



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME



Values

- **Why should have a Value for Values?**
- **Can you think of an example?**
- **Do you have a value for speaking the truth? Why?**
- **Do you have a value for treating others with respect? Why?**
- **Do you have a value for listening to a teacher? Why?**



Values

- **What is the difference between a Universal Value and a Personal Value?**
- **What happens when a personal value is valued more by someone over universal values?**
 - **After the enjoyment of the short-term gain is gone, a feeling of guilt can set in!**
 - **Mind gets disturbed!**

Values

- **Doer = one who “does”; Thinker = one who “knows”**
- **What happens when there is a doer-thinker split?**
- **For example if one tells a lie (knowing that the universal value is to tell the truth)**
 - **The doer is telling a lie (the action is uttering a lie)**
 - **A thinker knows that the lie is being uttered**



Values

- **The problem is that the doer and thinker “reside” in the same person**
 - **Now there is a split or conflict within that person!**
 - **This creates a feeling of “I have done something wrong” in the person**
 - **The person becomes weak internally**
 - **In the long term, this destroys one’s own respect for oneself – very harmful!**



Values

- **When one cannot abide by one's own decision, the self-esteem of that person goes down**
- **Nobody can help such a person in this state**
- **What is the solution?**
- **The solution is for that person to start taking small steps towards recovering that self-esteem by taking appropriate action which conform with universal values**



Values

- **Before doing anything, the person should ask: “...is this what I want someone to do to me?...”**
- **In time, the person makes deliberate and conscious choices to abide by the universal values**
- **Slowly this practice helps the person develop character and inner strength!**



Values

- **Examples from itihāsa and purāṇās**
- **Examples from recent history or current happenings around the world**
- **Gandhiji and his value for truth (example in South Africa arguing a case where he convinced his client and fellow lawyers to disclose the truth even when that might have hurt his client)**



Homework

- **What is the meaning of a universal value?**
- **What is the meaning of a personal value?**
- **What happens when they are in conflict?**
- **How can you make sure that your thoughts and actions are aligned with universal values?**
- **Come prepared with an example to present in the next class**

Concluding Śānti Mantra

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

- Om pūrṇamadah pūrṇamidam pūrṇātpurṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ॥
Om śāntiḥ śāntiḥ śāntiḥ ॥

That is fullness, this is fullness. From that fullness this fullness came. From that fullness (when) this fullness (is) removed, what remains is fullness. Om peace, peace, peace