

**Live Ahimsa: Generate love from your heart. Think positive thoughts. Speak peace.**

**A-HIM-SA, is a Sanskrit word which means non-violence to all living beings.**

Ahimsa is one of the 5 yamas, which make up the code of conduct and is the first of the eight limbs of yoga. Ahimsa refers to physical violence as well as the violence of thoughts and words. In this way, it is believed that our negative thoughts about ourselves and others can be as powerful and damaging as physical attempts to harm. Ahimsa, in its entirety, refers to the total rejection of inflicting pain or harm – whether it be by thought, word or deed – to any and all living creatures. Each one of us has the ultimate power of peace in our control. You can transition the hectic pace of these times with serenity and peace of mind.

# अहिंसा

The practice of ahimsa includes constant vigilance and observation of ourselves when interacting with others, taking note of our thoughts and our intentions. To practice non-injury, one must be harmless in mind, mouth and hand; one must replace hatred with love and cultivate forgiveness. Ahimsa is sacrifice but it is also power and strength.

Negative thoughts, words and actions will only breed hate, anger and violence. Feelings, words and actions of **love** will only bring more peace into your life and the rest of the world around you.

### ***Examples of how to practice ahimsa:***

- When you have the urge to talk behind someone's back, stop yourself and talk about something that you love instead of putting others down to feel better.
- Gently pick up (with hand or a piece of paper) the ladybug or spider in your space and relocate it to a bush outside.
- If you're feeling a little under the weather, take care of yourself by slowing down and sipping some hot tea.
- If the pressure of a busy workweek gets to you, instead of snapping at your spouse or child, give them a hug instead.

### **Take the Vow of Ahimsa:**

*I take the Vow of Ahimsa, I make inner harmony my first priority.  
I take the Vow of Ahimsa, in my thoughts, speech and actions.*