

SATHYA SAI INSTITUTE OF EDUCATION WEST INDIES

SUB-VALUES OF THE FIVE BASIC HUMAN VALUES

MEANINGS, DEFINITIONS AND EXPLANATIONS

TRUTH

ACCURACY- truthfulness, exactness, precision, correctness in reporting something; committed to speaking of or reporting something exactly as it is; an aspect of telling the truth.

CURIOSITY- the desire to know about something; wanting to find out about things, places etc.

DISCRIMINATION-recognition and understanding of the difference between one thing and another, for example, the ability to judge what is wrong from right; true from false; real from unreal. To discriminate is a function of the intellect. In SSEHV, it is described as a function of the heart.

FAIRNESS- objectivity and honesty in treating with matters and persons; it is an aspect of truth.

HONESTY- of good moral principles; a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness, including straightforwardness of conduct, along with the absence of lying, cheating, theft, etc. Honesty also involves being trustworthy, loyal, fair, and sincere. Thought, word and deed are in harmony.

HUMILITY-the quality of having a modest view of one's importance. Modesty, humbleness, lack of vanity; **not** self-important; a person who has his/her ego under control.

Virtues to Wisdom (Sai Baba)

*“The first virtue is **humility**, the absence of pride. As long as you have pride, you cannot earn wisdom. A person’s behaviour should be like the behaviour of water; whatever colour you pour into water, it absorbs it and never asserts its own colour. It is humble without conceit.”*

“Trust in the Lord with all your heart and lean not on your own understanding” Proverbs 3:5.

The Bible verse of *Proverbs 3:5* is an excellent summation of the biblical meaning of **humility**. To be humble, we must have faith that God will lead us in the best way to live and what to avoid in temptation. We are to put complete trust in the Lord and not deceive ourselves with vanity. We should lean on the understanding, wisdom, and divinity of God to show us the righteous path through prayer, meditation, fasting, and other faithful practices. In order to do this, we must have the initial requirement of **humility** to open our hearts and withdraw from the arrogance of our ego.

INTEGRITY- the quality of being honest and having strong moral principles: honesty, uprightness, probity, rectitude, honour, upstandingness, good character, principle(s), ethics, morals, sincerity, truthfulness, trustworthiness.

“It means the agreement of action, speech, and thought; this applies to secular and spiritual activity.” Sai Baba.

INTUITION-the ability to understand something instinctively, without the need for conscious reasoning. Knowing without being able to explain how you know. It is the power of the mind by which it immediately perceives the truth of things without reasoning or analysis: **Intuition** provides us with beliefs that we cannot justify in every case. *Silent Sitting paves the way for accessing our intuition.*

JUSTICE-fairness, justness, fair play, fair-mindedness, equity, equitableness, even-handedness, impartiality, lack of bias, objectivity, neutrality, lack of prejudice, open-mindedness, non-partisanship.

OWNING UP- an aspect of truthfulness; to admit to having done something wrong or embarrassing; confess (to), admit to, accept blame/responsibility, acknowledge (that)...., tell the truth (about).

PURITY- free of vice, immoral or bad habits; innocence, chastity; virtue, virtuousness, morality, goodness, righteousness, saintliness, piety, nobility of soul/spirit, spotlessness (character); immaculateness; purity of **body, mind and spirit.**

QUEST FOR KNOWLEDGE- search, pursuit, journey. Knowledge is of two kinds: knowledge of the **material** world: facts, information and skills acquired through experience or education; the theoretical or practical understanding of a subject. Knowledge of the **inner** world: the search for knowing “*Who am I?*”; “*What is my purpose in life?*” which will lead to self-realisation or knowing who you really are (Divinity).

REASON-the power of the mind to think, understand, and form judgements logically; rationality, logical thought, scientific thinking, reasoning, cognition; the mind, intellect, intelligence; the power of comprehending, inferring, or thinking especially in orderly, rational ways : *intelligence. Reasoning is associated with the HEAD value in 3 HV. It enables development of the intellectual level of the personality.*

SELF-ANALYSIS: looking closely at one’s thoughts, speech and behavior.

SELF-AWARENESS-conscious knowledge of one's own character and feelings; one’s thoughts, abilities, strengths, weaknesses, inner motivations; “*knowing one’s internal states, preferences,*

resources, and intuitions.” This definition places more emphasis on the ability to monitor our inner world, our thoughts and emotions as they arise. **Self-awareness** is not only about what we notice about ourselves but also how we notice and monitor our inner world.

Self-awareness goes beyond accumulating knowledge about ourselves: it is also about paying attention to our inner state with a beginner’s mind and an open heart. It is key to self-knowledge: *knowing who you are.*

SINCERITY- an aspect of truthfulness; absence of pretence, deceit, or hypocrisy; honesty, genuineness, good faith, integrity, probity, trustworthiness; wholeheartedness, earnestness; straightforwardness, openness, candour, guilelessness.

SPIRIT OF INQUIRY–Spirit of inquiry is a persistent sense of curiosity that informs both learning and practice. Persons with a spirit of inquiry will raise questions, challenge traditional and existing practices, and seek creative approaches to problem-solving.

