

A Gem From October 1982 Issue:

*A Few Suggestions For The Practice Of Nonviolence*

by Duli Chandra Jain

Nonviolence is the supreme religion. The practice of nonviolence entails avoiding physical and mental injury to self and to others. Here are a few suggestions for the practice of nonviolence.

- ❖ We should be open-minded, frank and straightforward.
- ❖ We should not accept any idea just because it is old or new, Eastern or Western, or, followed by our peers and superiors. We should be discriminating, logical and thoughtful.
- ❖ We should try to understand others' viewpoints.
- ❖ We should try to bridge the generation gap.
- ❖ We should try to avoid superiority and inferiority complex.
- ❖ We should not laugh at others' mistakes, appearance or dress.
- ❖ We should dislike the undesirable actions and not the person or persons who commit them. We should not take revenge.
- ❖ We should not criticize others' religious beliefs.
- ❖ We should keep our surroundings neat and clean.
- ❖ We should take good nutritious vegetarian foods. We should stay away from alcohol, drugs, gambling and other addictions.
- ❖ We should remember that the primary goal of a student is education and so that one becomes well prepared for the future.
- ❖ In dealing with friends of opposite sex, we should remember,<sup>1</sup> "One-half of the U.S. teen-age population refrains from premarital sex, apparently with no mental or physical damage. The other half does not, and suffers venereal disease, unwanted pregnancy and emotional and mental problems. ... It requires no genius to know which half is better off." Purity of mind and body helps in avoiding conflicts.
- ❖ We should first deserve then desire.
- ❖ We should be neat and well organized. We should try to conserve natural resources and avoid pollution.
- ❖ We should remember that anger, pride, deceit and greed are violence toward self. We should try to avoid situations that may lead to aggravation and problems.
- ❖ We should be gentle and courteous to all.
- ❖ We should not perform any good deed just for show but with a genuine desire to help others.

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<sup>1</sup> From the New York Times.