CROSS-CULTURAL EXPRESSIONS OF THE HUMAN VALUES

A programme for the spiritually inclined working person

Human Values at Work

Making spirituality the inner context for your work

These exercises can be used for self-study, study groups, seminars and college courses

Debra and William Miller

Kirsten Pruzan Mikkelsen and Peter Pruzan

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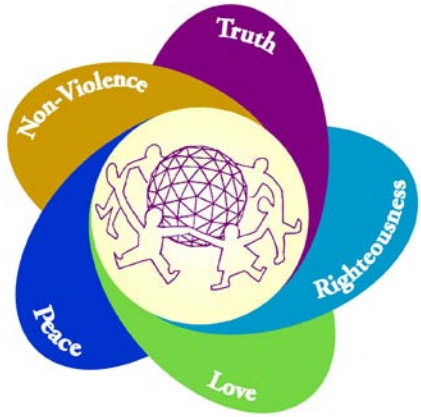

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Welcome

We warmly welcome you to the Cross-Cultural Expressions Exercise Booklet for *Human Values at Work: Making Spirituality the Inner Context for Your Work*. This programme is specially written for spiritually inclined working people from all cultures around the world and all walks of life – people who wish to make their work an arena for spiritual growth, and to apply that growth at work.

The purpose of this exercise booklet is to give you practical ideas that will help you to delve even more deeply into how your work can be in accord with the five Human Values of Truth, Righteousness, Peace, Love and Non-Violence. Each of the 100 cross-cultural expressions of the Human Values provides a bridge to help you cross from the spiritual essence of the Human Value that it's associated with, to the practical day-to-day application of that Human Value. Then you can literally see and feel the Human Value in your daily experience of work.

This exercise booklet is a companion to the *Human Values at Work* self-guided workbook. While you can use this booklet on its own, we would highly recommend that you use it in conjuction with the self-guided workbook to get the most benefit.

We wish to thank everyone who contributed their time, talent and energy to make this programme possible. Most of all, we humbly thank Sri Sathya Sai Baba[1] for his guidance throughout this process.

We wish you the best experience of inquiry, discovery, insight, learning and sharing during this programme. We hope that your life will be enriched as you integrate spirituality and the Human Values into your work.

Debra and William Miller

Kirsten and Peter Pruzan

[1] More information about Sathya Sai Baba is available in Appendix B of the Self-Guided Workbook.

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Introduction

In Module 2, Exercise 4 of the *Human Values at Work* Self-Guided Workbook, we saw that each Human Value has a spiritual essence based on the principle that "Divinity resides in all of creation." These Human Values also have related cross-cultural expressions:

- *Cross-cultural expressions* are found across all cultures and societies, though we may have variations and different emphases depending on the society we were born in and the experiences we've had in life.

Each of the five Human Values also has a natural expression of a cross-cultural theme. Here is a small sample of these cross-cultural expressions:

- **Truth**
  Cross-cultural theme – Searching for and expressing understanding and wisdom
  Cross-cultural expressions – honesty, intuition, authenticity, integrity, knowledge, objectivity, and more…

- **Righteousness**
  Cross-cultural theme – Acting in alignment with your inner sense of duty and character
  Cross-cultural expressions – conscience, morality, discipline, healthy living, responsibility, trust, and more…

- **Peace**
  Cross-cultural theme – Being equal-minded with the ups and downs of life
  Cross-cultural expressions – faith, contentment, patience, inner-silence, concentration, self-confidence, and more…

- **Love**
  Cross-cultural theme – Having purity of heart, and caring for all creation
  Cross-cultural expressions – friendship, compassion, empathy, devotion, kindness, forgiveness, and more…

- **Non-violence**
  Cross-cultural theme – Respecting all and causing no harm to any being by thought, word, or deed
  Cross-cultural expressions – ethics, harmony, tolerance, broad-mindedness, courage, fairness, and more…

How do these cross-cultural expressions of the Human Values relate to our work? It is widely recognised that trust, quality, wisdom, service and win-win collaboration are important for a healthy organisation. These qualities are all extensions of, and expressions of, the five Human Values:

- Truthfulness fosters trust and honest communications
- Righteousness fosters high quality work
- Peace fosters wise decisions
- Love fosters service based on caring for others' well being
- Non-violence fosters win-win collaboration

All of these cross-cultural and individual expressions are learned, developed and practiced throughout our lifetime in the social environments we live and work in. By exploring the cross-cultural expressions of the five fundamental Human Values, we can bring them forth in our everyday life and work.

Discovering the meaning and spiritual essence

As we began to identify the most common cross-cultural expressions for each of the Human Values, sometimes we didn't have a clear understanding of the meaning of a word or we had differing views on what a word meant. So, we decided it would be wise for us to discover two important aspects for each word:

1. *A dictionary definition* (which we obtained from the Merriam-Webster's Collegiate Dictionary, Tenth Edition, 1998)
2. *A teaching* that illumines the spiritual essence of the word and how it can be applied in our everyday work (which we drew from the teachings that Sathya Sai Baba has given over the last 40 years)

Words are symbols or signs that point to an experience; that is their purpose. Their value depends on how well we allow them to take us to that experience itself. Therefore, reading the definitions and quotes for each of these words is more than an intellectual exercise. It is an illuminating learning process where these cross-cultural expressions help us to discover a deeper part of ourselves from which we are better able to live and work from a spiritual basis.

Associating a cross-cultural expression with a respective Human Value

Each of the cross-cultural expressions, along with their associated definitions and quotes, are organised in alphabetical order within their respective Human Value. To easily find a word, we have supplied an overall alphabetical index at the beginning of this booklet. For easy reference, we have also supplied a one-page table that shows the cross-cultural expressions for each Human Value.

As you work with these cross-cultural expressions, you may be curious about how we decided which Human Value to associate with each cross-cultural expression. This was not an easy task; often one cross-cultural expression could easily be associated with more than one Human Value.

Reflecting upon this, we were reminded of what we shared in Module 2: one Human Value cannot exist apart from the others because their spiritual essence is based on the single, common foundation of "seeing and appreciating the Divinity in everyone and everything". In other words, the Human Values are an indivisible whole, and one cannot be expressed in isolation: each supports the others. The very fact that the cross-cultural expressions could relate so often to multiple Human Values was a confirmation to us of their inter-connectedness.

Working with this in mind, we chose to let the definitions and quotes guide us in placing a cross-cultural expression with a particular Human Value. If in the course of your working with these cross-cultural expressions, you find that one could just as easily fit with another Human Value, please allow that awareness to be a reminder of: (a) the inter-relatedness of all five Human Values; and (b) their spiritual core of "seeing and appreciating Divinity in everyone and everything".

Contributing more quotes:

It was natural for us to draw from Sathya Sai Baba's teachings, since we have ready access to his discourses over the last 40 years. Yet, we also know that there are many other spiritual teachers and leaders who could contribute to this rich repository of knowledge and learning. As such, we invite you to send us spiritual quotes that refer to any of these cross-cultural expressions[27]. We will collect these quotes and create a database on the website www.globaldharma.org/hvw-home.htm, where they can be easily accessed. Then, if you want to learn even more about one of the cross-cultural expressions, please visit these additional quotes on the website.

[27] Please forward these quotes to: hello@globaldharma.org and include a detailed source reference with each one.

Abbreviations and sources used:

When applicable, we have included the root language from where the English word was derived. The associated abbreviations for these include:

Gk – Greek
L – Latin
LL – Late Latin
ME – Middle English
MF – Middle French
OHG – Old High German
OE – Old English
OF – Old French

Most of the quotes from Sathya Sai Baba are from his public discourses and can be found in the Sathya Sai Speaks series of books. All quotes with a date, such as "25 Feb 1990", are from these discourses. If a quote has been used from another resource, the name of the book or publication will be given.

