

Enhancing Life Bibliography

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Gandhi's Ashrams: Residential Experiments for Enhancing Life in India and South Africa

1. Gandhi, M. K. 1993. *Autobiography: The Story of My Experiments with Truth*. Boston: Beacon Press. This is Gandhi's recollection of his own "experiments" with new ideas for living a moral life, written in the 1920s at Sabarmati Ashram. Gandhi discusses, often in intimate detail, his experiments with communal living, with his diet, with natural medical cures, with spiritual exercises, as well as with political advocacy.
2. Gandhi, M. K. 1928. *Satyagraha in South Africa*. Ahmedabad: Navajivan Publishing House. This is Gandhi's reflection upon his twenty-one years living and working in South Africa, written while he was incarcerated in Yeravda prison in India. It provides insight into Gandhi's evolution as a political activist, as well as his first residential experiments with communal life undertaken at Phoenix Settlement and Tolstoy Farm.
3. Gandhi, M. K. 2000. *The Bhagavad Gita According to Gandhi*. Berkeley, CA: Berkeley Hills Books. This is Gandhi's translation of and commentary on the *Bhagavad Gita*, which he shared with his fellow ashram residents in a series of prayer meetings held at Sabarmati Ashram in 1926. Gandhi interprets this scripture in the context of his own life experiences and the contemporary political situation in India.
4. Gandhi, M. K. with Anthony Parel. 1997. *Hind Swaraj and Other Writings*. Cambridge: Cambridge University Press. This is Gandhi's influential and controversial essay on the topic of Indian independence from British colonial rule, written in 1909 as Gandhi sailed back to South Africa from England and published first in his newspaper *Indian Opinion* in December 1909 and then in book form in January 1910. In this essay, written in the form of a dialogue, Gandhi advances not only his political thoughts about Indian home rule, but also his moral thoughts about the need for self-rule and nonviolence in all areas of life.
5. Coward, Harold, ed. 2003. *Indian Critiques of Gandhi*. Albany: State University of New York Press. This is an edited collection of scholarly articles that provides great insight into how contested Gandhi was within the Indian context. It features his debates and dialogues with leading intellectuals in India over a variety of political, cultural, and religious issues.