



TRAINING IN NON-VIOLENCE

As Violence cannot take an aggravated form without intensive training, in the same way - it is also true that without training, one's consciousness of non-violence can neither be awakened nor developed. Life today, is full of problems. Non-violence is a solution for all problems. What we need is its systematic training. Training in non-violence is essential for all. As it is necessary for the poor, that the tension generated by lack of basic needs may not drive them to violence - it is equally essential for the rich because the tension created by indulgence and luxury is liable to lead to violence. Hunger, poverty, want of basic needs of life, unemployment etc., are causes of violence generated by external circumstances whereas *Avesh* (a fit of a strong emotion) is the inner cause of violence.

His Holiness *Acharya Mahapragya*, a human representation of peace and non-violence says that training in non-violence should be carried out firstly at the individual level, then at the family level and finally at the level of social and institutional consciousness. With this formula, all sections of society can live a life of peaceful co-existence. With the objective of awakening the consciousness of non-violence through training, he along with hundreds of monks and nuns engaged in *Ahimsa Yatra* (a march for peace) for eight years throughout India. During this time he gave a concrete shape to his plan of training in non-violence. He developed a globally acceptable course, which is being followed in hundreds of non-violence training centres across India. There are four components of this course:

- 1) Theory and History of Non-violence
- 2) Transformation of the Heart
- 3) Non-violent Lifestyle
- 4) Right Means of Livelihood and Training in the Tools of Self-employment

The main objective of this course is to develop a balanced human being who combines both a scientific outlook on life and deep spiritual insight. It endeavours to enhance emotional competence of a person and hence more emphasis has been given to practice. For practice, H.H. *Acharya Mahapragya* has provided an effective tool, known as *Preksha* Meditation, a technique of meditation for attitudinal change, emotional purification, behavioural modification and integrated development of personality. Practice of *Preksha* Meditation is the most important part of this training course.

'Enrich your life through the practice of Non-Violence': A Course at JVB London

Jain Vishva Bharati is a global institution dedicated to the active promotion of peace in the world. With the objective to awaken the consciousness of non-violence, Jain Vishva Bharati London is going to start an initial training course entitled '*Enrich your life through the practice of Non-Violence*'. The first three components will be discussed in this course. The duration of the course is of one week. Sessions of the course will be conducted from **4 to 10 November 2009**. People who want to join this training course can register for any of the two available timings.

This course will be held under the guidance of *Samanijis*, disciples of H.H. *Acharya Mahapragya* and **Dr. S.L. Gandhi**, an eminent scholar, coming from India. **Dr. Gandhi** is the President of *Anuvrat* Global Organization (ANUVIBHA) in Jaipur; Organiser of International Conference on Peace and Non-violent Action; Editor of ANUVIBHA REPORTER; Secretary General of Institute of Vedic Studies & Research in Jaipur and a Hon. Professor of Peace & Non-violence Studies in Intercultural Open University (IOU) in Netherlands.

We will also have some input from the invited scholars. ***This course will guide participants towards a peaceful life and positive approach in dealing with day-to-day issues.*** **Certificates** will be awarded to all participants of this course.