Human Values Self-Assessment

In Module 2, Exercise 7 of the *Human Values at Work* Self-guided Workbook, you had the opportunity to take a self-assessment which helped you to discover both your Human Values strengths and hidden strengths using the cross-cultural expressions of the Human Values. To begin your journey through this exercise booklet, we have recreated this exercise and encourage you to begin either by working through the exercise again, or referring back to your experience from the workbook to see the answers that you selected.

Recall that one meaning for “valere”, the Latin root for “value”, is t*o be strong*. Human Values are natural, spiritual strengths for you to cultivate in your life and work. We like to say that they’re built into your DNA… “Divine Natural Attributes” that are the basis of being a happy, healthy and whole human being.

Among the five Human Values, you may tend to easily and consistently express one or two of them in your everyday thoughts, words and deeds; these would be core strengths for you. The other Human Values that are not especially strong for you are your “hidden strengths”, which could be shining just as brightly (since all five Human Values are part of your nature as a human being) but are somehow not coming through as strongly.

We find it important to know our Human Value strengths, as they help us gain the confidence to bring forth these Human Values at work, even in the most challenging situations. And, we find it important to know our hidden strengths, as they help us become aware of *what else* we can draw from within ourselves.

By knowing which cross-cultural expressions you typically express in your work, you can begin to see which Human Values are your most natural strengths. On the next two pages, you will find three questions, each with words representing some of the cross-cultural expressions of the Human Values. To help you discover your Human Value strengths, *circle as many words as you like,* as you believe best answer each question for yourself.

Q.1. Which expressions of the Human Values am I most aware of in myself in my day-to-day work? *(Circle as many words as you like.)*

A	B	C	D	E
Honesty	Conscience	Contentment	Brotherhood	Fairness
Inquiry	Dedication	Dignity	Compassion	Gentleness
Objectivity	Duty	Equanimity	Devotion	Global awareness
Simplicity	Good company	Inner freedom	Friendship	Good citizenship
Sincerity	Initiative	Self-respect	Happiness	Helpfulness
Understanding	Trust	Stability	Sympathy	Satisfaction
TOTAL:	**TOTAL:**	**TOTAL:**	**TOTAL:**	**TOTAL:**

Q.2. Which expressions of the Human Values do I primarily draw from when I have opportunities to learn, grow and see things differently in my work? *(Circle as many words as you like.)*

F	G	H	I	J
Appreciation	Balance	Analysis	Appreciating cul-tures	Determination
Caring	Concentration	Awareness	Broad-mindedness	Discipline
Forgiveness	Humility	Curiosity	Concern for the welfare of all	Enthusiasm
Kindness	Inner silence	Holistic thinking	Courage	Higher goals
Purity of heart	Perserverance	Intuition	Harmony	Healthy living
Sharing	Observation	Reasoning	Respect	Morality
Unity	Reflection	Synthesis	Tolerance	Self-reliance
TOTAL:	**TOTAL:**	**TOTAL:**	**TOTAL:**	**TOTAL:**

Q.3. Which expressions of the Human Values do I feel have contributed most to my success at work? *(Circle as many words as you like.)*

K	L	M	N	O
Character	Charity	Ethics	Calmness	Determination
Discrimination	Consideration	Fearlessness	Faith	Discipline
Proper use of energy	Cooperation	Justice	Fortitude	Enthusiasm
Proper use of money	Empathy	Refusal to hurt	Generosity	Higher goals
Proper use of resources	Equality	Sacrifice	Optimism	Healthy living
Proper use of time	Gratitude	Self-control	Patience	Morality
Responsibility	Loyalty	Selfless service	Self-confidence	Self-reliance
TOTAL:	**TOTAL:**	**TOTAL:**	**TOTAL:**	**TOTAL:**

To create a total score for each of the five Human Values, add up each column in the three questions, and transfer the totals according to the following scoring template:

Truth	Righteous-ness	Peace	Love	Non-Violence
A:	B:	C:	D:	E:
H:	J:	G:	F:	I:
O:	K:	N:	L:	M:
Total:	**Total:**	**Total:**	**Total:**	**Total:**

IMPORTANT: Since this is a self-assessment, we recommend that you do not compare your total scores with someone else's. Based on each person's self-perception, he or she might circle only a few among the 100 words, while another person might circle many; that doesn't mean that the second person is stronger than the first in the cross-cultural expressions of the Human Values. What's important is the *relative* strengths among the Human Values as each person would assess himself or herself.

Your two highest scores represent your core strengths with respect to the cross-cultural expressions of those two Human Values – strengths that you explicitly and naturally draw upon the most. Your two lowest scores represent your most "hidden" strengths.

When you are in touch with your strongest Human Values, you can use them to "reach into yourself" and bring out the cross-cultural expressions of the other Human Values as well. For example:

- If you are strong in Truth, you can use that strength to bring out your natural ability to be authentic (Righteousness), self-confident (Peace), pure at heart (Love), and broad-minded (Non-violence). And it can also help you to grow in your awareness of the spiritual essence of Truth, which is *recognising the unchanging, essential nature of Divinity in yourself and all creation*.

- If you are strong in Righteousness, you can use that strength to bring out your natural ability to be sincere (Truth), contented (Peace), forgiving (Love), and helpful (Non-violence). And it can also help you to grow in your awareness of the spiritual essence of Righteousness, which is *living in accord with the Divinity in yourself and all creation.*

- If you are strong in Peace, you can use that strength to bring out your natural ability to be objective (Truth), disciplined (Righteousness), compassionate (Love), and fearless (Non-violence). And it can also help you to grow in your awareness of the spiritual essence of Peace, which is *dwelling in the bliss of Divinity in yourself and all creation.*

- If you are strong in Love, you can use that strength to bring out your natural ability to have integrity (Truth), follow your conscience (Righteousness), be equanimous (Peace), and respect others (Non-violence). And it can also help you to grow in your awareness of the spiritual essence of Love, which is *experiencing the oneness of Divinity in yourself and all creation.*

- If you are strong in Non-violence, you can use that strength to bring out your natural ability to be honest (Truth), dutiful (Righteousness), patient (Peace), and kind (Love). And it can also help you to grow in your awareness of the spiritual essence of Non-violence, which is *regarding and treating everyone and everything in creation as Divinity.*

One thing to keep in mind is that a high score for the cross-cultural expressions of a particular Human Value *does not* automatically mean that you are strong in the spiritual essence of that Human Value. However, you can deepen your awareness of the spiritual basis of the cross-cultural expressions and thereby grow in your appreciation, understanding and application of each Human Value's spiritual essence. Also, as you focus on growing in your awareness of the spiritual essence of a Human Value, its cross-cultural expressions will naturally come forth from within you.

Applying what you have learned

Q.4. What is an example of a situation where I expressed my two strongest Human Values (two highest scores) at work?

Since all five Human Values have a common spiritual core – seeing and appreciating the Divinity in oneself and all creation – an individual expression of one Human Value will naturally reflect the others. In other words, you cannot express one Human Value in isolation; each supports the others.

For example, telling the truth will not be done in a way that knowingly tries to hurt someone with that truth. Finding a peaceful time of the day will not be done at the expense of failing to act responsibly. Cooperating with others will not be done in a dishonest way. In fact, a good test of the true expression of a Human Value is whether all five are present in some way when one is most strongly being expressed. Use this next question to see how true this is in your own experience.

Q.5. Referring back to my situation in Q.4., how did I also express the other Human Values in that situation?

