

The Five Universal Values Underpinning SSEHV and Their Sub-Values

The SSEHV model promotes five universal, secular human values: Truth, Right Conduct, Peace, Love and Non-violence, with the ultimate goal of developing the 'whole' student, not only the cognitive and physical aspects.

Truth:	accuracy, curiosity, discrimination, honesty, human understanding, integrity, self-reflection, sincerity
Right Action:	courage, dependability, determination, efficiency, endurance, healthy living, independence, initiative, perseverance
Peace:	calmness, concentration, contentment, equanimity, optimism, self-acceptance, self-discipline, self-esteem
Love:	compassion, consideration, forgiveness, humaneness, interdependence, selflessness, tolerance.
Non-violence:	benevolence, co-operation, concern for ecological balance, respect for diversity, respect for life, respect for property.

The first value is **Truth**, which encompasses values such as accuracy, curiosity, discrimination, honesty, human understanding, integrity, self-reflection, and sincerity. The second is **Right action**, which refers to values such as courage, dependability, determination, efficiency, endurance, healthy living, independence, initiative, and perseverance. The third is **Peace**, which includes calmness, concentration, contentment, equanimity, optimism, self-acceptance, self-discipline, self-esteem, and balance of nature and technology. The fourth value is **Love**, which incorporates compassion, consideration, forgiveness, humaneness, interdependence, selflessness, and tolerance. The fifth value is **Non-violence**. This is the ultimate aim and refers to values such as benevolence, co-operation, concern for ecological balance, respect for diversity, respect for life, respect for property, and unity. These values are all inter-related and inter-dependent. Love is in fact considered to be the *basis of character* and encompasses all of the other values: *love in thought is truth, love in feeling is peace, love in understanding is non-violence, and love in action is right action* (Jumsai, 1997, p.103).

Education

Education should be useful to society. It should make citizens follow the path of morality and righteousness and make their lives happy.

Students must be enabled to prepare themselves to serve society with pure minds. Today they do not have even a sense of gratitude towards their parents for all the sacrifices they make to educate their children. The students acquire degrees and they go about begging for jobs. They should acquire rather the capacity to stand on their own legs and be self-reliant.

They should, above all, develop good character. They should be able to take up any work and acquit themselves well.

The place where true teachers and students are gathered should be filled with serene peace and orderliness. On the contrary, we find today that where students gather, fear and insecurity prevail. Peace and order are not to be seen. Students whose hearts should be soft and compassionate have become hard-hearted and violent. Humility, reverence, compassion, forbearance, sacrifice and sense control are the qualities which reveal the outcome of true education.

Education should inculcate in students the spirit of self-reliance and self-confidence. The first thing in life is self-reliance. Second is self-confidence, third is self-sacrifice, fourth is self-realisation. With self-realisation they find their final fulfillment.

Humility, reverence, compassion, forbearance, sacrifice and self-control are the qualities which reveal the outcome of true education.

Education should not merely be for earning a living. It should enable one to lead an exemplary life. The right teacher is one who is an embodiment of love and teaches the students to love all, to cultivate right relationships, and to develop human qualities. Teachers who will promote qualities of mutual love and regard in their students are sorely needed today.

Students should realize that true education should inculcate in them the following qualities: good thoughts, good speech, good actions, respect for truth, discipline and dedication to duty.

People today are concerned solely about their rights and have no regard for their duties, obligations and responsibilities. Universities today have become factories for turning out degree holders and not real centres of knowledge. Education should serve to develop powers of discrimination and foster the sense of patriotism so that the educated may engage themselves in service to society.

Education today does not impart to the students the capacity or grit to face the challenges of daily life. The educational field has become the playing field of ignorance.

Education does not mean imparting verbal knowledge. The knowledge that is gathered in schools and colleges should be capable of being used for service to society and helping to improve the conditions of one's fellow men.

The knowledge gained from education is being misused today solely to obtain and enjoy creature comforts and sensuous pleasures. This education has served to develop some kind of intellectual abilities and technical skills, but has totally failed to develop good qualities. Society today is steeped in materialism because of the preoccupation with mundane pleasures.

What the head thinks should be examined critically by the heart and the right decision should be carried out by the hands. This should be the primary product of the educational process.

The marks of true education are selflessness, humility and unostentatiousness. The edifice of right education rests on four pillars: self-control, self-confidence, self-support and self-sacrifice. Students today are totally oblivious to self-support. How then can they achieve

self-control? Education should aim not merely at making people human, but should try to make them perfect human beings.

It is not enough if you acquire degrees. Along with them you should acquire general knowledge and common sense. There is a wide gap between your learning and our culture. Scholarship without culture is valueless. Both have to go together.

When children are born, they are innocent of desires. As they grow older, desires multiply. These desires have to be kept within limits. Life is a long journey and the less luggage you can carry, the greater the comfort. Reducing desires is the true mark of civilization. Education should lead to restraint on desires.

