreciate the gift animals bring to our world.
- 3/17 I choose to work to help others resolve differences.
- 3/18 I choose to express my feelings honestly and nonviolently with respect for others and myself.
- 3/19 I choose to share a meal with another.
- 3/20 I choose to write a letter to one of my federal representatives asking for the U.S. to be a world peace leader.
- 3/21 I choose not to use violent language.
- 3/22 I choose to pause for reflection on how I am living my values.
- 3/23 I choose to let go of a grudge.
- 3/24 I choose to carpool more often.
- 3/25 I choose to acknowledge to another or myself something I regret.
- 3/26 I choose to reflect on whom I would like to reconnect with.
- 3/27 I choose to love myself as I am.
- 3/28 I choose to embrace the spiritual belief of my heart in my own personal and reflective way.
- 3/29 I choose to enlarge my capacity to embrace differences and appreciate the value of every human being.
- 3/30 I choose to smile at a stranger.
- 3/31 I choose to support peace by educating myself.
- 4/1 I choose to write a letter to the editor about my hope for peace.
- 4/2 I choose to pause and think before I say something hurtful to another.
- 4/3 I choose to give a hug to someone I care about.
- 4/4 I choose to reflect on what peace means to me now.

Adapted from *64 Ways in 64 Days* from *A Season for Nonviolence* created by The Association for Global New Thought and the M.K. Gandhi Institute for Nonviolence. You are invited to include your peace related activities in A Season for Nonviolence at www.agnt.org.