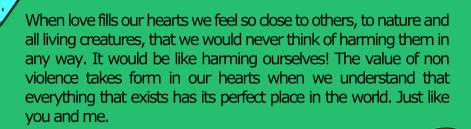
## Non-violence



Non violence doesn't only mean not hurting others physically. The way we look at others, the way we act and the words we use can be very harmful too.

If you want to practice Non-violence respect these values:

Good thoughts

**Good Words** 

**Good Actions** 

Cooperation

**Flexibility** 

**Understanding** 

Care for Nature

Social Justice

Morality

Love for Motherland

Detachment

Compassion

Sameness

Respect for all Cultures

Respect for all Religions

Unity