Students should get rid of the idea that education is for earning a living. They must realize that they owe a duty to their Motherland and the world.

I want each of you to grow into strong, steady, straight persons. Your eyes should not seek evil sights; your ears should not seek evil tales; your tongue should not seek evil speech; your hands should not seek evil acts; your minds should not seek evil thoughts. Be pure, be full of love. Help those who are in worse condition; serve those who need your help.

Acquire humility along with your education. Respect your parents, teachers and elders. Love those who are younger than you. Students today are given to excessive talking, bragging and ostentation. You should not have room for such shortcomings.

Beautiful and fruitful ideas must be planted in the tender hearts of the young. They are lovely creepers which can yield clusters of fragrant flowers spreading the fragrance of Truth and Virtue.

Education is for acquiring wisdom, not for getting material wealth.

Education is not to be taken as a process of filling an empty sack and pouring out its contents, making the sack empty again. It is not the head that has to be filled through education, it is the heart that has to be cleansed, expanded and illumined. Education is for life, and not merely for making a living.

Education, wealth and strength are necessary for everyone. But the value of each of them depends on the way you use it. When good people get the benefit of education it ripens into wisdom and makes their lives ideal ones. But when bad people get educated they get immersed in disputes and education itself gets polluted.

The mere acquisition of book-lore will not lead to self realization. Along with studies, one must practise tolerance, equanimity and serenity. These qualities cannot be got through books or teachers. They can be got only through persistent inquiry and discrimination. It would be desirable if this quest is made part of a collected effort instead of being purely an individual pursuit. The lone individual does not constitute a community. If a person's aspirations are self-centred, they will do no good to society. Here one should develop those sacred qualities which will promote the well-being of society. The spirit of harmony and a sense of respect for all points of view are essential for accomplishing anything good in life.

APTITUDES AND TALENTS: The aptitudes of students for specific subjects like mathematics or literature should be ascertained by teachers and students and they should be

encouraged to develop their special talents. Instead, what is being done today is to make students take up courses which will enable them to have lucrative careers. Jobs and not a good life have become the aim of education.

BALANCE: What is the use of acquiring any amount of knowledge available in the world, if one does not have character? This is the reason for the loss of balance in the case of modern people in general and the educated people in particular. If you lose your balance when riding a bicycle, you are liable to meet with accidents. Similarly if there is a lack of balance between knowledge and character in your life's journey you are surely exposing yourself to serious accidents.

CHARACTER: A small piece of fertile land is more valuable than a large piece of barren land; so also character is much more valuable and essential than scholarship.

HUMILITY: It would be wrong to call it education if it merely teaches the meanings of words. The basic aim of education is to make people of character and virtue. Many people think that knowledge is power. It is not so. In fact, character is power. Education should confer humility. Education without humility, action without discrimination, scholarship without wisdom, words without truth, friendship without gratitude, music without melody, politics without morality and integrity can never shine in society. One's personality blossoms only when one has humility along with knowledge.

IDEALISM: Students! Education does not mean imparting worldly knowledge for leading a mundane existence. True education should inspire one with feelings and thoughts to lead an ideal life.

HUMAN VALUES

We cannot rest content with an educational system which is confined to academic achievement. It has to promote simultaneously human virtues. The main problem of our education is how to adapt the cultural traditions we have inherited from the past to the needs of daily life today. People feel that education helps in material pursuits and rest content with this. This is not a right attitude. Education should promote culture. It is not by education alone but by culture that one gets refined.

Students should understand how the values of Truth, Right Conduct, Peace and Love are inter-related. If a bulb is to shed light it has to be connected to a switch by a wire and current should flow in the wire. Truth is the current. Right Conduct is the wire. Peace is the bulb. Love is the light. When the current of Truth is connected to the wire of Right Conduct and enters the bulb of Peace, you have the light of Love.

Human values cannot be learned from lectures or text books. Those who seek to impart values to students must first practise them themselves and set an example.

Human values are essential not for students alone. Everyone has to practise human values as the mark of a true human being. When a human being declares that he is a man or a woman it is only half truth. They must also declare that they are not animals. To give up animal qualities and practise human values will make a person fully human.

Human values are in everyone. What we need are people who will provide the stimulus and the encouragement to bring them out.

Human values cannot be practised by studying books or listening to lectures. They have to be cultivated by individual effort. Students! True education consists of sanctifying everything you utter and every thought and action of yours. Humility is the bed-rock. Cultivate humility as the first step.

You should only be people whose hearts speak for them. There is no use for words divorced from the heart. You must put human values into practice and prepare yourselves to play your role in any sphere of life in a spirit of universal love and compassion.

A society without values will cease to be human. The more human values are cherished, the better will be the growth of society, the nation and the world.

Truth.

Speak the Truth, but speak pleasantly. If speaking the Truth will cause pain or grief, keep silent. Don't have hypocrisy or crookedness in your speech. Both unpleasant Truth and pleasant untruth have to be avoided.

