



Beloved Peacekeepers,

Today, our practice is the wholeness of community. We look through the lens of self-sufficiency..... what does this mean, what do we know about being self-sufficient - for me, it is a reminder that God and only God is my source and supply - in all things, turn to God and my needs will be met.....a daily practice of remembrance!

**Today's Principle, Today's Practice - SELF-SUFFICIENCY**

People need the dignity of work and the opportunity to provide for themselves and their families. Economic self-sufficiency is a requirement for a nonviolent world. Today, create job for someone or help someone to find employment (examples: Help them with a resume or application. Help them make a phone call(s), dress appropriately, practice interview techniques).

**Ask yourself:** What are the components of economic self-sufficiency? How does it affect you when you are dependent rather than self-sufficient? How does a person's economic self-sufficiency relate to their dignity and worth as a human being? How does a community's economic self sufficiency relate to the study of nonviolence? How can you be self-sufficient and still live at home? How does being self sufficient relate to self esteem?

**Activity** - Could you be self sufficient in the wild without foos or comforts? - investigate survival tactics fro someone lost in the wilderness.

Research what it took for pioneers to become self-sufficient in a new territory. What did they bring with them and what did they build?

What is required of a community of people in order to become economically self-sufficient? What must they do? What values are essential? What choices must they make? What skills must they develop?

Boycotts have been a tool for nonviolent social change in many cultures. How did Indians in India and Africans in South Africa and African-Americans in the American South practice self-sufficiency during economic boycotts for equal rights?

Surviving without stores, money and electricity is an example of physical self-sufficiency - Personal self-sufficiency is about being able to stand alone in a crowd -- discuss the pros and cons.

**Journal Activity:** Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

**Consider this Quotes on Self-sufficiency:**

I don't need anyone to rectify my existence. The most profound relationship we will ever have is the one with ourselves - Shirley Maclaine

The greatest thing in the world is to know how to be self-sufficient - Michel Eyquem De Montaigne

Be your own palace, or the word is your jail - John Donne

We carry our homes within us which enables us to fly - John Cage

The consuming desire of most human beings is deliberately to plant their whole life in the hands of some other person. I would describe this method of searching for happiness as immature. Development of character consists solely in moving toward self-sufficiency. - Quentin Crisp

**Part of the power of Emerson's individualism is his insistence, at crucial moments, that individualism does not mean isolation or self-sufficiency. This is not a paradox, for it is only the strong individual who can frankly concede the sometimes surprising extent of his own dependence** - Robert D. Richardson



## Day 56

"Self-sufficiency is achieved in the fullest sense of the term, when we, as a saranagatas, understand our dependence upon the Supreme Self. Only to this extent can one be free from having to conform to the world of the mind's demands. Such understanding is arrived at by engaging all of our human resources in acts of devotion in a life in which every act is itself one of devotion, either directly or indirectly." - Spring 2002 Audarya Darshan

Self-sufficiency is the greatest of all wealth - Epicurus

The greatest fruit of self-sufficiency is freedom - Author unknown

And how is your harvest.....

Blessings,

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