Such a person has a burning desire deep in their mind to know the truth, to know the reality, and they have faith in the person they are asking the questions. It is “*...a situation in which - you do not know, you want to know and you are sure that the person whom you want to put the question to knows the answer. When these three factors are there, then there is Jigyasa - the real spirit of enquiry.*”

The approach of the genuine seeker is - *I do not know, I want to know, and this person knows so I ask him/her the question.*

SYNTHESIS-the process of combining objects or ideas into a complex whole; combining, integration, amalgamation, unification. Synthesis requires students to infer relationships among sources. The high-level thinking of synthesis is evident when students put the parts or information they have reviewed as a whole in order to create new meaning or a new structure or new knowledge.

TRUST-an aspect of truthfulness; firm belief in the reliability, truth, or ability of someone or something. Confidence, belief, faith, freedom from suspicion/doubt, credence, reliance.

TRUTHFULNESS-the quality of being truthful; honesty, veracity, sincerity, lack of deceit, trustworthiness, genuineness, candour, candidness, frankness, openness, forthrightness, truth.

Truth- that which is real, in a deeper sense, *spiritual or genuine* reality.

Unity of thought, word and deed - Thoughts, speech and actions are in harmony: this is an aspect of truthfulness.

RIGHT ACTION/RIGHT CONDUCT

CARE OF SELF- the practice of activities that are necessary to sustain life and health, normally initiated by the individual for him/herself.

Care of self is any activity that we do deliberately in order to take care of our self. *Self* has various facets:

Physical - involves exercise, nutrition, sleep and recreation.

Psychological - involves learning new things, practising mindfulness and creativity.

Emotional- involves enhancing emotional literacy, navigating emotions, increasing empathy, managing stress and developing compassion for self and others.

Social- involves having a supportive group and network of relationships around you whom you trust and turn to when required; it helps in building a sense of belonging and connectedness.

Professional- involves sharing your gifts and strengths, having clear, professional boundaries while living your purpose; knowing your roles and responsibilities.

Spiritual -involves the beliefs and values that are dear to you and guide your life; practices that support your developing spiritual awareness.

CARE OF POSSESSIONS- taking care of the things you own by keeping them safe and clean. Possessions include clothing, books, school supplies, your private space (bedroom), work area (desk, chair), tools, electronics, cherished photographs, jewelry, pets etc.

CLEANLINESS- - the state of being clean, or the act of keeping things clean.

Cleanliness should be both outer and inner- cleanliness of thoughts, words and actions.
Cleanliness is next to godliness (proverb).

CONTENTMENT-state of happiness and satisfaction; absence of greed, contentedness, content, satisfaction, fulfilment; happiness, pleasure, cheerfulness. Contentment leads to **peace**, equanimity, serenity, tranquility.

COURAGE - bravery, courageousness, fearlessness. Refers to qualities of spirit and conduct. There are two kinds of courage- physical and moral.

Physical and moral courage go hand in hand when someone displays physical courage without regard for self.

Exercising Moral Courage

Courage is not just one of the virtues but the form of every virtue at the testing point.

Many times we have the choice to exercise *moral courage* when no one else knows about it. *Moral courage* is very much a private matter between our Creator and us. We are the only two who know our motives. When we choose Integrity and do the right thing, without a selfish incentive, we have acted with *moral courage*. It is nearly impossible to truly be a person of character: to be a person of humility, integrity, duty, selflessness, or positivity, without *courage* leading the way.

DEPENDABILITY- the quality of being trustworthy and reliable. Dependability is a value showing the reliability of a person to others because of his/her integrity, truthfulness, and trustfulness, traits that can encourage someone to depend on him/her.

DUTY- a moral or legal obligation; a responsibility; commitment, obedience, allegiance, loyalty, faithfulness, fidelity, respect, deference, reverence, homage.

ETHICS- moral principles that govern a person's behaviour or the conduct of an activity; moral code, morals, morality, moral stand, moral principles, moral values, principles, ideals, rules of conduct, standards of behaviour, virtues, dictates of conscience

INITIATIVE- resourcefulness, capability, ingenuity, originality, creativity, drive, dynamism, motivation, spirit, leadership, vision

GOOD BEHAVIOUR- good/right conduct, good ways of behaving, good ways of acting, deportment, bearing, etiquette.

Good behavior is desirable in every situation: both when one is being observed, and when one is not being observed. One owes it to oneself to practise good behavior.

GOOD MANNERS- the way in which one acts or conducts oneself, especially towards others. Good manners are required for respectful and positive interaction with others. Being polite and courteous means being considerate of the feelings of others. When you show good manners you are also setting standards for others' behavior and encouraging them to treat you with similar respect.

POLITENESS- Behaviour that is respectful and considerate of other people; courtesy, civility, respect, good manners, tactfulness, consideration, considerateness, thoughtfulness, discretion, diplomacy.

GOOD RELATIONSHIPS- positive, harmonious and respectful relations between persons. It leads to interconnectedness. Good relationships foster trust, happiness, cooperation, empathy and consideration.