“Utter the Truth. Say what is pleasing. Never tell what is Truthful but unpleasant.” This means that you should not speak an untruth because it may be pleasing to anyone. Nor should you speak out the Truth when it is likely to hurt a person's feelings. Every person should speak the Truth, but it should be Truth that is pleasing. When you see a blind man, you know that he is blind. This is true. But because it is true, because you hail him as, “Oh blind man”, you will be causing him pain. As soon as he hears the word “blind” he feels distressed. No doubt what was said was true, but it distressed the hearer. Likewise, on seeing a lame man, if you accost him as, “Oh lame man!” you will be causing him pain. In the name of Truth, one should not utter words which cause pain to others.

Truth is something that is not modified by time or space or attribute. It must be the same forever, unaffected and unchanged; then alone is it Truth. It should not be proved false by some subsequent event or knowledge.

It is much easier to speak the Truth and be done with it. What you have seen or heard or done, speak about these just as you saw or heard or did!

Some people raise the question, “How can we make a living if we adhere to Truth?” Well, you cannot escape death, whatever way you spend your days. It is far better to die adhering to Truth than to die sliding into falsehood. Falsehood looks easy and profitable, but it binds you and pushes you.

The experience of Truth alone can foster Love, for Truth is so all-embracing and integrating that it sees no distinction. Truth is the current and Love is the bulb it has to illumine. Through Truth you can experience Love; through Love you can visualize Truth.

To search for Truth is needless. Truth is in every place at all times. One must live Truth, not search for it.

Truth does not mean mere statement of facts as one sees them or hears about them. Truth in its real sense transcends the limitations of time, space and circumstance. It is difficult to practise this transcendental Truth in ordinary life. One should not act on the impulse of the moment immediately a thought occurs. The rights and wrongs of the idea should be examined and only when the heart approves of a certain course should action follow. This is the process of cultivating values. What the mind (*head*) thinks should be examined critically by the *heart* and the right decision should be carried out by the *hand*.

Truth does not mean merely telling the facts as one sees or knows them. Truth is that which does not change with time. It must be spoken with complete purity of mind, speech and body.

Act, act with all your might and with all your mind; make full use of the skills, capacity, courage and confidence that you are endowed with.

Do not seek to listen to vile and vicious stories. This tendency reveals a diseased mind. What is heard is imprinted, like a carbon copy, through the ear, on the heart. One is injuring oneself through indulgence in this evil habit.

Peace

Peace is the most priceless possession of human beings. It is the sign of a virtuous character, a willingness to serve, a readiness to renounce, a calm spirit of resignation, an awareness of the evanescence of material wealth, of the cool agitationless lake of joy in the heart.

The mind is ever in quest of peace, without which there is no happiness. From times immemorial people have been engaged in striving for peace. But peace has eluded them because they have pursued wrong paths for achieving it. They have considered the satisfaction derived through the sense organs – seeing, hearing etc. – as the source of mental peace. They have taken the wrong road by surrendering to the demands of the senses. For the sake of enjoying sensuous pleasures people have been ready to adopt wrongful, unfair and unrighteous means. In seeking their individual happiness and pleasure, they have not hesitated to destroy the peace and pleasure of others. In the process, both the individual and society have lost peace and happiness.

You must have the skill to swim across the waves of joy and grief, of pain and profit. You must be a master of the art of being fully at ease, perfectly calm and unaffected, whatever may happen to the body or senses or mind; they are all inert when they are not urged by the inner “I”, which is intelligence, awareness.

Peace cannot prevail in the individual and society until we believe in the unity of mankind, in spite of the apparent differences.

What is the reason for the lack of peace in the world today? It is because there is no harmony in thought, word and deed in the lives of people. Peace must begin in the family, in the home. When there is understanding and harmony in the family, peace will spread to the community and from there to the nation and the world. Hence unity is the primary need today. Unity confers joy and peace.

In spite of their precious birth as human beings, people lead lives worse than those of animals. Animals are not consumed by envy. They do not take pride in their possessions. They have no bank balances and have no “monthly salaries”. They live happily from moment to moment, content with whatever food and shelter they can get. As humans’ knowledge and skill have increased, their moral caliber has declined. People have to discover the secret of the good life. Of what use are wealth and position if one has no peace of mind? A quiet conscience is our brightest jewel. To achieve inner peace, desires have to be subdued. Engage yourselves in service activities with a spirit of dedication. Do not hanker after leadership. True service consists of helping the poor and the forlorn in society with humility and dedication.

When people think, speak and act along virtuous lines, their conscience will be clean and they will have inner peace. Knowledge is power, it is said, but virtue is peace.

Would I rather be at peace than be acknowledged as right in a dispute? Win the just, fair treatment I deserve? Have status, approval, admiration? Possess any object or relationship? I can have these as well as peace, but I will never be happy if I prefer them instead of peace.

Not being content with what we have and lamenting over what we do not have, people forfeit peace of mind.

