As stated in the Bhagavad-Gita, "non-violence is not to use the mind, speech and body to bring discomfort to any person, or against someone". Non-violence is the underlying divine quality of our daily prayers, "Surve Bhavantu Sukhina" and "Srvesham Swasthir Bhawatu”. Against the 87 types of violence, God has told us to follow only one thing i.e. non-violence.

Unless there is peace in our mind (which can come only through non-violence), there would always be an obstacle in realization of God and we cannot find God. If we do not renounce our predatory instincts, every figure, person, event and situation will not give us the experience of God even though we may want to achieve the same. Without non-violence, there is no quietness, no peace, no stability and no non-involvement. The other way to look at it is that the root of violence is protest and the root of protest is anger and the root of anger is worldly attachment and desires.

Work, home, children, religion – if we are discriminating anywhere, it means that we are still caught in attachments and desires. However, God does not discriminate among his seekers; also, if a devotee believes himself to be of higher order than another, would God will be pleased at that man?

Whether food or thoughts or physical activity, if they are based on the violence, then it will become vindictive and make us partakers of sin.

Sun is not violent, nor moon, nor plants nor animal without reasons, nor even God - then why do we accept or follow violence (mental, speech, body)? Non-violence is the epitome of mental valor. Sometimes it is thought that non-violence is an escape route or a path of cowardice however fighting adversity or enemy through use of non-violence brings neither sin, nor makes our position worse because it is based on dialogue and fearlessness. India’s constitution and religion, both are based on non-violence and when the country and religion, both are showing the path of non-violence, then doesn’t - not adopting this divine quality equate to violence?

*Mahatma Gandhi Ji also quoted*

*“The kingdom of God is Ahimsa and God is the shield of the non-violent”*