HEALTHY LIVING- Practices that support, improve, maintain or enhance health, or living in healthy ways. It implies the **physical, mental and spiritual** capacity to make healthy choices. For **physical** healthy living, exercise and diet are key. For **mental and emotional** health, connecting with others, good relationships and minimising stress are key. For **spiritual** health, engaging in regular devotional practices like prayer and meditation; being mindful in your daily activities, and staying in touch with your body, your emotions, and your sense of connection to all beings are key. Move beyond your fears and ambitions by doing good work for others, and empathizing with their concerns; express yourself creatively; develop a strong sense of gratitude.

GRATITUDE- the quality of being thankful; readiness to show appreciation for and to return kindness; gratefulness, thankfulness, thanks, appreciation. When you feel **gratitude**, you are pleased by what someone did for you and also pleased by the results.

LEADERSHIP- *Leadership* is the ability to motivate a group of people to act towards achieving a common goal. *Leadership* is about developing people and helping others reach their full potential. *Leadership* requires that the leader have a clear vision, inspire, motivate, serve, show empathy, be a good role model, lead by example; first “*be*” then “*tell*” according to *Sai Baba*.

PERSEVERANCE: Persistence in doing something despite difficulty or delay in achieving success; tenacity, determination, resolve, resoluteness, firmness of purpose, steadfastness, diligence

PROPER USE OF TIME- Using one’s time to do good and positive actions; not wasting time in useless, negative pursuits; wise and productive use of time. Time is one of our most precious resources. A wasted moment cannot be retrieved. *Time is life (Sai Baba)*.

PUNCTUALITY - the fact or quality of being on time; it is linked to reliability, dependability, trustworthiness and consideration and respect for others.

RESPECT FOR RULES/CODE OF CONDUCT- to show due regard, consideration, thoughtfulness, attentiveness to rules or code of conduct which is a set of rules outlining the social norms, religious rules and responsibilities of, and or proper practices for an individual.

RESPECT FOR PERSONS - to show due regard for the feelings, wishes, rights of others; consideration, thoughtfulness, attentiveness to, politeness, courtesy, civility, deference to others.

RESOURCEFULNESS- ability to deal skillfully and promptly with new situations, difficulties etc; inventiveness, ingenuity; resourcefulness is linked to creativity.

RESPONSIBILITY- a moral obligation to behave correctly towards or in respect of; trustworthiness, rationality, reliability, dependability, competence.

SACRIFICE- sacrifice is a loss of something (you give up something **valued**) for the sake of other considerations, usually for the sake of a better cause. Sacrifice is linked to concern for others, thoughtfulness, selflessness, caring.

SELF- SUFFICIENCY - the quality or condition of being self- sufficient: independence, self-reliance, self-support, self-sustenance, self-standing.

SIMPLICITY- the state or quality of being simple. Specifically, it can refer to a simple living lifestyle. Simplicity requires a daily refusal to participate in the blind consumption and compulsion that surround us; freedom from clutter, minimize wants; freedom from artificial ornament, pretentious style, or luxury; plainness; simplicity of dress, of style, simplicity of diet; *simplicity* of life.

PEACE

ATTENTION- the act or state of applying or focusing the mind on something; awareness, consciousness; recognition, attentiveness; concentration, mindfulness.

CALM- self- command, self-possession, calmness, equanimity, equilibrium, coolness, collectedness, serenity, tranquility.

CONCENTRATION: the action or power of focusing all one's attention, one-pointed attention, attentiveness, single-mindedness, close attention, close thought.

CONTENTMENT- state of happiness and satisfaction; not being greedy; control of desires and wants. Contentment leads to peace, serenity and tranquility.

DIGNITY- our inherent value and worth as human beings; everyone is born with it. We all have a deep, human desire to be treated as being of value; it is our highest common denominator. The glue that holds all of our relationships together is the mutual recognition of the desire to be seen, heard, listened to, and treated fairly; to be recognized, understood and to feel safe. When our identity is accepted and we feel included, we are granted a sense of freedom and independence and a life filled with hope and possibility.

DISCIPLINE- the ability to control one's behavior, feelings and overcome one's weaknesses; inner discipline; self-control; self-mastery, self-restraint, will-power, strength of will, firmness; firmness of purpose; strong-mindedness, moral fibre.

Discipline is not rules, regulations, or punishment. It is not compliance, obedience, or enforcement. It is not rigid, boring, or always doing the same thing.

Discipline is not something others do to you. It is something you do for yourself. You can receive instruction or guidance from one or many sources, but the source of discipline is not external. It is INTERNAL.

Discipline is not obedience to someone else's standards to avoid punishment. It is learning and applying intentional standards to achieve meaningful objectives. The distinction between discipline being an external dynamic or an internal dynamic, a mandatory rule or a personal choice, is important.

EQUALITY: the state of being equal especially in status, rights or opportunities; fairness, justness, equitability, impartiality, even-handedness, equal rights, equal opportunities, non-discrimination.

