

Mahatma Gandhi : Non-Violence and Fasting

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Introduction

Non-violence has occupied a pre-eminent position in Indian philosophy and religion and the basic principle of Gandhian ethics of fasting. Non-violence is a way of life that makes the full use of the strength of the spirit, which is the only appropriate means for arriving at truth. The dynamic of ideological non-violence is based on the fasting. Spiritual fasting redeems the body and mind from worldly desires so we can confess in our natural deep joy of God. Fasting is a strong weapon in the Satyagraha armory, which is often used as a device to make a political statement, to protest, or to bring perception to a cause. Satyagrahi should fast only as an extreme resort, when all another medium of remedy has been scrutinized and have failed. Fasting has a pivotal role in achieving various goals of life, which rapidly flourished and became ubiquitous in recent time. Fasting is a willing cessation or reduction of some or all solid, liquid or both foods, for a certain period.

It is a necessity to have a healthy brain & physique. Many people are unaware that a genuine fast not only purifies the body, mind and soul but also root our spirit free by way of kill our desires. It is a potent tool, but risky, if handled without proper understanding. Self-purification is the guiding spirit and the purpose of fasting is very important. A fasting undertaken for the good of the humanity is well and good and at the same time fasting undertaken for fulfilling one's personal desire is itself, a selfish act that amounts to coercion. So, fasting can be used legitimately and illegitimately. Fasting undertaken for worthy ends is different from fasting undertaken for unworthy end. Responsible leaders or persons should desist from fasting in defense of the impropriety because it is unfair and if an improper cause should triumph and such triumphs, even if short lived, would cast a stigma on the principles of fasting. A true fasting with intense prayer can do wonders. Purity thus gained, when it is used for a noble purpose, becomes a prayer.

The recitation of "Gayatri Mantra" is a good example. If it is performed with dedication and deep concentration in times of personal or national calamities, without our knowledge, it becomes a potent weapon for surmounting tough time and dangers. Unfortunately, the well educated elite may think doing Namaz, or Christian prayer or Pooja in a temple is superstitious and only the ignorant and credulous people would do it. Thus fasting quickens the spirit of prayer, that is to say, the fasting is a spiritual act, and therefore, addressed to God. A complete fast or dry fasting by definition is stoppage all food and liquid for a definite period, usually a period of one day, or a number of days. Drinking water is allowed but nothing else in case of water fasting.

A fast may be partially restrictive or intermittent in nature. Some Fasting practices may prohibit intercourse, some activities as well as food. Methods of fasting may differ widely and cover a broad spectrum. If strictly followed, the person does not take any food and water from the previous day's sunset until 48 minutes after the following day's sunrise. Fasting may also mean limit oneself to one meal throughout the day, stopping from consumption some food sorts or consumption solely restricted food sorts. Abstinence is a

very important milestone all told religions and having the key role in each spirit and humanity.

Non-violence and fasting in culture

Chandogya Upanisad first gave the idea of non-violence. It describes the concept of Vedic sacrifice, means the person as one who was non-violent toward all things except the victim. Jesus, Buddha, and Mohammed fasted to see the god virtually. Parvati followed the same pathway to secure lord Mahadev himself as her Master. Ramchandra fasted several days for the sea to give way for his monkey army. In present days, this weapon of fasting used to fight against various evils. In Indian history, many great thinkers recommend the practice of non-violence to lead towards an effortless state of Moksha. In India non-violence is regarded as the supreme "Dharma". The scientific discipline of non-violence is jam-packed with significance with an idea for self-purification, mass-purification and enemy-purification. It's a lively principle of affection, suffering for the explanation for morality. Non-violence is additionally previous as human culture.

Non-violence has positioned a pre-esteem in Indian faith & amp, philosophy. It's been the primary among the five-fold virtues, that kind the essence of Hindu Ethics and are known by varied names, like panchasila, panchayama, or pancha-mahavrat. Faith Dharma placed it even beyond truth. Gautama Buddha knew it with universal fellow feeling. It was regarded as equivalent to the Moral Law or Dharma, and a vital part of the spiritual discipline or Moksha. Non-violence is a way of life that makes the full use of the strength of the spirit. It has been prescribed and practiced in India for thousands of years before Gandhi's emergence.