As you stay aware of and bring forth your hidden strengths, they will often be “the missing ingredient” to assist you through a challenging situation. To bring out your “more specific” hidden strengths, you can refer to the cross-cultural expressions in questions 1, 2 and 3 that you didn’t circle; then, remember to consciously bring some of them into your most challenging work situations.

Q.6. How might one or more of my *hidden* Human Value strengths (three lowest scores) assist me in a challenging situation I face at work?

Exercises

We invite you to be creative in the ways you use this exercise booklet. One way to begin is to look at the overall table of cross-cultural expressions and select two or three words that you feel drawn to. Then, read the definitions and quotes for each of those words and see what you can personally learn from them.

Other ways you can use this exercise booklet in a personal way include:

- You could use it as an on-going resource to look up words for clarification of their meaning and spiritual significance.
- You could learn more about each word over time. You could put all of the words on small slips of individual papers and put them in a basket. Then you could select one word each day, or several words each week, and focus on how you could bring them alive in your work.
- You could apply one or more of the cross-cultural expressions to a challenging situation you are facing at work. Select one or two of the cross-cultural expressions you already feel strong in, and see what difference it would make if you applied those expressions in your situation. Then select one or two of the cross-cultural expressions that you would like to strengthen, and see what difference it would make if you applied those expressions in your situation.
- You could focus on strengthening the cross-cultural expressions associated with the Human Values that were your hidden strengths in Module 2, Exercise 7. We have recreated this exercise in this booklet, so you can either take it again, or make a note of your previous results in this booklet.
- You could take the self-assessment recreated in this booklet from Module 2, Exercise 7 again, but substitute words such as “family life”, “health and well-being”, “hobbies”, and “spiritual growth” in place of “work” and explore the results you get when you look at the questions from these different perspectives.

You can also use this exercise booklet creatively with groups of people. Some examples are:

- You might ask a group of people to join you to discuss several words per week (perhaps at your weekly staff meeting) and how they could be applied in your everyday work.

- You could discuss with your workgroup how you might specifically apply one or two of the cross-cultural expressions in a challenging situation you or your group are facing at work.

- You could put all of the words on small slips of individual papers and put them in a basket. Then you could pass the basket around and ask everyone to select a word and share how they could strengthen that cross-cultural expression in their work.

- You could ask your manager, or a colleague, to circle the cross-cultural expressions that they would use to describe you. Then compare their list to your own self-assessment and discuss the similarities and differences with the other person. (Be sure to remember there is no “right” or “wrong” in this – each person will have their own perceptions, and that’s what makes this exercise interesting!)

- You could focus on one group member at a time, and have everyone else share what cross-cultural expressions that person seems to most naturally embody. (As with the above, there is no “right” or “wrong” in this.)

Cross-Cultural Expressions of the Human Values

Truth	Righteousness	Peace	Love	Non-Violence
Analysis	Character	Balance	Appreciation	Appreciating cultures
Authenticity	Conscience	Calmness	Brotherhood	Broad-mind-edness
Awareness	Dedication	Concentration	Caring	Concern for the welfare of all
Creativity	Determination	Contentment	Charity	Courage
Curiosity	Discipline	Dignity	Compassion	Ethics
Dialogue	Discrimination	Equanimity	Consideration	Fairness
Focus	Duty	Faith	Cooperation	Fearlessness
Holistic thinking	Enthusiasm	Fortitude	Devotion	Gentleness
Honesty	Good company	Generosity	Empathy	Global aware-ness
Inquiry	Healthy living	Humility	Equality	Good citizen-ship
Integrity	Higher goals	Inner freedom	Forgiveness	Harmony
Intuition	Initiative	Inner silence	Friendship	Helpfulness
Knowledge	Morality	Observing	Gratitude	Justice
Objectivity	Proper use of energy	Optimism	Happiness	Refusal to hurt
Reasoning	Proper use of money	Patience	Kindness	Respect
Simplicity	Proper use of resources	Perseverance	Loyalty	Sacrifice
Sincerity	Proper use of time	Reflection	Purity of heart	Satisfaction
Synthesis	Responsibility	Self-confidence	Sharing	Self-control
Under-standing	Self-reliance	Self-respect	Sympathy	Selfless serv-ice
Wisdom	Trust	Stability	Unity	Tolerance

Spiritual Essence of TRUTH:

Recognising the unchanging, essential nature of Divinity in oneself and all creation