The concept of equality is brought out by this statement from Sai Baba: *“Help ever hurt never; love all serve all.”*

“Wherever you go, whatever you do or see, cultivate the sacred feeling that you will do only those actions which please God. Hatred towards anyone is hatred for God. ... When you fill your hearts with love, you will have no hatred towards anyone...”

See all as one.”

EQUANIMITY - calmness and composure, especially in a difficult situation; calm, level-headedness, self-possession, self-control, even-temperedness, coolness, cool-headedness, presence of mind; serenity, placidity, tranquility, imperturbability.

Sai Baba refers to **equanimity** as a virtue: *“...the state of **equanimity**, of undisturbed peace during joy and grief, prosperity and adversity, happiness and misery. This is the fifteenth virtue of a wise one. Being elevated or depressed by success and defeat, profit and loss, honour and dishonour is a futile activity. Accept all equally as the grace of God... Just as you wear shoes to tread over thorny places, or hold an umbrella to escape getting wet in rain, or sleep inside a mosquito curtain to escape the stings of insects, so too, arm yourself with an unshaken mind that is confident of the Lord’s grace, and bear praise or blame, defeat or victory, pleasure or pain with **equanimity**. To live bravely through life, this **equanimity** under all circumstances is declared essential...You should face everything in life with a smile of happiness. In this dualistic world, it is natural that gain and pain alternate. You cannot avoid it. Do not despair when adversities confront you or exult when success blesses you. Any adversity is a stepping-stone to eternal bliss.*

DETERMINATION - the quality of being determined; firmness of purpose, resolution, resolve, resoluteness; will power, strength of will, strength of character, single-mindedness, sense of purpose, firmness of purpose, fixity of purpose.

“In the cosmic university, though there are scientific, political, economic, and other studies; what is fundamental to all of them is spiritual knowledge. Even in the spiritual field there are special subjects. There is one group that may be described as the five Ds: Dedication, Devotion,

*Discipline, Discrimination, and **Determination**... **Determination** is the fifth D. It is like the reins of a horse. When you want to achieve something, you must have the **determination** and persistence to secure it by all your efforts. No room should be given to doubts and hesitations. There is nothing on Earth that cannot be achieved with firm **determination**...Starting with dedication, you end with **determination** (Sai Baba).*

FAITHFULNESS - the quality of being faithful, fidelity, loyalty, constancy, devotion, trueness, true-heartedness, dedication, commitment, allegiance, adherence; dependability, reliability, trustworthiness.

FOCUS - Concentration on one thing, one-pointed attention

*“**Focus** on divinity” (Sai Baba).*

Being focused in the present moment means that you are solely focused on the one activity that you are trying to complete. Anything else is unimportant so you shut out all distractions and give your full and undivided attention to the task at hand.

GRATITUDE- the quality of being thankful; readiness to show appreciation for and to return kindness. Gratefulness, thankfulness, thanks, appreciation, recognition, acknowledgement.

Two qualities belong in this basic definition of **gratitude**. The first is **appreciation**: You recognize that something is valuable to you, which has nothing to do with its monetary worth. The second quality is that **gratitude** is **gratis**: freely given to you.

Gratitude has two key components: first, it is an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we have received. Secondly, we recognize that the sources of this goodness are outside of ourselves. We acknowledge that other people gave us many gifts, big and small, to help us achieve the goodness in our lives.

Many of the sub-traits associated with spirituality are the same sub-traits associated with gratitude. For example, spiritual individuals are more likely to feel a strong spiritual or emotional connection with others, and to believe in inter-connectedness. Both are prerequisites for feeling **gratitude**.

HAPPINESS- a feeling of joy and satisfaction that comes from within; bliss.

“It is the mind that gives you joy and happiness...”

Always be happy, smiling, and loving. When you are smiling, love will automatically develop in you... God is always blissful...(Sai Baba).

HARMONY- a state of peaceful agreement and cooperation, accord, order, understanding, peace, agreement, friendship, unity, goodwill.

*“Where there is righteousness in the heart, there will be beauty in character;
Where there is beauty in character, there will be **harmony** in the home;
Where there is **harmony** in the home, there will be order in the nation;*

Where there is order in the nation, there will be peace in the world.” Sai Baba

INNER SILENCE - a state of profound quietude; emptying the mind of thoughts... This is a vacation for the ever busy mind, which is always being bombarded with a barrage of thoughts. The mind is non-existent without its thoughts. Inner silence is a state where there are no elements that disturb our serenity and tranquility.

Inner silence is the silence of the mind when it is free from the rush of thoughts, in a state of pure awareness. Often, even if we want inner silence, we are unable to find it because the mind is caught up in the day's activities, the disappointments of the past or illusions about the future.

The regular practice of inner silence creates an amazing strength within. The power of inner silence heals the heart, brings clarity to the mind, and re-energizes our innate goodness. When we return to the world of action, our deeds are more meaningful. They contribute to inner peace and happiness.

OPTIMISM- an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome; hopefulness and confidence about the future or the success of something.

Hopefulness, hope, confidence, cheer, positiveness, positive attitude.

PATIENCE - the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

Sai Baba constantly reminds us of the importance of the three P's- purity, **patience** and perseverance; they are important for good health and bliss.