One keenly enjoys the peace that is the result of the stoppage of mental agitation. Do not allow the mind to cater to its every whim. Train it to be quiet. Keep away and afar the mental reactions caused by contact with the external world. This is the real goal of life.

Without control of the mind we cannot have peace even for a moment. One who wishes to lead a happy and peaceful life must exercise control over their senses. People today have lost peace of mind because they have no control over their senses.

Today people claim to be working for world peace. How can those who have not achieved peace within themselves hope to achieve world peace? Those who have not learned to look within themselves are not competent to work for peace in the world. Peace cannot prevail in the individual and society until mankind believes in the unity of mankind in spite of the apparent differences.

People are perpetually engaged in the search for peace. The seeker of peace must search for it not in religion but in the mind. The search for peace in the external is the cause of all the unrest in the world. Peace has to be established first within one’s self. Then it has to be extended to the family. From the family, it has to spread to the village, the province and the nation. What is happening today is the reverse of this process. Conflict and disorder are spreading from the individual to the family and right up to the nation. You must become messengers of peace. You have to begin with yourselves. You can get peace only through service. When one is busy at work, there will be no room for evil thoughts in the mind. Then there is peace of mind. A peaceful mind is the abode of love.

Love

Love is the most important element in everything. Through Love alone you can unify the world. It is the absence of Love that is the cause of hatred. It is this hatred that is

undermining human nature. Despite the fact that it is difficult to nourish hatred, while it is quite easy to foster Love, people are engaged in doing what is difficult.

Love all beings, that is enough. Love with no expectation of return. Love because your very nature is Love. When others are happy, be happy likewise. When others are in misery, try to alleviate their lot to the best of your ability. Practise Love through selfless service. By this means you will realize Unity and get rid of the ego that harms.

Universal Love sustains life by its nourishment. Love is the life-breath of man. Magnanimity of spirit lends fragrance to life.

A righteous life leads to peace. Love is to be experienced in the depths of peace. Love should find expression in non-violence. Where Love prevails, there is no room for doing harm or violence to others. All these basic values have to be demonstrated in action and not limited to preaching.

It is to transform people's nature from the animal to the human that Love has been serving as a powerful force. The hearts of people in the olden days were soft and loving. Although Love inherently is soft and compassionate, in certain situations it assumes a stern form. This is because even out of Love one has sometimes to use punishment. The harsh words and the punishment are associated with Love. When it rains, it is a downpour of drops of water. But sometimes the rain is accompanied by hailstones. The hailstones are hard but they are only water in a condensed form. Likewise, softness or punishment are different expressions of Love.

Love and Truth cannot be taught by teachers or learned from books. They may be set forth in books but you will not experience their fragrance. They can be acquired only by living them in life. We must endeavour to Love all. Love all, serve all. Hating everyone, caviling at everyone, feeling jealous of everyone – if you want to experience peace, how can you have it? Only if there is water in the tank can you get water in the tap. If the tank is dry, how can you draw water from the tap? If you fill the tank of your heart with Love, you can have Love towards everyone and receive Love from everyone.

Love is your true nature. But modern people, in their preoccupation with the world of external phenomena, are failing to discover their own true nature. Of what avail is all this knowledge about the physical world if people do not know what they really are? Love is the basis for this self-discovery. Love is the means and Love is the proof.

Hate: Injury inflicted on any being is sacrilege, self-injury. Love is transformed into poison if hate contaminates it. Love some, but do not hate the rest, for that hate will foul the love. We have to cultivate it by means of service. Love must flow not from the tongue or from the head only, but chiefly from the heart.

Understanding: Always try to put yourself in the position of the other, and judge your action against that background. Then you will not be wrong.

Love grows through service. Love is born in the womb of service.

Love is inherent in people, but like a seed that has to be nourished with manure and water, Love in people has to be fostered by dedicated service. Love is like nectar – a person who has tasted the sweetness of Love will not desire anything else in the world. Life must become

a constant manifestation of Love. Today love is manifested in a constricted, selfish manner. It needs to be expressed in service to society. It has to be offered to others and shared with them. Thereby Love becomes a reciprocal, ever-widening experience.

Love more and more people. Love them more and more intensely. Transform the Love into service.

Our purity is manifest when human relations are based on heart to heart and Love to Love. Love has the form of a triangle, with three arms. Love does not seek any return. Where an individual offers love in expectation of a return, fear overtakes them. The one who loves with no expectation of any return is totally free from fear. Love knows only to give, not to receive. Such a Love is free from fear. For true Love, Love is its own reward. Thus Love seeks no return, is free from fear and is its own reward. These are the basic features of True Love. Love today is based on desire for a return benefit. It is filled with fear and anxiety. Thus love is motivated. When love is based on the desire for transient and perishable objects, life will be futile. Love must be its own reward.

The weapon of Love disarms every opponent. Love begets Love. It will be reflected back, it will have only Love as a reaction. Shout “Love”, the echo from the other person’s heart will also be “Love”.

