



Message of Sri Madhavananda World Peace Council on 2<sup>nd</sup> October 2023

## **Nonviolence as an opportunity to reclaim humanity again**

On the day when the entire world commemorates Mahatma Gandhi's birthday, which is celebrated as the International Day of Non-Violence, humanity should reclaim the most missing part - humanity itself. It is not only the war-related violence that we need to think about and stop, or the unrest between diverse groups, with or without unnecessary weapons and violence. It is every move we make to overpower someone, every harsh word we use towards someone, unfortunately all too often towards the most helpless - women and children. It is our unnecessary and criminal torturing and killing of innocent animals. And it is our unacceptable exploitation of Mother Earth - our environment and nature.

How can we reclaim humanity? What is it that can wake us up?

The message of the ancient yoga wisdom is simple: every answer lies within us. We just have to look for it, we have to stop for a moment, breathe consciously and relax. Then all the answers will emerge from our heart, where we unconsciously block them with unnecessary everyday problems. Paramhans Swami Maheshwarananda, the founder and author of the scientific system Yoga in Daily Life, has been reminding us of this for over 50 years, quoting the immortal words of Gandhi and Martin Luther King: "Peace is not the goal. Peace is the way!"



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