REFLECTION- serious thought, thinking, consideration, contemplation, study, deliberation, pondering, meditation, musing, rumination

SATISFACTION - fulfilment of one's wishes, expectations, or needs, or the pleasure derived from this. Contentment, contentedness, content, pleasure, sense of well-being, sense of achievement, delight

SELF-ACCEPTANCE- the state of complete acceptance of oneself. True self-acceptance is embracing who you are, without any qualifications, conditions, or exceptions; an individual's acceptance of all of his/her attributes, positive or negative. Accepting **all** facets of the self: it is not enough to simply embrace the good, valuable, or positive about yourself; embrace as well the less desirable, the negative parts of yourself.

SELF-CONFIDENCE - an individual's trust in his or her own abilities, capacities, and judgments, or belief that he or she can successfully face day to day challenges and demands.

*"The absence of **self-confidence** marks the beginning of one's decline. Today, the world is facing ruin and disaster because people have lost confidence in themselves. **Self-confidence** alone is capable of granting peace and prosperity to each person. He receives good everywhere; he is*

honoured in all places. Whatever he touches becomes gold. When a person has no faith in himself, how can he place faith in others?" Sai Baba.

SELF-CONTROL - the ability to control oneself: one's senses, one's emotions and desires, one's mind, one's thoughts, speech and actions.

Restraint, self-discipline, self-mastery, self-possession, will power, strength of will, moderation.

"Though lacking education,

Birds and animals lead regulated lives.

Why then can't humans,

Bestowed with the capacity for wisdom

Use their knowledge to live properly?" (Sai Baba)

"Make sure to keep your tongue under control. No matter what the provocation, you should always remain calm and restrain yourself. Perfect equanimity – that is the hall mark of total control." (Sai Baba).

SELF-DISCIPLINE- the discipline one imposes on oneself so as to adhere to rules, injunctions, principles.

"Discipline is a must for every living being, more so for humans for whom it is verily the moral backbone. Discipline implies strict adherence to rules, regulations and principles, without which life would be totally ruined. Bereft of rules and regulations defined within a moral framework, humanity as a whole would come to grief. There is in fact an ancient saying that a society deficient in moral values cannot be happy and prosperous...

Discipline cannot be acquired from books and classrooms. Rather, it becomes ingrained only through the strict regulation of every single activity of daily life from dawn to dusk; and once acquired, discipline must become a way of life as long as one lives...Discipline is an essential component of meaningful human existence...

SELF-ESTEEM- confidence in one's own worth or abilities; self-regard, pride in oneself/one's abilities, faith in oneself, dignity, morale, self-confidence, confidence, self-assurance. Your self-esteem can affect whether you

- like and value yourself as a person
- are able to make decisions and assert yourself
- recognise your strengths and positives
- show kindness towards yourself
- take the time you need for yourself
- believe you matter and are good enough
- believe you deserve happiness.

We should guard against too much self-love, on the other hand. It can lead to self-centredness and arrogance.

SELF-CONFIDENCE- a feeling of trust in one's abilities, qualities, and judgment; belief in oneself, positiveness, self-reliance, self- possession,

"You must... develop as a first step confidence in your own self. Without having and developing confidence in your own self, if all the time you are talking of some power being with someone and some other power being with someone else, if in this way you travel all the time and depend upon power which is with someone else, when are you going to acquire any power and confidence in your own self?" Sai Baba

There are three steps to self-realisation, namely, self-confidence, self-satisfaction and self-sacrifice. Sai Baba

SELF-RESPECT- pride and confidence in oneself; a feeling that one is behaving with honour and dignity. Positive self-regard, pride in oneself/one's abilities, faith in oneself.

SENSE-CONTROL- control or mastery over the senses

"Genuine peace is won only by control of the senses."

"Real spiritual exercise is gaining control over the five senses."

"All that happens in the world--joy or sorrow, sin or virtue, truth or untruth--has its origin in the mind. The mind is like a mirror; it has no inherent power of its own. It is dependent on the sense organs. It sees through the eyes. It cannot see by itself. It hears through the ears and has no inherent hearing capacity. Likewise, it functions with the aid of the sense organs. Consequently, the offences committed by the senses are reflected in the mind. The senses are associated with the mind's various processes. If anything goes wrong, who is to blame--the senses or the mind? No blame attaches to the mind by itself. It is the association with the senses which pollutes the mind." Sai Baba

SURRENDER: Submit, give up (not a sign of weakness)

"What is true surrender"- Irrespective of what happens to you, think of it as God's gift to you. In any situation, joyous or sorrowful, tell yourself this is good for me...

"To surrender means: To turn your thoughts away from troubles, to turn them away from difficulties that you encounter and from all your problems. Leave everything in My hands saying, "Lord, Thy will be done... That is to say, "Lord, I thank you, for you have taken everything into your hands, and you will resolve this for my highest good." Sai Baba,

UNDERSTANDING: sympathetic awareness, compassion, empathy, feeling, concern, considerateness, consideration

Love as Thought is Truth.
Love as Action is Right Conduct.
Love as **Understanding** is Peace.
Love as Feeling is Non-violence

VIRTUE- goodness, virtuousness, righteousness, morality, ethicalness, uprightness, integrity, dignity, rectitude, honesty, honour, nobility of soul/spirit, good, trustworthiness, purity.

