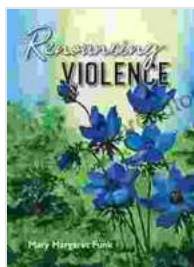


Renouncing Violence: A Practice From The Monastic Tradition

In a world filled with conflict and violence, the monastic tradition offers a powerful antidote: the practice of nonviolence. For centuries, monks and nuns have dedicated their lives to living in peace and harmony, renouncing violence in all its forms. Their teachings and practices have inspired countless individuals to seek a more peaceful and compassionate way of life.



Renouncing Violence: Practice from the Monastic Tradition by Mary Margaret Funk

★★★★☆ 4.6 out of 5

Language : English
File size : 905 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages
Lending : Enabled



In *Renouncing Violence*, we explore the monastic tradition's rich history and wisdom on nonviolence. We will learn about the different practices and techniques that monks and nuns use to cultivate peace within themselves and in the world around them. We will also explore the relevance of these teachings to our own lives, and how we can apply them to create a more peaceful and just society.

The Monastic Tradition of Nonviolence

The monastic tradition has its roots in the teachings of the Buddha, who taught that violence is never the answer to suffering. The Buddha's teachings on nonviolence were later adopted by many other religious traditions, including Christianity and Islam. Over the centuries, monks and nuns have developed a wide range of practices and techniques to help them live in accordance with the principle of nonviolence.

One of the most important practices in the monastic tradition is meditation. Meditation helps monks and nuns to calm their minds and cultivate compassion for all beings. By practicing meditation, they learn to let go of anger and hatred, and to see the world with eyes of love and understanding.

Another important practice in the monastic tradition is service. Monks and nuns believe that the best way to renounce violence is to actively work for peace and justice in the world. They volunteer their time to help the poor and disadvantaged, and they work to promote peace and reconciliation in conflict zones.

The Relevance of Monastic Nonviolence to Our Lives

The monastic tradition of nonviolence is not just for monks and nuns. It is a practice that can be applied by anyone who wishes to live a more peaceful and compassionate life. The teachings of the monastic tradition can help us to:

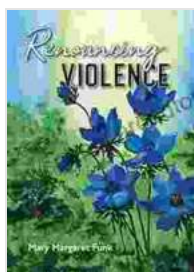
- Understand the causes of violence
- Cultivate compassion and empathy for others

- Resolve conflicts peacefully
- Work for peace and justice in the world

In *Renouncing Violence*, we will explore how we can apply the teachings of the monastic tradition to our own lives. We will learn about specific practices and techniques that we can use to cultivate peace within ourselves and in the world around us. We will also explore the challenges of living nonviolently in a violent world, and how we can overcome these challenges with courage and compassion.

Renouncing Violence is a timely and important book that offers a powerful antidote to the violence that plagues our world. The teachings of the monastic tradition can help us to create a more peaceful and compassionate society, and they can help us to live more fulfilling and meaningful lives. If you are interested in exploring the monastic tradition of nonviolence, I encourage you to read this book. It may change your life.

Free Download your copy of *Renouncing Violence* today!



Renouncing Violence: Practice from the Monastic

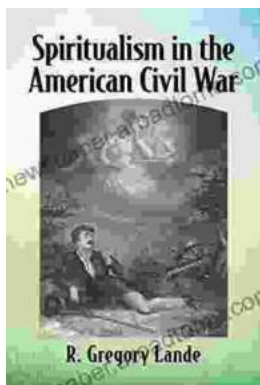
Tradition by Mary Margaret Funk

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