Non-Violence and Fasting

Non-violence doesn't merely mean non-killing. Hinsa or Violence means that, killing or giving pain to any living in anger, or with a stingy purpose, or with the intention of injuring it. At intervals the ultimate truth's journey, Gandhi preferred non-violence as a result of the elementary moral virtue that got to be compelled to be

in these circumstances in fact this could gift more problem what one person sees as truth may as clearly be false statement for an additional. For this reason, Gandhi warns, nobody has right to compel others to act per his own read of truth, so non-violence is that the solely applicable suggests that for inbound at truth. The dynamic of philosophical non-violence relies on the acceptance of suffering i.e. fasting: The voluntary acceptance of suffering is intended to purify oneself it additionally demonstrates his sincerity to others. More it's Associate in nursing charm to the opponent and also the uncommitted sufferer and also the opponent square measure transformed the opponent's by being compelled to confront their own views on the reality of things which can result in conversion; and sufferer who is also virtuously enriched by not compromising basic principles.

Fasting and Satyagraha

Fasting may be a potent weapon within the nonviolence armory. It can't be taken by everybody. Mere physical capability to require it's no qualification for it. It's of no use while not a living religion in God. It ought to ne'er be a mechanical effort or a mere limitation. It should return from the depth of one's soul. It is, therefore, forever rare. There is often no space for stinginess, anger, lack of religion or impatience during a pure quick. Infinite patience, firm resolve, resolve of purpose, good calm, and no anger should necessarily be there. However, since it is not possible for someone to develop of these qualities all promptly.

Fast unto death is that the last and also the most potent weapon within the armory of nonviolence. It's a sacred factor. However it should be accepted with all its implication. It's not the quick itself, however what it implies that matters. Consistent with Gandhi, Satyagrahi ought to quick solely as a final resort once all alternative avenues of redress are explored and have unsuccessful. There's no space for imitation in fasts. He United Nations agency has no inner strength shouldn't dream of it, and ne'er with attachment to success. However if a Satyagrahi once undertakes a quick from conviction, he should stick with his resolve whether or not there's

an opportunity of his action bearing fruit or not. This doesn't mean that fast will not or can bear fruit. He United Nations agency will fasts within the expectation of fruits usually fails. And though he doesn't apparently fail, he loses all the inner joy that a real quick holds. Ridiculous fasts unfold like plague and area unit harmful. But, once fast becomes a requirement, it can't be given up. Therefore, I do quickly after I think about it to be necessary and can't abstain from it on any score. Once human ingenuity fails, the votary fasts. This fast quickens the spirit of prayer, that's to mention, the fast may be a non secular act, and thus, self-addressed to God.

The impact of such action on the lifetime of the individuals is that, wherever the person fast is in any respect better-known to them, their sleeping conscience is waked up. However there's the danger that the individuals through mistaken sympathy might act against their can so as to save lots of the lifetime of the love. This danger possesses to be two-faced. One ought to not be deterred from right action once one is certain of the rightness. It will best promote the circumspection. Such a quick is undertaken in obedience to the dictates of the inner voice and, therefore, prevents haste. Fast is usually used as a tool to create a political statement, to protest, or to bring awareness to a cause. A passive resistance may be a technique of non-violent resistance during which participant's quick as Associate in nursing act of political protest, or to impress feelings of guilt, or to realize a goal like a volte-face. A non secular quick incorporates personal non secular beliefs with the will to precise personal principles, generally within the context of a social injustice. The political and non secular leader M. K. Gandhi undertook many long fasts as political and social protests. Gandhi's fasts had a big impact on land rule and also the Indian population usually.