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Analysis	**ANALYSIS** (analysis: Gk. *analyein*, to break up; *ana* + *lyein*, to loosen) Separation of a whole into its component parts; an examination of a complex, its elements, and their relations; resolving complex expressions into simpler or more basic ones.	Man is endowed with two special gifts; the faculty of reasoning and the faculty of analysis and synthesis. Use these gifts for discovering the truth of yourself, which is the truth of every one else, of everything else. …all bodies are inspired by the same Divine principle; all are urged by the same inner motivator. (4 July 1968) Of course, all beings and all things are Divine – but, through intelligent analysis, you have to choose the beings and things that will help you and to avoid the beings and things that will hinder you. This is the way of wisdom. (20 Nov 1970) Stop a while and examine your habits and activities; analyse them, evaluate them on the touchstone of morality, truth, love and fortitude. (24 Sept 1968) You must strive to diagnose your own character and discover the faults that are infesting it; do not try to analyse the character of others and seek to spot their defects. This self-examination is very necessary to bring to light the defects that might undermine one's spiritual career. (17 March 1966)
Authenticity	**AUTHENTICITY** (authentic: Gk. *authenikos*, *authentes*, master) True to one's own personality, spirit or character; genuine; being fully trustworthy as according with fact; being actually and exactly what is claimed; worthy of acceptance or belief as or based on facts.	There are three authentic means of acquiring knowledge as mentioned in the sacred texts. They are (i) direct perception; (ii) inference; and (iii) authoritative voice. When milk becomes curd after being treated with yeast, one can see it happening, as proved by direct perception. When clouds of smoke rise from a mountain range, one infers that the forest is on fire. Testimony becomes authoritative and acceptable when it emanates from experience and from honest communication of that experience. (23 Nov 1979) These authentic Human Values (truth, righteousness, love, peace and non-violence) cannot be learnt from books or from lessons given by teachers or gifted by elders. They can be acquired only by experience and example. (1 June 1985) Why smother your genuine talents under a self-imposed mask? Be sincere; talk only about your genuine experience; do not distort, exaggerate or falsify that experience. (19 Feb 1964, 26 Nov. 1964)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Awareness	**AWARENESS** (aware: OE. *gewaer,* careful, wary; akin to OHG. *giwar,* attentive) Having or showing realisation, perception or knowledge; vigilance in observing or alertness in drawing inferences from what one experiences.	What is awareness? It is total understanding. Total understanding denotes knowing and experiencing the omnipresence of Divinity. (23 Nov 1998) Each one must become aware that he is part of the one truth that encompasses everything in the universe. To acquire awareness of the Divine, one need not journey to any special region or place. It is enough if the eye is turned inwards. (25 Dec 1976) All should develop the awareness that though names and forms may be different, the essential truth is one. (25 Dec 1991) The Divine consciousness in man is the principle that is present equally in the body, the conscience and the soul. Hence it may be regarded as "constant integrated awareness". It is this constant integrated awareness that is the source of all values in man. (24 Sept 1987) The most important faculty in man is the power of integrated awareness. (25 Dec 1994)
Creativity	**CREATIVITY** (creative: L. *creare, crescere,* to grow) Inventiveness; making or bringing into existence something new, producing through imaginative skill.	The search for the meaning of life is an admirable quality. It is as a result of this search that man's creative faculties have resulted in great achievements in the fields of science and in other fields of knowledge. (9 Jul 1998) Activities arising from the purity and harmony of thought, speech and action find expression in two ways: one through artistic creativity and the other, through scientific exploration. Of the two, artistic creativity is supremely important. A sculptor who desires to carve an image out of a piece of rock has to have the figure he seeks to carve in his imagination. If the creative imagination is absent, no sculpture can come out of the rock. Hence, imagination and the creative impulse have to be properly understood: both of them are rooted in the Divine source of all creative activity. (24 Sept 1987) What are thoughts? They are the creative force within man, and represent the free will given to man by God. (3 Feb 1964) (The process of teaching and learning) has to be creative, positive, productive. (7 Sept 1985)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Curiosity	**CURIOSITY** (curious: L. *curiosus*, inquisitive) An active desire to learn or know; marked by desire to investigate and learn; interest leading to inquiry.	There are four things in which every man must interest himself: "Who am I? Wherefrom have I come? Whither am I going? How long shall I be here?" All spiritual inquiry begins with these questions and attempts to find out the answers. Then the answers must become part of your experience. (25 Jun 1960) Seek the basis for the seen, in the unseen. The tall sky-scraper has a deep base reaching into the earth. This seen world has, as its base, the unseen Divine, transcendent principle; your body is but the vehicle through which you can search, investigate, and discover that base. (23 Nov 1964) Curiosity, the longing to know, is another quality which must be used to know the Reality which appears as many and momentary. This knowledge can be attained only when the consciousness is purified, by the grace of God. (24 Feb 1994)
Dialogue	**DIALOGUE** (dialogue: Gk. *dialogos*, to converse) A conversation between two or more persons; an exchange of ideas and opinions; a discussion between representatives of parties to a conflict that is aimed at resolution.	Polite conversation is sweet conversation, they say. But, mostly, this sweet talk is made up of falsehood and scandal. People often ask, how can we manage to live in society without a dash of falsehood? This is a wrong approach. Truth-speaking comes natural to man; it is falsehood that is an artificial skill. Be natural; be yourself; then you will not descend into falsehood. (10 Mar 1967) Speak so that your language is as sweet as your feelings are; make the words true and pleasing. But, for the sake of pleasing another, do not speak falsehood or exaggerate. Cynicism, which leads you to speak about a thing in a carping manner and in order to bring it into disrepute, is as bad as flattery which makes you exaggerate and cross the boundaries of truth. (29 July 1964) Be always sweet in temperament, in talk. Fill your conversation with devotion and humility. (13 July 1965)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Focus	**FOCUS** (focus: L. *focus*, hearth) A state or condition permitting clear perception or understanding; a centre of activity, attraction or attention; directed attention; emphasis.	You must necessarily discharge your worldly duties, but at the same time your mind should always be focused on God. This is the meaning of the maxim: "Hands in the society; head in the forest." (21 Nov 1999) One must focus all one's physical and mental resources to earn success; one must fill oneself with Divine grace by offering one's strength and skill for Divine purposes. (3 Oct 1981) Everyone aspires for something or the other. He doesn't recognise that all that he aspires for is there within him. Man today focuses his vision outward. He probes into the external world. So he is not able to recognise the truth. Peace, happiness, purity and bliss are there within him. His outward vision is the root cause of his worries. Once he turns his vision inward, he can find everything within. (3 Oct 2000) You should focus your attention not on the temporary, but only on the eternal. (17 May 2000)
Holistic thinking	**HOLISTIC THINKING** (holistic: Gk. *holos*, whole) Holistic: Relating to or concerned with wholes or with complete systems. (think: L. *tongēre*, to know) Thinking: Having the mind engaged in reflection; exercising the powers of judgment, conception or inference.	Science is partial; spirituality is holistic. The fundamental difference between science and spirituality is this: science is concerned with investigating the external phenomenal universe. Spirituality is engaged in exploring the inner workings of the Divine. (6 May 1988) Spirituality means seeking to realise the oneness of all beings; the entire creation came from the One. (14 Apr 1994) Let us live together; let us grow together; let us share our knowledge with others; let us live in harmony and friendliness. (3 Feb 1994) Man has burdened himself with information on a multiplicity of things; he has acquired a variety of skills, but he has no vision to see things as a whole, to see the basic unity of the objective world. (14 Oct 1964)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Honesty	**HONESTY** (honest: L. *honestus*, honorable and *honos*, honour) Marked by free, forthright and sincere expression; fairness and straightforwardness of conduct; uprightness of character or action; adherence to the facts; truthful; credibility.	In spite of all appearance, honesty is still the best policy. Truth is the easiest, simplest and safest line of behaviour. Be what you profess to be; speak what you intend to do; utter what you have experienced, no more no less. (21 Sept 1979) With regards to truth, it is often said that to be truthful in business will result in loss. This is not so. Though initially there may be some difficulty, in the course of time, integrity and honesty will bring their own reward. Even if this policy does not pay in the beginning, in the long run it will be most rewarding. (10 Feb 1990) Running a business honestly must be regarded as a form of social service and spiritual discipline. (10 Feb 1990) Profess only as much as you can practise; do not blabber more than you are prepared to fulfil. Be sincere and honest to your own conscience. (11 Mar 1968) Only the wealth or name that is acquired by righteous and honest means will be enduring and praiseworthy. (21 Aug 1986)
Inquiry	**INQUIRY** (inquiry: L. *inquirere*, to seek) Examination into facts or principles; research; a request for information; a systematic investigation, often of a matter of public interest.	Man should strive to find the answers to questions like: "What is Divinity? What is purity? What is steadiness? What is selflessness?" (17 May 2000) The goal of inquiry is the discovery of the unity that appears as diversity. (25 Dec 1986) The knowledge born of inner inquiry and inner vision is true knowledge. (Summer Showers in Brindavan, 1993 pg. 14) Science starts with an enquiry, "What is this? What is this?" On the other hand, spirituality begins its quest with the enquiry, "What is that? What is that?" The enquiry "What is this?" indicates nearness, nearness to the senses. This is science. In contrast to this, the enquiry "What is that?" indicates distance, i.e. distance from senses. That is spirituality. (20 Nov 2002) A deep enquiry into the truth will reveal that when you love or hate others, you love or hate your own self. In fact, there are no "others". You consider yourself different from others because of body attachment. Once you give up body attachment, you will realise that there are no others and all are yours. (4 July 2001)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Integrity	**INTEGRITY** (integrity: L. *integritat, integer*, entire) Firm adherence to a code of moral or artistic values; an unimpaired condition; soundness; the quality or state of being complete or undivided.	Material prosperity or positions of authority may come and go. But the reputation for truth and integrity will last forever. If you install truth and righteousness in your hearts, your lives will become eminently meaningful and worthy. (30 Dec 1983) Morality and integrity are the life-breaths of the human race. The sanctity of human life lies in the adherence to these two principles. One devoid of truth cannot uphold morality and integrity. (21 Oct 2001) Truth in its real sense transcends the limitations of time, space and circumstance. It is difficult to practise this transcendental truth in ordinary life. Ancient Indian spiritual texts describe this as the principle of integrity. It is the basis of human existence. It is on this basis that all the facts of the phenomenal world should be properly understood. (24 Sept 1987) You should make much greater efforts to develop your character and integrity. Human life will be meaningless without morality and goodness. (24 June 1989)
Intuition	**IINTUITION** (intuition: LL. *intuitio*, act of contemplating; L. *intueri*, contemplate; L. *in* + *tueri*, to look at) The power or faculty of attaining direct knowledge or cognition without evident rational thought and inference.	Intuition is the voice of God, the inner voice. While conscience tells you what is right and wrong, intuition tells you what 'is' and what 'is not.' Ideally, man should function at the intuitive level. (Sathya Sai's Amrita Varshini, pg. 27) Be aware of the limitation of reason. Logic must give way to Logos (Divine wisdom) and deduction must yield its place to devotion. The intellect can help you only some distance along the Godward path; the rest is illuminated by intuition. (12 April 1959) The scientist investigates all that is perceptible by the senses. But, the saint travels beyond the realm of the senses, the intellect and even the imagination, into the regions touched by rarefied intuition. (16 Aug 1970) The most desirable subject for study is the secret of the soul, which is immortal. Do not be satisfied with the education that helps you to eke out a livelihood during your sojourn on earth. You have come to the world as humans in order to manifest fully the special human endowment of intelligence and intuition. (27 June 1981)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Knowledge	**KNOWLEDGE** (knowledge: ME *knowl-echen*, to acknowledge) The fact or condition of knowing something with familiarity gained through experience or association; acquaintance with or understanding of a science, art or technique; the fact or condition of being aware of something; the range of one's information or understanding.	Worldly knowledge is not to be ignored or neglected; it is undoubtedly necessary. While acquiring this knowledge, be keen about realising spiritual truth. (5 Mar 1995) Man, too, must have two types of knowledge – to live on and to live for. The one helps him to eke out his livelihood and the other rewards him for having lived at all. The one enables us to garner the material riches which make our lives comfortable and safe; the other answers the questions that haunt us and pressurise us while we live – where have we come, to where are we proceeding, how did the universe originate, etc. (25 Dec 1976) What is the meaning of knowledge? It is not mere acquaintance with numerous books. Even the acquisition of information about all the objects in the animate and inanimate is not knowledge. True knowledge is awareness of the relationship between the individual and collective, and their oneness. (5 Feb 1998) Knowledge bereft of noble qualities and virtues becomes only bookish knowledge, which is of no use to society. (22 Nov 1994)
Objectivity	**OBJECTIVITY** Expressing or dealing with facts or conditions as perceived without distortion by personal feelings, prejudices or interpretations; involving or deriving from sense perception or experience with actual objects, conditions or phenomena.	Discrimination should be exercised objectively to determine what is permanent and what is transient, what is good and what is bad. (12 Feb 1989) When one enquires into the Reality earnestly and objectively, he will realise that Divinity pervades everything. (24 Aug 1991) The educated man must be able to distinguish between the lasting and the transient. He must not run after glitter and glamour but he must seek instead the good and golden. He must know how to keep the mind well within check, the intellect sharp and clear, unhampered by prejudices and hatreds, and the feelings untouched by egoism. (2 Aug 1958) The Divine is the basis for everything, objective as well as subjective. The eye cannot see nor the ears hear unless the life-principle is active through the grace of the Divine. (21 Apr 1983) To understand the principle of truth that is hidden in this objective world and visualise the blissful form of Divinity is true spirituality. (14 Oct 2002)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Reasoning	**REASONING** (reason: L. *ration*, *ratio*, computation) The power of comprehending, inferring, or thinking especially in orderly rational ways; discovering, formulating or concluding by the use of a rational motive.	Unless you are extra careful to examine the very process of reasoning, even while the process is going on, there is the danger that you may be following only the trail you yourself have laid down. Reason can be tamed only by discipline, by systematic application of compassion, calmness, forbearance, and endurance. (12 April 1959) Your feelings and emotions warp even your thought processes; and reason is made by them into an untamed bull. Very often, egoism tends to encourage and justify the wildness, for a person is led along the wrong path by his very reason, if that is the path he likes! You very often come to the conclusion you want to reach! (12 April 1959) Spiritual pilgrimages are for elevating the heart, sublimating the impulses and leading the lower self to higher levels of thought and action. Reason serves the same purpose, or at least, it ought to. Reason seeks to know the unity of the universe, the origin and goal of it all, the laws that govern the microcosm and macrocosm; and it peeps behind the ever-receding curtain to get a glimpse of the puppeteer, who pulls the strings. (12 April 1959)
Simplicity	**SIMPLICITY** (simplicity: L. *simplicitat*, *simplicitas,* from *simplus*, *simplex*, single) The state of being simple, uncomplicated; directness of expression; freedom from pretence; reduction to basic elements; diminishing in scope or complexity; making more intelligible; clarifying.	Simplicity is the sign of Divinity. (24 Nov 1967) There is nothing so simple as speaking the truth. If you venture into untruth, you have to invent new stories all along the line… it is all very complicated and confusing. (13 May 1970) Be sincere, be simple, be honest. That is the best recipe for successful speaking. (31 Aug 1967) Cultivate quietness, simplicity, humility, instead of noise, complexity, conceit. (16 Mar 1966) Character, straight-forwardness, humility, detachment, simplicity – these must be restored to the position of man's highest ideal. (1 Oct 1979) Whichever position you occupy and wherever you reside, you must draw on yourself the admiration of others by your humility, discipline and manners, and by the simplicity of your dress and sweet speech. (22 Nov 1979) Einstein was the greatest among the scientists of our day. He discovered the profound truth about the relationship between matter and energy. He lived up to the motto: simple living and high study. (9 Mar 1986)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Sincerity	**SINCERITY** (sincere: L. *sincerus*, whole, pure genuine) Marked by genuineness; absence of hypocrisy, feigning or any falsifying embellishment or exaggeration.	Be sincere; talk only about your genuine experience; do not distort, exaggerate or falsify that experience. (26 Nov. 1964) Emphasise simplicity and sincerity, more than pomp and show. (24 Mar 1971) Once you enter sincerely into the path of spiritual practice, the urge to find faults in others or publish one's own excellences will disappear. (25 Dec 1972) Above all, examine your own conduct and faith; see whether it is sincere and steady. Do not blame others and point out their faults. The faults you will find are in you, and when you correct yourself, the world too becomes correct! (30 Sept 1960) In the spiritual field, you must be sincere. Do not pretend, and deceive yourself and others. (18 July 1961) One with sincerity and earnestness alone can attain wisdom; one with sincerity can accomplish any great task. (6 May 2000)
Synthesis	**SYNTHESIS** (synthesis: Gk. *syntithenai*, to put together) The combining of often diverse conceptions into a coherent whole; the discussion and reasoning through dialogue of thesis (a position or proposition that a person advances) and antithesis (opposite and contrasting views) into a higher stage of truth.	What we need is a synthesis of the spiritual and material aspects of life. It is the spiritual path that can save the world from the wrongs of a materialistic order. That will provide man with the social consciousness and cooperative spirit imperative to the creation of national wealth and prosperity through selfless, cooperative labour. (Spirit & the Mind, pg. 249) Man is the synthesis of all the feelings, emotions and reactions that arise in his mind. The mind is the seat of all urges, desires and thoughts. When the mind is clean, the world cognised by it will also be clean. (17 Mar 1973) True knowledge is that which establishes harmony and synthesis between science on the one hand and spirituality and ethics on the other. Today, because of the striking growth of the physical sciences, man tends to feel he is highly knowledgeable. But only when man tries to understand knowledge of things beyond the physical sciences can he fully benefit from the latter. (22 Nov 1985)

