



Non-violence

When love fills our hearts we feel so close to others, to nature and all living creatures, that we would never think of harming them in any way. It would be like harming ourselves! The value of non violence takes form in our hearts when we understand that everything that exists has its perfect place in the world. Just like you and me.

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

