**1.SHYNESS MY SHIELD**

**s                      --M.K.Gandhi**

**Q. what are Ganhiji’s views about his shyness?**

Mohan Das Karamchand Gandhi is popularly known as Mahatma. He is the champion of truth and non-violence. The present extract “Shyness my Shield” is taken from his autobiography entitled “My Experiments with Truth”. It reveals his efforts to overcome shyness during his stay in London. In his essay Gandhi states that his shyness has helped him in the discovery of truth.

            Gandhi was a member of the vegetarian society. He could not speak in the executive committee meetings of the society. He could not support Dr. Allinson who was in favour of birth control movement. He trembled to speak in the meeting to promote vegetarianism at Ventnor. He made himself ridiculous while speaking on the eve of his departure from London. He said that his constitutional shyness was not a disadvantage whatever. His hesitancy in speech taught him economy of words. It helped him in limiting his thoughts. He never uttered or wrote anything without giving proper thoughts. He never regretted anything he spoke or wrote.

He says that silence is a part of spiritual discipline and a votary of truth. A man of few words will rarely be thoughtless in his speech. He admits that his shyness was once an annoyance and later a pleasure.  He concludes that his shyness is his shield