Start the day with Love, spend the day with Love, fill the day with Love, end the day with Love.

What should be pure Love has been polluted today by all kinds of attachments. Pollution today is all-pervading and has spread to the hearts of people. Purity has become scarce.

Love, when you cultivate it, will remove the weeds of anger and of malice. It will blossom into peace and calm.

If you want happiness and if you want peace, you must give Love. Only through Love will you find true happiness. Only through Love will you find inner peace. Therefore, develop your Love, live in Love. Love lives by giving and forgiving.

Illumine the world with the light of your love. Today the world is devoid of Love. There is a hatred between person and person. The world today has to be redeemed through Love.

Unity

When one sees all creatures in oneself, and the peace which protects one against the onslaughts of failures, the peace in which one is unruffled by loss and dishonour, the peace that does not perturb one’s mind with anger, hatred, jealousy, conceit and lower passions, the peace which makes one feel tranquil, unconcerned and unattached under all circumstances and with all human natures. Know that you are the embodiment of that peace.

When the attitude of unity of existence resides in the heart, there is a spontaneous oozing out of Love to all beings, both animate and inanimate.

The people of the entire world are really one single family and the world is really one home. The different countries are the rooms in the home called the world.

You have to develop the consciousness that you belong to one and the same human family. There should be no feeling of separatism on the basis of language, caste or creed. If you have not understood the greatness of your country and have no regard for upholding its stature and honour, of what worth is your education?

Service

We all live by giving mutual service and no one can be considered superior to another. Every person should render service according to their capacity and the activities they are involved in. There are various limbs in the human body. But the hands cannot do what the legs are capable of, and the eyes cannot perform the duty of the ears. What the ears can do the eyes cannot. Likewise among human beings there are differences. Their capacities and aptitudes may vary. But each should take part in service activity according to their ability, equipment and field of work.

Whatever small service we may do, if we do it in the right spirit, serving with no thought of self, we shall be doing something commendable and worthwhile. An act of service by itself may be a small thing. But it must be done wholeheartedly. Just as a cow transforms whatever it may consume into sweet, wholesome milk, any kind of service done with a pure heart will result in great good. You should not have any desire to get something back when you give service. "This is my duty. I am born to serve: - it is with such an attitude that you should take to service.

The first lesson in service has to be learnt in the family circle itself. Father, mother, brother, sisters – in this limited group, which is well knit, one must engage in loving service and prepare for the wider service that awaits outside the home. The character of each individual member determines the peace and prosperity of the family; the character of each family is the basic factor that decides the happiness and joy of the community. And the nation's progress is based on the strength and happiness of the communities which are its components. So for the welfare of the country and of the entire world, the spirit of service, enthusiasm, constructive imagination, pure motivation and unselfish alertness are all urgently needed.

Those who wish to serve society in the true spirit and experience the joy therefrom should go into society with dedication. They should undertake service activities according to their capacity and competence and should not over-stretch themselves.

There is none poorer than the people who will not use their money for good purposes.

If your minds are filled with hatred, envy and likes and dislikes, you are not qualified to embark on service activities.

Selfless service is the fragrant flower of love. It is not to be performed for the satisfaction of the person giving the service. We should regard selfless service as the reason for which we are given life. This feeling should flow through our very nerves and bloodstream and permeate every cell of our bodies.

Selfless service is the most satisfying and most pleasurable activity. It springs out of Love and it scatters love in profusion. It plants a seed on stone and is delighted to see it sprout. Plant it with Love and the seed will discover Love inside the stone and draw sustenance from it.

There should be no feeling of condescension in giving service. Regard yourself as a devoted servant ready to do any task.

We should have the feeling that whatever joy or sorrow others experience is equally ours. Only then can we give service, giving joy to others.

Fill your heart with love and involve yourself in service. The human being who cannot give service to others is no human being at all.

We can only truly understand human life in the context of harmony and co-operation. For this to happen we need to engage ourselves in service to society.

It is a call and a challenge for you to provide comfort and consolation to those in need; to seek out ways and means to increase the ways in which you can help others and contribute to their joy.

Love and service are like two wings for us. If we use these we can reach the goal of happiness and living a true life. If we continue to do unselfish work for the good of others it will purify our minds.

We should be prepared to serve others rather than choose to be served by them. Moreover, there is nothing special in serving those who are high above us, or even those who are in the same position as ourselves. Service should be given to those who are worse off than ourselves and who are neglected by the world.

Rendering service selflessly with a compassionate heart is alone true service. We are bound to achieve peace if we serve in a friendly way. This is the Truth. This is the Truth.

Giving service to others is really giving service to ourselves.

Service brings out all that is great in human beings. It broadens the heart and widens our perspective on life. It fills us with joy. It promotes unity. It drives out our bad qualities. It is only when we are giving service that we can really experience inner peace. We are born to serve, not to dominate. Everyone in the world is a servant and not a master. All relationships – husband and wife, mother and child, employer and employee – are based on mutual service. The world is progressing because of such mutual service. If the principle of service did not operate the world would come to a halt.