Virtue, by **definition**, is the moral excellence of a person. Morally excellent people have a character made up of **virtues**. They are honest, respectful, courageous, forgiving, and kind, for example. They do the right thing, and do not bend to impulses, urges or desires, but act according to values and principles.

Virtue is the moral excellence and exhibition of good behavior by a person. **Virtue** is universal and highly recognized by all cultures and traditions of the world. ... **Virtues** are **important** because they are the basic qualities necessary for our well-being and happiness. With the habit of being virtuous, we take the helm of our own life, redirecting its course towards greater happiness and fulfillment.

The following are some virtues espoused by *Sai Baba*:

Humility, Absence of Vanity, Non-violence, Patience, Fortitude, Integrity, Cleanliness, Steadfastness, Control of the Senses, Detachment, Absence of Egotism, Equanimity, Devotion, Solitude.

LOVE

LOVE- is energy, not an emotion affected by the sub-conscious mind, but is a spontaneous, pure reaction from the heart. It is the power of love which causes one person to wish happiness for another and take pleasure in their well-being. A beneficial energy (love) is directed towards the other person. As this energy flows through our own body first, it also enhances our own health. Love is unconditional. It is giving and unselfish. The love principle is essentially divine in its nature. Love in speech is truth. Love in action is righteousness. Love in thought is peace.

ACCEPTANCE - "this is it" response to anything occurring in any moment of life. Allowing unwanted private experiences (thoughts, feelings and urges) to come and go without struggling with them. All is a gift of God. One should accept both pleasure and sorrows with the same feeling.

AFFECTION- a gentle feeling of fondness or liking; to express fondness or devotion; a feeling of caring and liking for someone or something.

CARING- feeling and exhibiting concern and empathy for others. To be physically and emotionally supported by family and friends throughout your life and to value the same for others.

COMPASSION- love in action, a deep awareness of and sympathy for another's suffering. **Compassion** is the hallmark of devotion. When the heart is filled with **compassion**, the hands are dedicated to the service of others.

CONSIDERATION- is the thought process of considering, of taking everything into account. More concretely, it is the reason or ground for a decision.

DEDICATION- complete and wholehearted faithfulness, with no traces of ego. Dedicating all actions to God, transforms them into worship. Even the simplest of tasks can be done in a spirit of **dedication** to God. When this is done, you don't feel tired. In essence there is no difference between work and worship if they are dedicated to God.

DEVOTION- feelings of ardent love; the willingness to serve God; total surrender to God without expectations; the true mark of **devotion** is pure love of God. True **devotion** is a combination of selfless service and love. True **devotion** is the love flowing from a pure heart unpolluted by selfish motives.

EMPATHY- is the capacity to share or recognize emotions experienced by other sentient or fictional beings, permitting the development of feelings of sympathy. To reflect on and experience another's feelings and state of being through a quality of presence that has the consequence of them seeing themselves with more clarity.

FORGIVENESS- the act of excusing a mistake or offence; it is a divine quality; it is non-violence; to attain inner peace or joy, one has to forgive; it is the ultimate act of love; the act of forgiving will bring a change in the person, and also in the person who forgives.

FRIENDSHIP- companionship, familiarity, sociability, mutual affection, the expression of love, noble, pure, free from desire or egoism; friendship ought to be a spiritual bond; believe firmly that God alone is your only true friend.

GENEROSITY- benevolence, charity, unselfishness, goodness, selflessness, kindness, the desire to share your unique gifts and skills with others as a way of serving humanity without expecting anything in return.

HELPING- aiding, assisting, supporting, facilitating, giving help or assistance; being of service with humility and a pure heart

HUMANNESS - refers to the array of every physical action and observable emotion associated with individuals, as well as the human race as a whole. Sai Baba says: "**Humanness means harmony in thought, word and deed.**"

“The human form is unique in that the divine force is as much as 80% present. In the animal only about 15%.”

INNER HAPPINESS- inner state of well-being characterized by emotions ranging from contentment to intense joy; it is essential to God-realization; it is not to be found in material objects or physical pleasures; to cultivate *inner happiness*, one has to develop equal-mindedness; silent-sitting helps one to achieve *inner happiness*.

INTERDEPENDENCE- is an element of cooperative and collaborative learning where members of a group who share common goals perceive that working together is individually and collectively beneficial, and success depends on the participation of all the members.

JOY- happiness, bliss, delight, pleasure; the emotion of great happiness, inner calm and contentment; To share your feelings openly and spontaneously that others feel free to do the same. Sai Baba says: *“It is the practice of noble teachings that lends joy to mankind.”*
“Joy and peace do not exist in external objects. They are in you, in yourself.”