Spiritual Aspect of Fasting

The body may be a wondrous self-cleansing, self-healing, and self-regenerating organism. It's a God-given gift to any or all people. Spiritual fast best helps North American nation expertise this gift and elevates the soul. Spiritual fast liberates the body and mind from worldly needs therefore we will experience our natural

deep ecstasy of God. Spiritual fast helps North American nation to become a superconductor for the Divine. All person area units all divinely blessed the potential of this gift. All the vitality and every one the energy I actually have, involves Pine Tree State as a result of my body is sublimate by fast. This statement by Mohandas Gandhi fantastically sums up the essence of non secular fast. Spiritual fast may be a time to slow ourselves right down to discover our sacred style, which incorporates each our short term and future life purpose. Throughout the quick, individuals typically reconnect to their personal can power and become authorized to reenter the planet and maintain their balance, with revived energy and hope, and with non secular, emotional, mental, and physical strength.

The environmental setting plays a vital upportenant role. Throughout non secular fasts, individual's area unit advised to think about their life purpose and the way abundant they're aligned with it in their actions. Spiritual fast may be a feast on the total varies of life's energies, that helps individuals discover their holy rhythm and to align with the rhythm of the living Earth and Universe. Non-violence is that the principle of nationalist leader ethics of abstinence. Those that need to travel sure a Satyagrahi quick ought to actually possess some personal expertise of quick for non secular purification. Fasts for riding the body of impurities also are helpful. Within the finish after all, there's only basis of the complete plan of abstinence which is purification.

Conclusion

Non-violence in its positive facet as benevolence is that the greatest force thanks to the limitless scope it affords for self-suffering while not inflicting or intending any physical or material injury to the wrong-doer. The item of abstinence is to evoke Associate in nursing attractiveness to his higher nature. Thus, abstinence underneath sure circumstances is Associate in nursing attractiveness par excellence. Abstinence motivates non-violence that aims not most at dynamic the opponent's behavior; rather it aims modification to the opponent's values that successively can result in change in behavior. The top of this method is truth; means that for reaching its

non-violence. As a result of its Associate in nursing axiom of passive resistance that sensible ends will ne'er grow out of unhealthy means, that, there ought to be no threat, coercion or penalization. Instead, the person active passive resistance undergoes self-suffering within the optimistic belief that by touching the opponent's conscience, they'll be reborn to seeing the reality of the Satyagrahi's position. I even have tried to focus on through this paper that the benefits of abstinence square measure it converts the person or's him and brings concerning expected modification while not violence.

Therefore the goal is achieved with the result that peace and harmony prevail. With abstinence an individual continuously turns to be a winner. Anna Hazare, one in every of the key figures within the Indian anti-corruption movement, has stepped up his rhetoric in recent past. He was guiding his supporters to confront individual members of parliament concerning passing the projected Jan Lokpal anti-corruption legislation. The anti-corruption movement of 2011 was having a profound impact that had not assumed any party affiliation, however instead has become a nationwide expression of frustration concerning the failure of the govt. to deal with widespread corruption. Public mood for modification resulted within the conception of Jan Lokpal, a projected law to curb corruption, increase political answerability and recover "Black Money" keep in overseas banks. The movement has caused a lot of fear at intervals the Indian Government, thanks to the political influence that standard figures, like Hazare, are able to wield by their use of Ghandi-inspired abstinence.

Mahatma Gandhi drove land out of Bharat along with his fasts. Mamata Banerjee ejected the CPM from Writers together with her quick over Singur. Abstinence and politics have had an upscale association in Bharat. Currently comes the non-political and structured quick, courtesy of Narendra Modi. Prime Minister Modi's call to skip all food throughout his 5 days within the North American country, spanning 2 cities and a minimum of thirty five diplomatic or cultural events, has stirred muted conversations in New Delhi's diplomatic dominion. Throughout his 5 days within the North American country and 4 additional days that along represent the

nine-day Navratri competition. Modi consumed nothing however water, or water laced with lemon. Most deeply non secular world leaders strip their diet blank within the abstinence season, or cut back the amount of meals they eat, and at the same time be home soil throughout such periods, same fully fledged diplomats attached coming up with foreign journeys by their leaders. Fasting has important role in achieving varied goals like social, cultural, political, environmental, spiritual, physiological, psychological, ritual, mythological aspects of day to day life. Because of processes like economic process, urbanization, sanskritisation, universalization, & amp; parachialisation, very little tradition and nice tradition etc., abstinence has speedily flourished and have become omnipresent.

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