

**GANDHI.** Mohandas 'Mahatma' Gandhi (1869 - 1948) was a political and spiritual leader of India. His greatest achievement was independence from Great Britain without the use of force. **A**fter assuming leadership of the Indian National Congress, Gandhi led campaigns for the alleviation of poverty, the liberation of women, brotherhood among differing religions, an end to untouchability and caste discrimination and for the economic self-sufficiency of the nation. He lived on a simple vegetarian diet. **A**s a student of philosophy he once replied, when asked whether he was a Hindu: "Yes I am. Also a Buddhist and a Sikh; and a Jew, a Christian, a Muslim." He believed at the core of every religion was truth and love, compassion, non-violence and the Golden Rule.

*Gandhi inspired Aung San Suu Kyi, Steve Biko and Martin Luther King in their civil rights and freedom struggles.*

*Suu Kyi (1945), at one time was a Buddhist pro-democracy activist, who for many years had been a prisoner of conscience in Burma.*

*Steve Biko (1946 - 77) was a renowned non-violent, anti-apartheid activist in South Africa in the 1960s and early 70s.*

*Martin Luther King, Jr. (1929 - 68) was a leader in the American civil rights movement and a political activist.*

*King is regarded as one of America's greatest orators - his most influential address is the I Have A Dream speech.*

*In the 1963 speech he spoke of his desire for a future where blacks and whites would co-exist harmoniously as equals.*

*Sayings attributed to Gandhi\*: 'An eye for an eye will make the whole world blind', and 'be the change you wish to see in the world'.*

*\*as fulsome as they are,  
apparently these quotes are  
incorrectly attributed to Gandhi  
though they do reflect his sentiments*

*The late singer Michael Jackson picked up the 'be the change' idea in his 1988 song 'I'm gonna make a change, for once in my life' Man In The Mirror, written and composed by Siedah Garrett and Glen Ballard: "I'm starting with the Man in the Mirror If you want to make the world a better place Take a look at yourself, then make a change."*

*see also PACIFISM 2*

**GRATEFULNESS.** Close your eyes; don't think of anything. Then imagine you were to die later today. Do not think that's preposterous, just do it. If you are at all like me, you'll wonder how your loved-ones will be affected ... that they would be devastated. **N**ow imagine you are given a reprieve; it feels like you are waking up from a bad dream. "I'm alive. I'll see another day, week, month, maybe years." Your family is spared the anguish of losing you. Wouldn't you be struck with gratefulness, counting your blessings? **G**ratefulness is a process you can control; it brings peace of mind.

*the Stoics say: Memento Mori ... remember you may die any time*

*see also STOICISM*