

NON-VIOLENCE



For the non-violent person, the whole world is one family

Non-violence helps to create global awareness. *"We face a cumulative series of interlocking problems which endanger human survival. Together they represent a global crisis"* World council of Churches, Basel 1989

When the former four values are practised (i.e. the conscious mind is keenly aware, love is flowing, there is peace and actions are unselfish) life is lived without harming or violating anything else. It is the highest achievement of human living, encompassing respect for all life - living in harmony with nature, not hurting by thought, word or deed.

The Programme recognises two aspects of non-violence:

- i) psychological: such as compassion for all
- ii) social: such as appreciation of all cultures and religions and caring for the environment.

Non-violence can be described as universal love. When truth is glimpsed through intuition, love is activated. Love is giving, rather than grasping and in allowing our stream of desires to subside, inner peace develops and right conduct is practised. This results in non-violence i.e. the non-violation of the natural laws which create harmony with the environment.

Non-violence relates to the Spiritual or Universal aspect of Being

True knowledge is that which establishes harmony and synthesis between science on the one hand and spirituality and ethics on the other.

Living in a way which causes as little harm as possible to oneself, other people, animals, plants and the planet, is a sign of a well-integrated, well-balanced personality. Such a person is well tuned to the spiritual aspect of humanity and is in touch with an inner happiness which is permanent and part of one's real nature.

It is through our universal or spiritual aspect that we may experience:

- a feeling of awe and wonder for the universe
- a feeling of the unity of all
- the desire to improve the quality of life for everyone
- a sense of being part of a larger whole
- a feeling of oneness of the planet and love for everything on it
- an awareness of an underlying order to Creation
- love and respect for the diversity of the human family.

Non-violence is taught through quotations, story telling and group activities.

VALUES RELATED TO NON-VIOLENCE