The body has to be used for service to others. More happiness can be got from serving others than from merely serving ourselves.

Our fulfillment comes from serving others, without any thought of return, in an attitude of selflessness. Service given in this spirit sheds light in the dark interior of human beings, it widens the heart. It purifies our impulses and brings us lasting happiness.

We must be prepared to serve as servants, for our whole lives. Never think of being a leader – without becoming a servant you cannot become a leader. We must first learn to become followers before we can become leaders. In the first instance we should give service in our own home, then in our community, then in our state and then the country.

Non-Violence

The trees give shelter to all, irrespective of caste and creed, and proclaim that all people are equal. The plants teach us not to be over fond of the body, and the birds that are content with the food they get for the day tell us not to worry about the morrow. Mother Nature exhorts us to discard attachment to ourselves and our earthly possessions.

The universal law of Nature operates always at all places and at all times. For instance, if we slip we fall to the ground. If a stone is thrown up, it comes down. These are the results of the law of gravitation. Whether it is a millionaire or a pauper, if somebody's foot slips they fall down. This is how the laws of Nature operate, regardless of the person.

Anger cannot be destroyed by anger or cruelty by cruelty. Anger can be subdued only by forbearance, and cruelty can be overcome only by Non-Violence.

Non-Violence involves much more than abstention from injuring living beings. One should desist from causing pain to any living being not only by one's deeds but even by one's words and his thoughts. One should not entertain any idea of hurting another or humiliating another.

Violence and cruelty can be overcome only by Non-Violence.

Non-Violence does not mean, as is commonly understood, not causing harm to others. It really means that one should not cause harm to anyone in thought, word or deed. This is the most important human quality. Only when this has been developed will one be qualified to practise and experience Truth.

Non-violence means avoiding causing harm to anyone by thought, word or deed. Out of selfishness and self-interest, we do not practise this estimable virtue. All evils arise from the sense of "I" and "Mine". This trait can be eliminated only by developing purity in thought, word and deed.

Be a bee drinking the nectar of every flower, not the mosquito drinking blood and spreading disease in return.

Help ever, hurt never. Do not cause harm to anyone. If you can help anyone, do so.

The meaning of Non-Violence is that you should not cause harm to anybody in thought, word or deed.

The sandalwood tree imparts its fragrance even to the axe that fells it.

In the business world and in the context of industrial management, Non-Violence has a wider social meaning than merely avoiding harm to others. The avoidance of pollution of the atmosphere or of natural resources like rivers is one of the ways in which an enterprise can practise Non-Violence. In such ways, a great deal of good can be done by business managers who adhere to the basic human values.

When Love illumines thought, Truth is revealed. When Love motivates action, it is transformed into Right Conduct. When Love saturates feelings, it becomes calm and serene and ensures Peace. When anger, envy, greed and hatred are cast away, Love dawns as

understanding and Non-Violence reigns supreme. This is the reason why we are told, “Love your neighbour as yourself”.

Anger

Quite a few people worry about this, wondering what is the best way to control anger when it comes on and tries to overwhelm them. The easiest way to control anger is this. the moment you become aware that anger is rising within you, just laugh very loudly. Or go to the bathroom and have a cool bath. You can also take a glass of cool water and relax in a cool place. The moment anger comes it is most helpful to leave the place where you are and go somewhere else. If with all these measures you still have not been able to control your anger, then stand in front of a mirror and examine your face: after seeing your appearance you will surely feel so much disgust that at once you will be able to control your anger. So there are a number of ways in which you will be able to deal with anger. One other thing you can do whenever anger comes is to inquire into the cause of this anger. Is it justified? Remember that if someone is going to be harmed in the process of your anger, you will be committing a sin, and that cannot possibly be good for you. To undertake all these methods will be quite difficult for an ordinary person, but it is enough to remember not to let your tongue go into action immediately after you get angry, and spill out a torrent of angry words. Take some time to think things over. In a number of ways, anger weakens a person. If you make some effort to control anger when it arises, these efforts will act to strengthen your body and purify your mind.

Even if your anger is justifiable and you are protecting the truth, you will still have to learn how to express the truth in a sweet way, in an acceptable way that will be received by the other person, without hurting him in any way. Therefore, every person must learn to control their anger by developing and saturating their hearts with love.

Anger makes a man insane. It causes loss of wealth, undermines one's reputation, alienates one from his fellow people and leads to the loss of everything. The angry person cannot succeed in any endeavour and will encounter endless troubles. Anger deprives people of wisdom. They lose their worldly knowledge, their sense of discrimination, their powers of judgement and even the knowledge gained from past experience.

Where there is love there can be no anger. If you develop your love, then there will be no room left in your heart for hatred and anger to take root. If you want to conquer anger through love then you have to develop your love in a most magnificent way. Love is always prepared to shower itself freely, and to overlook the defects and weaknesses in others. Love has this extraordinary quality, it lives by giving and forgiving, whereas the little ego-self lives by getting and forgetting. Where there is love there can be no room for selfishness and where there is selfishness there will be no love.