TRUTH	DEFINITION	SATHYA SAI BABA QUOTE
Understanding	**UNDERSTANDING** (understand: OE. *understandan*, to stand) Comprehension; grasping the nature, significance, meaning or explanation of something; the power to make experience intelligible by applying concepts and categories; adjustment of differences; showing a sympathetic or tolerant attitude toward something.	Many in the world acquire wealth, fame and position. But what have they achieved in terms of the goal of life? Their failure is due to lack of understanding of the unity that underlies the apparent diversity. It is a mark of spiritual goodness to recognise the Divine in everyone. (1 Jan 1998) Man is trying to know everything without understanding his true Self. Know thy Self, then you will know everything. (25 Sept 1998) Resolve all conflicts through love and understanding. (20 Nov 1998) Have confidence in yourself and strive to understand well the nature of God's love. It is only when difficulties are faced squarely and troubles are borne with patience and fortitude that we can understand the true nature of Reality. (25 Dec 1984) If someone were to criticise you, do not get disturbed. Remember that the same Divine principle is present in both. There will be no room for misunderstanding if you realise this truth. (3 Sept 1999)
Wisdom	**WISDOM** (wisdom: OE. *wis*, wise) Ability to discern inner qualities and relationships; knowledge; insight; good sense; a wise attitude or course of action; the teachings of the ancient wise men.	Wisdom is not the cleverness that is given inordinate value today, but, the capacity to see things in their proper proportion, to evaluate the temporary and the lasting, the particular and the universal, the shallow and the deep. (12 Sept 1963) Only when you give up your ego and attachment, will you have purity of heart, which in turn will lead to the experience of supreme wisdom. (25 Sept 1998) To travel along the path of wisdom one needs to develop sacred thoughts, sacred words and sacred actions. (19 Oct 1998) Once you follow the path of love and truth, you will gain all wealth and wisdom. Be steady; do not waver. (22 Nov 1998) Earning money or gold is not the objective of life. Money comes and goes. Wisdom is the true wealth. Seeing unity in diversity is the true wisdom. One has to earn this wealth of wisdom. (15 Feb 1999) Mastery over mountains of information has been attained by man now; but wisdom has lagged behind. Hence, man's capacity to probe and progress into the realm of the Universal and the Absolute has to be developed. (24 Nov 1961)

