

seem to peter out without any change in the mindset of Sri Lankans.

One may realize that social change cannot be engineered. Obviously it is true. But, it is enormously important to prepare a comprehensive strategic plan before any such project is launched as it needs to be sustainable.

Nonviolence as a catalyst can bring forth political change. For example, ostracism (n.) in the 1580s, was a method of 10-year banishment in ancient Athens, by which the citizens gathered and each wrote on a potsherd or a tile the name of a man they deemed dangerous to the liberties of the people, and a man whose name turned up often enough was sent away.

By developing mind fullness also, we can achieve a social change. As Lord Buddha explained to the little monk Rahula,

*'Rahula , develop a mind like the four great elements earth, water, fire and air because if you do this, pleasant or unpleasant sensory impressions that have arisen and taken hold of the mind will not persist. Just as when people throw faeces, urine, spittle, pus or blood in a fire or air, the earth, the water,*

*the air is not troubled, worried or disturbed, so too, develop a mind like the four great elements. Develop love, Rahula, for by doing so ill will be got rid of. Develop compassion, for by doing so the desire to harm will be got rid of.'*

Some leaders with a vision have invented successful strategies to combat economic and social crises without imposing any rules or regulations. In Nepal bicycles were introduced to women so that farm produce could be carried to the market and the money could be collected; this prevented men from carrying the farm produce to market and getting drunk after collecting the money.

In 1970's when petrol prices shot up Castro imported millions of bicycles for people to use and it was called the bicycle revolution.

It is obvious that the history is full of examples to show that a nonviolent movement can successfully be utilized to combat violence. In conclusion, I would argue that we need to take lessons from the past and tackle the prevailing chaos by means of nonviolent strategies.