**Hindu Temple of Central Illinois**

**Īśvara Group**

**Homework 007**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Note: Record your answers to the following questions. Be clear and legible in your writing. You could also type in your answer and save it in a folder on your computer at home. Bring the answer to class next week.

1. Practice the value of *ahimsa* consciously this week and write down your experiences and observations to be shared with the class next week
2. What was the occasion (where you practiced *ahimsa*)?
3. How did you practice the value of *ahimsa*?
4. How can *ahimsa* be practiced during the Thanksgiving Holiday? Give one example.