

## **Discipline**

**by**

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One of the qualities I chose to write about is discipline. Discipline is the practice of training people to obey rules or a code of behavior, using punishment to correct disobedience. Mahatma Gandhi had a lot of discipline. He fasted, which means that he had to control his hunger and not eat. He was humble and demonstrated a lot of truthfulness. Gandhi was honest about his beliefs, and he believed in nonviolence. But Gandhi wasn't the only one who had discipline or expressed truthfulness. Yusuke Kawai painted the walls with mud, or different colored soils; he expressed truthfulness in his mural, what he felt and what was on his mind. The fact that he painted using mud that will be washed away shows that he doesn't paint so he can be famous but to inspire people and express the ephemerality of nature.