



Ahimsa or Non-Injury Acrostic Poem

To respect all life as sacred and to practise non-violence in thought, word and deed, not only relative to people but to animals, plants and all the world of nature

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Do you think that the philosophy of ahimsa is one you would like to practise in your daily life? If it is, in what small ways could you change so that you showed more respect for all living things?