Spiritual Essence of RIGHTEOUSNESS:

Living in accord with the Divinity in oneself and all creation

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Character	**CHARACTER** (character: L. *character*, mark; distinctive quality) Moral excellence and firmness; one of the attributes or features that make up and distinguish an individual; main or essential nature.	Character is of paramount importance for the spiritual growth of an individual. (21 Nov 1999) The three essential things that constitute character are good thoughts, good feelings, and good conduct. If you have good thoughts, your actions will automatically be good. (22 Aug 2001) The destiny of a nation or community is dependent on the moral fibre of the people. Their character must be deep-rooted in faith and in truth: truth must be revealed as unity of thought, word and deed. (25 Dec 1986) Knowledge without right action is useless. Mere action without knowledge is foolishness. Hence it is necessary to combine knowledge with cultivation of character. (25 Dec 1996) Money is here today and gone tomorrow; friends may turn to foes in a day. However your virtues will never desert you. Develop that permanent character that does not desert you. (24 Nov 1998)
Conscience	**CONSCIENCE** (conscience: L. *conscient*, *consciens*, to be conscious; *com* + *scire*, to know) A faculty, power, or principle enjoining good acts; the sense of consciousness of the moral goodness of one's own conduct, intentions, or character together with a feeling of obligation to do right or be good.	The conscience is the form of the Divine within everyone. Whatever you do the conscience tells you whether it is right or wrong. Truth can be applied only to what comes out of your heart in its pure and unsullied form as the voice of conscience. (18 Jan 1996) Your conscience knows the real source of joy; it will prod you towards the right path. (Teachings of Sathya Sai Baba, pg. 126) Whether others esteem you or not, you must be content to act according to your conscience. The inner conviction that you are acting righteously is your best witness. (23 Nov 1993) Do not believe anybody; believe your conscience and follow it. Once you follow your conscience, you will attain consciousness, the Divine principle. (30 Sept 1998) In the journey of life, if you want to travel without fear you must have the ticket of a good conscience. If you adhere to right conduct, you will have no need to fear any one. (14 May 1984)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Dedication	**DEDICATION** (dedicate: L. *dedicare*, *de* + *dicare* to proclaim) Committed to a goal or way of life; devoted to a cause, ideal or purpose.	When you are given some work, you should put your heart and soul into it, and do the work with the utmost sincerity and dedication, to the limit of your capacity. (7 July 1985) "Practise what you preach and act according to what you say." "Don't preach what you do not practice." Remember the significance of these two statements and carry on your work in a spirit of dedication. (17 Nov 1985) Share with others the knowledge and skills you have earned, the ideas and ideals you have benefited and the joy you have won by discipline and dedication. Sharing will not diminish them or devalue them. On the other hand, they will shine better and put on added splendour. (21 Apr 1983) Whatever may have been your lapses in the past, begin a new life of dedication and devotion from today. (31 Oct 1983) Render service to society with these principles (truth, righteousness, love, peace and non-violence) in your mind and with broad-minded dedication to the well-being of all. (17 Nov 1985)
Determination	**DETERMINATION** (determine: L. *determinare, de* + *terminare,* to limit) The power or habit of deciding definitely and firmly; direction or tendency to a certain end; firmly resolved.	Be fixed in your own determination to pursue only what your discrimination advises you as beneficent. Ignore the mind; respect the intelligence. Make the senses the servants of the intelligence, not the overlords of the mind. (22 June 1969) The determination that one must act according to one's profession has disappeared. We can establish peace and prosperity, morality and uprightness in the land, only when those who preach and those who teach high ideals, act up to their own exhortations. (30 Aug 1978) In the field of spirituality, you cannot attain anything if you do not have faith and determination. (12 Mar 1999) Though one is aware that a step is wrong, selfishness does not allow him to desist. But, it can be overcome by steady determination. Share with others the knowledge and skills you have earned, the ideas and ideals you have benefited from and the joy you have won by discipline and dedication. Sharing will not diminish them or devalue them. On the other hand, they will shine better and put on added splendour. (21 Apr 1983)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Discipline	**DISCIPLINE** (discipline: L. *disciplina*, teaching; learning) Training that corrects, molds, or perfects the mental faculties or moral character; training or developing by instruction and exercise, especially in self-control.	The virtues, which we have to inculcate, are: good thought, good conduct, devotion, discipline and a sense of duty. Start by disciplining yourself first. (3 Oct 2000) Virtue cannot be attained without discipline. Everything should be under a certain limit. Proper discipline has to be maintained in eating, earning and spending. Only then your life will be blissful. (14 Jan 2000) Adhering to the righteous path, with a pure heart, you have to Divinise your life. All spiritual disciplines have been designed only for this purpose. (25 Dec 1989) Spirituality is that which demonstrates unity in multiplicity. Spirituality has a certain discipline, as nothing noble and great can be achieved without discipline. (14 Apr 1999) "Help ever, hurt never", there is no higher spiritual discipline than this. This is the basis for Self-realisation of man. (14 Apr 2001)
Discrimination	**DISCRIMNINATION** (discriminate: L. *discrim-inare,* from *discernere*; to distinguish between) The power to distinguish and select what is true or appropriate or excel-lent; distinguishing by discerning or exposing differences; using good judgment.	In this world for a man to accomplish any task, will power, the power of action, and the power of discrimination are essential. Will power refers to the determination to undertake a task. The power of discrimination refers to the ways and means to be adopted to fulfil the task undertaken. It is not enough if you have will power and discrimination; you need to have the power of action too. (26 Sept 1998) Discrimination is of two types: individual and fundamental discrimination. Individual discrimination arises out of selfish-ness, whereas fundamental discrimination is concerned with the welfare of one and all. One should discard individual discrimination and have only funda-mental discrimination. (30 May 1999) Do not give up your critical faculty; evaluate, discriminate, experience and analyse your experience; and then, if convinced, accept. (30 Sept 1960) Discard bad company, associate with good people, always do meritorious deeds, and discriminate between what is eternal and what is transient. (20 April 1998) There is a force in you through which God works, and that is discrimination. Every man has the discrimination to know what is the right action and what is the wrong action. (Conversations with Sathya *Sai Baba,* pg. 115)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Duty	**DUTY** (duty: ME *duete*, due) A moral or legal obligation; the force of moral obligation; respect.	There is the spark of the Divine in each one and the duty is to foster it and develop it and benefit by it, rather than smother it and silence it. (Oct 1966) It is the duty of everyone to keep the atmosphere clean and healthy, by means of good thoughts and good words. (23 May 1967) Duty is the responsibility you have to respect and revere others and to serve them to the best of your ability. (20 April 1975) By duty I do not mean the items of work entrusted to you by your superiors or society. Duty means the responsibility you have not to hinder or harm any one by your movements, speech, behaviour, or activities. (29 Mar 1976) This is the duty of every one at the individual level – four qualities have to be developed: equality, integrity, unity and fraternity. The individual's personality blossoms when one has these four qualities. (28 Mar 1996) Doing your duty efficiently is yoga. Throughout life you should go on doing your duty without aspiring for results. When you give to others, you should have the attitude you are not the giver and the other is not the receiver. It should be considered as an opportunity that is offered by the Divine. (Apr 1998)
Enthusiasm	**ENTHUSIASM** (enthusiasm: Gk. *enthousiazein*, to be inspired, from *en* + *theos*, god) A strong excitement of feeling; something inspiring zeal or fervour.	Continue selfless service, wherever you are. Seek chances of helping others. Never lose an opportunity of using your skills and enthusiasm for the alleviation of sorrow, pain or distress. (21 May 1970) Whoever has the enthusiasm, the steadfastness, the determination to reach the goal will certainly succeed. Cultivate that faith in ultimate success; never despair or complain or doubt. (4 Mar 1962) Work done mechanically is like the flame of an oil-less wick; the oil is mental enthusiasm; pour it, and the lamp will burn clear and long. (25 Mar 1958) You must have not merely enthusiasm to serve, but the intelligence and the skill; then only can you be efficient and useful. Enthusiasm without efficiency is often a source of loss and grief. (22 Nov 1965)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Good company	**GOOD COMPANY** (good: OE. *god*; akin to OHG. *guot*, good) Good: of praiseworthy character; well-founded; true; deserving of respect; virtuous; kind; benevolent; conforming to the moral order of the universe. (company: OF, *compagnie*, *compain*, companion) Association with another; fellowship; companions; a group of persons.	The company of the good leads to good deeds. The four rules to be observed are – cultivate good company, avoid association with bad persons, do meritorious deeds always, and remember what is transient and what is eternal. (11 May 1998) Men should concentrate on their natural spiritual tendencies… For this purpose, association with good people is essential. (18 Dec 1994) To ensure that one's actions are good, one has to cultivate good company. Association with the good influences the intellect in the right direction. Your company shows what you are. (8 Mar 1997) Good company helps to purify the heart. This is the lesson people have to learn today: cultivate good thoughts by seeking out and sheltering in good company. (10 Jul 1986) Let good company start with your homes. Let the home be harmonious, happy, smooth running, with no friction or faction. On the secure foundation of the good company of your family, you can build the superstructure of good company in the community, the state, the nation and the world. (1 Feb 1970)