KINDNESS- is an expression of love, the quality of being warm hearted, considerate, humane and sympathetic; the very word human or humane is used to denote **kindness**. Sai Baba says: *“If we have kindness in us... it would be in us, beside us, behind us, in front of us, below us, above us, inside our homes and outside.”*

PATIENCE- forbearance, good-natured tolerance of delay or incompetence. Sai Baba says: *“Patience and determination are twins; one cannot exist without the other; without determination, patience cannot establish itself; and without patience, determination will degenerate into arrogance.”*

PATRIOTISM- or national pride, is the feeling of love, devotion and sense of attachment to a homeland and alliance with other citizens who share the same sentiment. This attachment can be a combination of many different feelings relating to one's own homeland, including ethnic, cultural, political or historical aspects. It encompasses a set of concepts closely related to nationalism.

REVERENCE- the feeling of acceptance; a subjective response to something excellent in a personal way; the acknowledgement of the legitimacy of the power of one's superior or superiors. Sai Baba says: *“Reverence for man is the first step towards reverence for God.”*

SACRIFICE- to offer (something) as a gift to a deity; to give away (something valuable). Sai Baba says: *“...the main criterion for service is sacrifice. Egoism should be the first to be offered for sacrifice. Giving up bad feelings is, in itself, sacrifice, and that sacrifice becomes man's fortune. Sacrifice does not mean that one should renounce his possessions and his family, and leave the comfort of his home to lead an ascetic life to live in the forest.”*

SELFLESSNESS- is the state of being unselfish; putting others before self.

SERVICE- volunteer service for the benefit of a community; services carried out with the aim of providing a public good; **Selfless service**, a service which is performed without any expectation of result or reward. To use your unique gifts, skills and abilities to contribute to society through your occupation, business, profession or calling. Sai Baba says: *“Treating service as an offering to the Divine, do it perfectly.”*

SHARING- giving, dispensing, distributing, unselfishly willing to share with others. To actively and accurately hear and sense another’s thoughts and feelings. To express your own thoughts and feelings in a climate of mutual trust and confidence in each other’s integrity. Sai Baba says: *“Rivers, trees and cows teach the lesson of living for the benefit of others. Man should also share the divinity in him with others.”*

SINCERITY- candour, genuineness, straightforwardness, earnestness, frankness, candidness, trustworthiness, truthfulness; the quality of being open and truthful; not deceitful or hypocritical; honesty of mind; freedom from simulation or false pretence. Sai Baba says: *“Emphasize simplicity and sincerity, more than pomp and show.”*

SYMPATHY- pity, compassion, empathy; sharing the feelings of others (especially feelings of sorrow or anguish); unity or harmony in action or effect; an inclination to think or feel alike; emotional or intellectual accord; feeling of loyalty.

THOUGHTFULNESS- thoughtful and considerate attention: careful deliberation before action.

TOLERANCE- willingness to recognize and respect the beliefs, opinions, behaviours or practices of others; capacity to endure pain or hardship; mutual love and respect; consideration for others

TRUST- Confidence in or reliance on some person or quality. **Dependence** upon something in the future. Sai Baba says: *“Remember that trust is built firmly on the foundation of trust; if you do not trust yourselves and your own reality, you can never trust another.”*

NON-VIOLENCE

NON-VIOLENCE - The ethical principle of respect for all beings. To be un-hurtful to others by being benevolent; it teaches ways of resolving conflicts justly, in thought, word and deed; refraining from thinking, saying or doing anything that would harm.

Psychological- Mental; directed towards the will or towards the mind.

BENEVOLENCE - Disposition to do good, kindness. Inclination or tendency to help or do good to others; an altruistic gift or act. Desire to do good to others; goodwill; charitableness: to be filled with benevolence toward one's fellow creatures.

COMPASSION - a deep awareness of and sympathy or empathy for another's suffering; other-oriented feelings of concern and tenderness experienced as a result of witnessing another person's suffering. Sai Baba says: *"Compassion is the hallmark of devotion."*

CONCERN FOR ALL LIFE - a feeling of sympathy, concern, involvement, for **All Life**

CONCERN FOR OTHERS - That which affects another's welfare or happiness. The expression of solicitude, anxiety, or compassion towards others.

CONSIDERATION – kindness and thoughtful regard for others; an act of thoughtfulness; ensure that no harm occurs to another on account of one's actions. Treating others as you would have them treat you (**the Golden Rule**) is an example of **consideration**.

COOPERATION - collaboration, affiliation, coalition; action or process of working together to the same end; joint operation or action; association of persons for common benefit.

"Willingness to compromise with others' ways of living and cooperation in common tasks, these make living happy and fruitful". Sai Baba

I love to hear a choir. I love the humanity...to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that. Paul McCartney

*"Who among us is willing to pay the real cost of a right and beautiful world? The real cost is unselfishness; real caring; true **cooperation** and self-sacrifice--in short, less ego."*

FORBEARANCE - patient self-control; restraint and tolerance under provocation. To bear difficult and painful experiences, situations or persons with calm, stability and perseverance. Sai Baba says: *"It is qualities like kindness, compassion, **forbearance** and sympathy which differentiate human beings from animals."*

FORGIVENESS - absolution, pardon; the act of excusing a mistake or offence. Sai Baba says: *"This act of **forgiving** will bring about change in the person, and also in the one who forgives."*
"...Forget the harm done to you, and forget the good you have done ... in order to alleviate your suffering, the best way is to forget and forgive..."