Now, over minor, insignificant things you lose your temper and develop tension. The temper is dangerous; anger can ruin your very life. If you suffer from anger you will not be able to achieve anything worthwhile. You will be looked upon with disgust and derision. You will lose your wealth. All the honours you have enjoyed will be burnt to ashes. Your anger will even separate you from those who are closest to you.

Anger is another enemy of good health. It injects poison into the blood-stream and brings about profound transformation that damages it.

Selfishness and Unselfishness

The only reward one must look forward to is the victory over selfishness achieved by the development of detachment. Selfish desire to gain for oneself the gains of actions breeds pride, greed and hatred.

We are witnessing today the unchecked growth of selfishness all round. This evil has struck deep roots, growing from generation to generation. There must be a total eradication of this selfishness. Real peace can be secured only by renunciation and sacrifice. There is a supreme joy in giving. In renunciation lies the elimination of fear. As long as desires remain, fear and insecurity will dog us. Inquire into the joy that is to be derived from sacrifice and the grief that is the ultimate outcome of sensuous pleasures.

People are becoming increasingly selfish and self-centred. How can such ego-centric persons derive happiness from society or contribute to the happiness of society? Immersed entirely in selfish concerns, people have no regard for the interests of others. Every step is governed by self-interest. In whatever we see, say, or do, self-interest alone is dominant. This kind of selfishness should be totally eliminated.

As long as you are clouded over with this possessive attitude, thinking only of yourself, your family, your people, your things, you can be certain that sooner or later you will be cast into sorrow. You must travel from the stage of identifying yourself with “I” and “mine” to the higher stage where you constantly identify yourself with “we” and “ours”. From selfishness we must gradually travel to selflessness.

People are engaged in talking ill of others. They indulge in carping criticism. They are filled with envy. They gloat over trivial achievements. They speak one thing and act in a contrary way. This type of behaviour dehumanizes them. There should be unity in thought, word and deed.

There are two impurities within people which have to be cast out: selfishness and conceit. But that is not enough. Pure qualities like Love, Forbearance and Compassion have to be imbibed.

From sunrise to sunset, people today are steeped in selfish pursuits. All the ills affecting people today stem from this selfishness. To be concerned about one's self-interest is understandable. But, as the saying goes, nothing great can be achieved without observing appropriate restraints and limits. There must be a clear limit to selfishness.

Let no one be proud about their beauty, strength and youth. The ravages of old age are ahead and will overwhelm us. Even while you feel puffed up about your strength and energy as a youth, age creeps up on you irrevocably. With the body bent, wrinkles on the face and bleared eyes, the old person becomes the butt of jokes for juveniles. What is lasting in all this? Everything is subject to change and decay in this world. Whether it be physical objects or individuals, all are transient and impermanent. Nothing is lasting. Only your purity is permanent. Purity is our essential nature. But if we lead a polluted life, we are degrading ourselves.

There is self-interest in seeking one's own salvation. Only the man who regards the happiness of others as his own happiness is a truly selfless person.

Trees produce fruits for the enjoyment of others. Rivers carry water to meet the needs of others. They don't consume the water they carry. All their water is offered for the benefit of the world. In a spirit of helpfulness, cows offer their milk to the people. They do not consume their milk. However, we, forgetting that we have been endowed with bodies for rendering help to others, are immersed in selfish concerns and pursue narrow ends. People today do not exhibit even a thousandth part of the spirit of selfless help to others shown by trees, rivers or cows.

Happiness

If you wish to enjoy enduring happiness you have to fill your mind with pure thoughts and entertain fine feelings in your heart. Through good thoughts and good kindly actions, the heart gets pure. In the journey of life the body is like a cart and the heart is like a horse. The heart has to be fed with good food in the form of good company, right action and good thoughts.

The past is dead. The future is imaginary. Happiness can only be in the ever-present now.

The secret of happiness is not in doing what one likes to do, but in liking what one has to do.

Happiness will come of its own accord as a result of one's good deeds.

We derive all the joy and peace that we need from within ourselves and not from sources outside ourselves.

Self-Confidence

You should develop self-confidence and with that you will get self-satisfaction. Once you acquire self-satisfaction you will be able to show self-sacrifice and this will result in self-realisation. Self-realisation thus ultimately depends on the base of self-confidence.

Self-Acceptance

The snow goose need not bathe to make itself white. Neither need you do anything but be your self.