Healthy living	**HEALTHY LIVING** (heal: OE *health,* from *hal*, whole) Healthy: full strength and vigour as well as freedom from signs of disease; the condition of being sound in body, mind or spirit. (live: OE *libban*; akin to OHG *leben*, to live) Living: having life; active; functioning; full of life or vigour.	Moderation in food, moderation in talk, and in desires and pursuits; contentment with what little can be got by honest labour, eagerness to serve others and to impart joy to all – these are the most powerful of all the tonics and health-preserves known to the science of health. (21 Sept 1960) Health is the foundation on which human life rests. There is no greater wealth than health. What is the origin of this word 'health'? It is derived from the Anglo-Saxon word 'heilig', meaning that which is sacred and pure. The body is a combination of different limbs. So, only when all limbs are utilised for sacred purposes can one have good health and happiness. (20 Nov 1998) The body becomes healthy by exercise and work; the mind becomes healthy by devout contemplation and remembrance of the Divine, through regular, well-planned discipline, joyfully accepted and joyfully carried out. (6 Sept 1963)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Higher goals	**HIGHER GOALS** (high: OE. *heah*, akin to OHG. *hoh*, high) Higher: exalted in character; noble; marked extension upward. (goal: ME. *gol*, boundary) Goal: the end toward which effort is directed; aim; intention.	Even to place one foot forward, man needs an inner urge, a purpose, a prompting. His will is moved by his wish. Therefore, man must endeavour to wish for higher and holier goals. (13 April 1981) You have to practise righteousness in the management of wealth, especially when the wealth is to be used for human uplift and human betterment. When wealth is sought through righteousness, the goal of life then deserves the name "highest goal of life", for it is oriented towards the higher eternal values. (20 June 1974) The most important goal for man is to put into practice the doctrine of Divine love. The principle of love is the greatest unifying force which unites all spiritual practices, all creeds, all the goals of life and all the scriptures. (6 Mar 1989) Many acquire wealth, fame and position. But what have they achieved in terms of the goal of life? Their failure is due to lack of understanding of the unity that underlies the apparent diversity. It is a mark of spiritual goodness to recognise the Divine in everyone. (1 Jan 1998) Earn prosperity by adhering to righteousness and have always only one wish: to get liberated. That is the way to realise the four goals of life (righteousness, wealth, desire and liberation). Let righteousness dominate wealth and liberation dominate worldly desire; then, your life will be a success. (30 Apr 1961)
Initiative	**INITIATIVE** (initiate: L. *initiare*, to induct) Causing or facilitating the beginning of; energy or aptitude displayed in initiation of action; acting at one's own discretion, independent of outside influence or control.	You should act with full initiative and interest so that you can achieve the desired results. Having taken up a job, you should not slacken your effort in completing it, facing any obstacles you may come across boldly. Work done for the welfare of the world is true sacrifice (making one's actions sacred). (30 Jan 1994) Establish hospitals and schools, which will render free service to the poor. A third person need not tell you these noble ideas. You should take the initiative on your own. (12 Mar 1999) If you wish to lead a sacred life and have sacred experiences, you must engage yourself in sacred actions. The good and evil in the world can be changed only by the change in your actions. Transformation of society must start with the transformation of individuals. (1 Jan 1998)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Morality	**MORALITY** (moral: L. *moralis*, custom) Particular moral principles or rules of conduct; conformity to ideals of right human conduct; virtue.	Morality consists in acting up to the rules of right conduct prescribed by society at a particular time and place for an individual or group. If there is no connection between what one professes in words and his actions, morality cannot exist. (9 Mar 1986) Be moral; be virtuous; be sincere in thought, deed and word. Be honest to yourself. Money comes and goes! But, morality comes – and grows! So, man has to give up the yearning for money and yearn for more and more morality. (20 Nov 1970) Devotion and morality are as important for physical health as they are for mental health. They free the mind from agitation, they feed it with joy and contentment; they quiet the nerves and help even bodily processes. (14 Dec 1964) Morality, a virtuous character, is the very foundation of progress, the very basic need. It grows in the realm of the Spirit. (21 Nov 1970) Politics without principles, education without character, science without humanity, and commerce without morality are not only useless, but positively dangerous. (13 May 1970)
Proper use of energy	**PROPER USE OF ENERGY** (proper: L. *proprius*, own) Proper: excellent; virtuous; respectable; marked by suitability, rightness or appropriateness. Use: application; employment; putting into action. (energy: Gk. *energeia*, activity) Energy: effort; the capacity of acting or being active; the capacity for doing work.	Energy is a Divine gift. By curtailing excessive talk and keeping silent, you can conserve energy. Talk less and work more is the golden rule to be adopted. (11 Apr 1994) Our physical, mental and spiritual energies should never be wasted. Seeing bad things, hearing bad things, speaking evil, thinking evil thoughts, and doing evil deeds wastes your energy. Conserve your energy in all these five areas and make your life more meaningful. (Vision of Sai, pg. 233) Inner concentration is to be developed in preference to outer distraction. Cultivate quietness, simplicity, humility, instead of noise, complexity, conceit. (16 Mar 1966) Life is a race. The saying is: "slow and steady wins the race." This is quite apt for the race of life. Haste makes waste and waste makes worry. Go slow and steady without faltering or wavering. (21 Apr 1998) While doing your work do not argue that this particular bit is your jurisdiction and that the other one is not. Support each other, supplement each other in joyful co-operation; strengthen each other. (24 Feb 1965)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Proper use of money	**PROPER USE OF MONEY** (proper: L. *proprius*, own) Proper: excellent; virtuous; respectable; marked by suitability, rightness or appropriateness. Use: application; employment; putting into action. (money: L. *moneta*, mint) Money: something generally accepted as a medium of exchange; a measure of value or a means of payment; position of wealth.	There is no better method of using money than for promoting devotion, for then the entire system, individual and social, will benefit by it. Money must also circulate like blood, if it is stored and not circulated, it will cause social swellings. (11 Jul 1957) Money should be utilised to undertake righteous actions. (25 Dec 2000) Human life should be one of character, good actions and good qualities. It should be dedicated to the service of society, not for amassing wealth. One need not strive for money. If education is properly utilised money will come on its own. (22 Nov 1998) Today, people value education and money more than anything else. Money and education by themselves are not bad. Good and bad lies in their utilisation. Their value depends on the nature of the person who has acquired them. (24 Nov 1998) Wealth and property are passing clouds. "Money comes and goes but morality comes and grows." Nothing is great in earning money. So utilise the money earned for the welfare of humanity. Do not be proud of your wealth. Greatness lies in sacrifice alone. (20 Nov 1998)
Proper use of resources	**PROPER USE OF RESOURCES** (proper: L. *proprius*, own) Proper: excellent; virtuous; respectable; marked by suitability, rightness or appropriateness. Use: application; employment; putting into action. (resource: OF. *resourdre*, to relieve; L. *resurgere*, to rise again) Resource: a source of supply or support; a natural source of wealth; an available means.	You should never misuse the elements or waste them. Names and forms are many, but the Divine principle is one. You should understand this. This is the fundamental law of nature. (Apr 1998) One must share one's physical, mental and spiritual resources with those in need in society. It is through such sharing and sacrifice that the awareness of the Spirit is achieved. (14 May 1984) To utilise all your resources for the good of others is the way to experience real bliss. (31 Oct 1981) Reduce your requirements and utilise your surplus resources for righteous purposes. (24 No 2000) To utilise one's wealth, one's talents and resources for the service of the people and help to all living things must be regarded as an offering to, and a form of worship, of the Divine. (20 May 1984) There is enough food for all, provided food is conserved by wise consumption by individuals, and by society. More can be produced when people are strengthened by faith in their own resources and capacity. (16 Aug 1970)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Proper use of time	**PROPER USE OF TIME** (proper: L. *proprius*, own) Proper: excellent; virtuous; respectable; marked by suitability, rightness or appropriateness. Use: application; employment; putting into action. (time: OE. *tima,* time) Time: the measured or measurable period during which an action, process or condition exists or continues.	Past is past, forget the past. Do not worry about the future for the future is uncertain. So live in the present. It is not ordinary present; it is omnipresent. Only then will success be ensured. (1 Oct 1999) It is only a waste of time brooding over the past, since it can neither be retrieved nor any remedial action be initiated. Likewise there is no point in worrying about the future, since it is not in your control. So live in the present and discharge your duties with determination. (1 Oct 1999) Utilise your time in doing good deeds for the benefit of society at large and not to satisfy your self-interest. (14 Apr 1994) Time spent in thoughts of God or adoration of the Divine is indeed well spent for it rewards you with a rich harvest of mental peace and courage. Time must be utilised for performing good action, sacred acts. (Baba the Breath of Sai, pg. 181) Of the twenty-four hours that comprise a day, use six for earning and spending, six for contemplation of God, six for sleep and six for service to others. (16 Mar 1966)
Responsibility	**RESPONSIBILITY** (response: L. *respondere*, to promise in return; *re* + s*pondere*, to promise) A moral, legal or mental accountability; reliability; trustworthiness; able to answer for one's conduct and obligations; able to choose for oneself between right and wrong.	The responsibility of any person who holds forth an ideal is great, for he has to attempt to reach it himself while advising others to adopt it. (14 Dec 1958) Discharge your responsibilities without craving for position, power, riches or fame; live in harmony with your fellow beings and discharge your duties with a firm belief in the three precepts: fear of sin, love of God and morality in society. (25 Dec 1992) Today everyone is fighting for rights, but what about responsibility? You do not need to fight for rights. Discharge your responsibilities; rights will follow. (22 Nov 1998) The unchanging Divine principle and the changing body – analyse them thus and be convinced of the eternal universal core of your being. As a thinking, discriminating human being, it is your responsibility to discharge this duty to yourself. (14 Dec 1964)