GOOD MANNERS - etiquette, propriety, showing of politeness in one's attitude and behaviour towards others; courteous manners; having good social interactive skills. A very important aspect of showing respect for others

HAPPINESS - The emotion of being happy, joyful. Sai Baba says, *"Happiness...is the nature of Self, which everyone is."*
"Happiness is essential to God-realization. It is one of the major gates to divinity."

LOYALTY - fidelity, the quality of being faithful; to see as important the strict observance of

promises and duties to those in authority and to those in close personal relationships.

MORALITY - Recognition of the distinction between good and evil or between right and wrong; respect for and obedience to the rules of right conduct;

LOYALTY - fidelity, the quality of being faithful; to see as important the strict observance of promises and duties to those in authority and to those in close personal relationships

MORALITY - Recognition of the distinction between good and evil or between right and wrong; respect for and obedience to the rules of right conduct; the mental disposition or characteristic of behaving in a manner intended to produce morally good results. A set of social rules, customs, traditions, beliefs, or practices which specify proper, acceptable forms of conduct. A set of personal guiding principles for conduct or a general notion of how to behave.

UNIVERSAL LOVE - boundless love that is applicable to or common to all, worldwide.

UNWILLINGNESS TO HURT - the trait of being unwilling to hurt or harm any being or thing

SOCIAL:

APPRECIATION OF OTHER CULTURES AND RELIGIONS - to have a refined understanding of others' ideas, customs, beliefs and social behaviours; to appreciate and accept the whole world as their own family.

APPRECIATION OF NATURE - giving true recognition of the natural world; the ecosystem, the natural environment, virgin ground, and the laws of nature.

AVOIDING WASTAGE - to reduce or lessen the amount of loss, wear and tear or deterioration. Sai Baba instituted the *"Ceiling on desires programme...to avoid waste of food, money, time, energy and knowledge as all these are forms of God."*

BROTHERHOOD/SISTERHOOD - fellowship, fraternalism, kinship, kindred, fellow member; related to another by common ties or interests, religion or trade. Sai Baba says: *"I preach only one religion of love for all, which alone can integrate the human race into a brotherhood of man under fatherhood of God."*

CARE OF THE ENVIRONMENT - to maintain or keep the environment in a good state; preservation, conservation

HARMLESSNESS - being harmless, without ill effect; undamaging; unharmed, innocuous. Sai Baba says: *"When you help or harm others, think that you are doing it for yourselves. Then you will never let yourself harm anyone else."*

CITIZENSHIP - **Citizenship** is about being included in a society and participating in it, about equality of opportunity for all, and about rights and responsibilities that can be developed to ensure better economic, political and social conditions. "**Good citizenship values**" are as follows: faith in Almighty God, respect for life, order, work, concern for the family and future generations, love, freedom, peace, truth, justice, unity, equality, respect for law and Government, patriotism, promotion of the common **good**.
To be a good citizen anywhere you have to be a good person.

EQUALITY - the state of being equal, especially in status, rights or opportunities; non-discrimination because of race, religion, sex, economic status or national origin; the quality of being impartial. **Equality** is one of the ideals of a democratic society, and so the fight to attain different kinds of **equality**, like racial **equality**, gender **equality**, or **equality** of opportunity between rich and poor, is often associated with progress towards that ideal of everyone being truly **equal**.

NATIONAL AWARENESS - a sense of national pride, consciousness or allegiance to one's country of birth, as well as its customs, culture and language

RECYCLING - **Recycling** is the process of converting waste materials into new materials and objects. ... **Recycling** can prevent the waste of potentially useful materials and reduce the consumption of fresh raw materials, thereby reducing energy usage, air pollution (from incineration), and water pollution (from landfilling). Recycling is an aspect of the ceiling on desires programme.

RESPECT FOR PROPERTY - consideration, regard, care for another's belongings, building or land. It is an important aspect of non-violence: all things, living and non-living are to be treated with respect

SERVICE TO OTHERS - rendering social, humanitarian service to others, without expecting anything in return; all wealth, skills and knowledge have been derived from society; service to others is discharging this debt to society. *"Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God's Love. Love all and serve all. Your entire life will be sanctified thereby."* - Sathya Sai Baba

SOCIAL JUSTICE - Civil rights, egalitarianism, human rights, fairness in society, the quality of being just, impartial or fair.

Social justice is based on the concepts of human rights and equality, and **can** be defined as *"the way in which human rights **are** manifested in the everyday lives of people at every level of society"*. **Social Justice** is **important** because it promotes and works towards a society that celebrates diversity and equality. Having more equality and diversity in a society is good for society because it promotes opportunity, growth and **social** well being.

UNITY – oneness, undivided, giving up all differences of caste, creed, sex, race, social or economic status; unity is the secret to social progress.

Everyone should strive to achieve **unity** in thought, word and deed; seek to see the **unity** in the diversity; feeling the whole world as their own family.

Sub-Values may be found under more than one value.

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