Self-Control

There are five sense organs and five organs of action besides the mind. Once the sense organs are controlled it is easy to control the organs of action. Sense control makes us masters of our minds and our sense and action organs instead of being their slave. Then we can transcend our animal nature and go forward. Inquiry is the process of discriminating between firth and wrong, good and evil, the transient and the eternal. At the stage of contentment we must learn to be happy with what we have and what we get. When we are satisfied with what we have we can be happy. When we desire for more we get discontented and miserable. The fourth gate to be passed is the company of good people. Young people today are in great need of good company. By associating with people who use bad language,

indulge in bad deeds, young people take to bad ways. Students should avoid totally bad company of every kind. Once these four gates are passed – sense control, discrimination, contentment and keeping good company – the road is clear. Our entire life gets transformed.

Ceiling on Desires

We constantly strive in various ways to elevate our status and condition. As we succeed in one effort we seek success in another, and so it goes on. But what is the hall-mark of a true human being? Human life is bound up with gains and losses, ups and downs. We have to face them. Incidentally, we have to suffer blows of one sort or another. The only true human beings are those who overcome these challenges with fortitude. What is the reason for vicissitudes in our lives? The cause is to be found in our desires. Doubtless, desires are inescapable. One person, for instance, seeks to achieve some ideals. Another may seek to do well in study and get a good job. Yet another may desire to get a good name and bring up a good family. There is nothing wrong in such desires. But what we are witnessing these days is the limitless growth of desires. As a consequence, we fall into bad ways. There should be limits to every desire. There should be a limit even to the pursuit of power and position. It has been well said, “There can be nothing great without restraints”. Without restraints we are bound to go astray.

Do not waste precious time and life on impermanent pleasures. Have some control, a ceiling on your desires.

Today we appear to relish only pleasures derived from the senses. Every person is filled with various desires. As we grow we become headstrong. We fail to realize the true purpose of education. We develop ambitions to become great scholars, singers, actors or businesspeople. We are caught up in a bewildering maze of desires. As a result we become slaves to our impure desires and forget our true human worth. While birds and animals are content to live on what they can get, humans alone have insatiable desires and are filled with greed. There should be a limit to one’s acquisitiveness and desires. It is not necessary to give up everything but excess of anything is harmful and should be avoided.

When children are born they are innocent of all desires. As they grow older, desires multiply. These desires have to be kept within limits. Life is a long journey and the less luggage you carry, the greater the comfort. Reducing desires is the true mark of civilization. Education should lead to restraint on desires.

People today embark on actions in the expectation of what they can get from society and not what they can offer it. This is not the right attitude. Each one should ask, “What is it that society can receive from me? What good can it get from me?” Actions should be undertaken with this high-minded attitude. Desire makes one incapable of having such a large-hearted view.

The desire for worldly objects can plunge one in endless misery. Desires are like a green pumpkin which will sink in water. A desireless person will be like a dried pumpkin which will float on water.

Senses

Students! At this youthful age of yours, it is natural that your senses should be strong, active, impulsive, impetuous and turbulent. But you should exercise control over them, lest they drag you into wrong paths. Practise the following:

See no evil, see only what is good,
Hear no evil, hear only what is good,
Think no evil, think only what is good,
Talk no evil, talk only what is good,
Do no evil, do only what is good.

In the use of the sense organs, there must be due regard for moderation and purity. This applies to food as well as to other things which you may take in.

You must learn to master your senses, instead of being enslaved by them. Your mind, reasoning faculty, passions and emotions must be the tools you handle and not the instruments that handle you.

Time

At any moment I could choose to be a better person. Which moment should I choose?

Money

Together with the growth of one's wealth, one's spirit of sacrifice should grow commensurately. Increase in wealth should bring about an increase in generosity. These days wealth increases but not magnanimity.

People in the world today are taking to evil ways and cherishing evil thoughts the like of which have never before prevailed. People are consumed by a limitless passion for wealth and power. No doubt money is necessary for meeting one's daily needs. But even here there should be a limit. The vast ocean, when it swells beyond its bounds, causes disaster. Wealth is essential but within limits. When there is excessive wealth, many dangers ensue. With excessive wealth people turn arrogant and lose their sense of discrimination between right and wrong.

Do not misuse money. By doing so, you will only become a slave to bad qualities, bad ideas and bad habits. Use your money for good deeds.

Today, when our riches increase we become increasingly miserly. As a result, we forget our true nature. When money earned by honest means does not always confer happiness, how can you get happiness through money earned by dishonest means? Hence, it should be realised that excessive wealth can never confer peace or happiness. When you have large wealth, offer it for good causes to help others. Thereby you will derive satisfaction.

Silence

Be silent yourself, that will induce silence in others. Do not fall into the habit of shouting, talking long and loud. Carry with you an atmosphere of quiet contemplation, wherever you happen to be. There are some who live in a perpetual hullabaloo, in a tornado of noise. Whether they are in an exhibition or in a fair or in a hotel, they wag their tongues and will not stop.

One of the principles of straight living is the practice of silence. Soft, sweet speech is the expression of genuine love. Love sings lullabies. It soothes. It applies balm.

Why is silence said to be golden? The silent people have no enemies, though they may not have friends. They have the leisure and the chance to dive within themselves and examine their own faults and failings. They have no more inclination to seek them in others

