

## UNDERSTANDING THE VALUES

### (Quotes by Sathya Sai Baba)

For each of the 5 values:

- Identify a quote/quotes that resonate for you.
- What do you see as being the message in this?
- How successful are we in applying this principle? If not, what is stopping us?
- Suggest a practical strategy for applying this message consistently and effectively in daily life.

## HUMAN VALUES

Students should understand how the values of Truth, Right Action, 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 Action is the wire. Peace is the bulb. Love is the light. When the current of Truth is connected to the wire of Right Action 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 hear or done, speak about these just as you saw or heard or did!

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.

## **Right Action**

Every time before you do anything, you have to put to yourself this question, “Is it proper for me to do this action or not?” You have also to determine whether the particular action is proper or improper. Only then will you be using the body in the right way.

Make the mind, the voice and the actions agree in harmony. That is the right way of life.

People should be the masters of their behaviour; they should not be led away by the impulses of the moment; they must be conscious always of what is good for them. They should so carry on their daily tasks that they do not make others suffer or suffer themselves. That is the sign of intelligent living.

Think before speaking. Think before acting. Then go ahead if you feel good about it.

## **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 roads 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.

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.

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.

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 we all believe in the unity of humankind 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.

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.

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.

## **Non-Violence**

The trees give shelter to all, irrespective of caste and creed, and proclaim that all people are equal.

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.

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 Action. 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".