

# Gunarchana / An offering of our inner qualities



Focus of the month

January



Ahimsa (Nonviolence)

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not causing any harm to any being

either through

thought, word or deed

### Points from the study of quotes on nonviolence

1. The meaning of nonviolence is: regarding and treating everyone and everything in creation as Divine.
2. *Ahimsa* (violence) is not simply physical — the mental pain that is inflicted, the anxiety and worry that are caused to others by your actions and words. If you desist only from causing physical pain to others, you cannot claim to have *ahimsa*.

Your activities must not cause pain, must be unselfish; your thoughts, words, and deeds must all be free from any motive to cause such pain.

3. Violence is a consequence of the gang of six (lust, greed, desire, etc.).
4. When one practices *ahimsa*, other people give up their mutual animosity in one's presence. If enough number of people practiced *ahimsa*, there would be lasting peace and not everlasting strife.
5. Violence is a consequence of non-moderation in all aspects of life.
6. Realize that Divinity is present in every human being — every person is a spark of the Divine. Remember that our every interaction with each other is an interaction with Divinity.
7. Have fear of sin and love for God. This helps us modify behavior within the confines of *dharma* (right action).
8. Human rights — realize and understand that what we claim that our rights are responsibilities of others to us. Equally, we should be responsible for others rights — 'Do unto others as you would have them do unto you'.
9. All discrimination is violence (caste, creed, religion, country of origin, education, age, language, etc.).
10. A divided mind is the cause for violence — the more thoughts we have, the more stress we put ourselves into, and we consequently display more aggression or violence. The key is to bring calmness to the mind — as Swami says, "die-mind" is better than diamonds.
11. The power of prayer: In all our thoughts, words, and deeds, constantly remember the prayer *loka samastha sukhino bavantu* (may all the worlds be happy).
12. Have no expectations in whatever work you do — Fear of rejection leads to anger, which leads to violence.
13. If somebody abuses you, do not respond back or absorb the "words". The person who unleashed it will get the message.
14. Do not speak when the other person is angry, because things will start going out of control.

15. Think before you act or speak. Do not act from your instinct, *but always act from inspiration from the Divine within.*
16. Violence is also self-directed and inflicted on our body and mind (by taking in improper food, listening to unnecessary words, or seeing what is not good or godly). These are to be avoided, because they not only weaken us but also reflect poorly on our associations. We project our inadequacies onto the world at large.
17. Control wants and desires — Unfulfilled desires leads to hate, anger, and envy, which in turn leads to violence.
18. Limit, control, regulate, and set bounds; that is the way to succeed and live equanimously.
19. Excessive talk is not good for the body and peace of mind. An agitated mind has a tendency toward violence — internal and external.
20. Consumption beyond scope or avarice as it is called leads to abuse. Abuse of any form is violence.
21. Do not waste food, water, and other gifts of nature.
22. Do not hurt nature by polluting the environment with the five senses.

Swami says: In common parlance, Ahimsa (non-violence) is understood to mean as not causing physical harm to any living beings. This is not the true meaning. The true implication and the real meaning of Ahimsa is of not causing any harm to any being either through thought, word or deed. The cleansing and purifying of one's thought, word and deed is termed as Input; in the spiritual parlance. This kind of flower is meant when it is recited, "Tridalam, Trigunakaram, Trinetrachatriyayudham, Trijanma Papa Samharam, Ekabilvam, Sivarpanam."

One's thought, word and deed are to be harmonized and unified and offering made to God with such a flower.