RIGHT-EOUS-	DEFINITION	SATHYA SAI BABA QUOTE
Self-reliance	**SELF-RELIANCE** (self: OE. akin to OHG *selb*, self; L. *suus*, one's own) Self: the entire person of an individual; an individual's typical character or behaviour. (rely: ME. *reline*, to rally; L. *religare*, to tie back) Reliance: having confidence based on experience.	What everyone has to learn today is how to be self-reliant and not depend on others. How is one to be self-reliant? By developing self-confidence. (13 Feb 1997) Dependence on others should be avoided. Self-reliance is the most desirable virtue. (22 Nov 1982) You must develop self-reliance to face the problems of life with ability and fortitude. (31 July 1986) The first thing in life is self-reliance, second is self-confidence, third is self-sacrifice, fourth is Self-realisation. With Self-realisation life finds its final fulfilment. (22 Nov 1994) You should develop self-reliance. You should not look to others or to the government to do what you can do for yourselves. You must do as much as possible to help yourself and enjoy the fruits of your labours. (11 Oct 1997)
Trust	**TRUST** (trust: OE. *trēowe*, faithful) Assured reliability on the character, ability, strength, or truth of someone or something; reliance on the truthfulness or accuracy of.	If you desire that others should honour you, you should honour them too. If others must serve you, serve them first; love begets love; trust engenders trust. (12 Sept 1963) Wealth has to be held in trust for activities that are beneficial, for promoting righteous living and for fulfilling one's duties to society. (13 Apr 1981 If you do not trust yourselves and your own reality, you can never trust another. Ultimately, trust depends on faith in God, as expressed in your own actions and in the actions of others. (20 Jun 74) Never betray the trust of people and never cheat anybody who has helped you. (1 Oct 2000) Love everyone. But do not trust everyone without discrimination. One who puts his trust wholly in others is headed for ruin. Love all; serve all. But put trust in yourself. Develop self-confidence. (6 May 2002)

Spiritual Essence of PEACE:

Dwelling in the bliss of Divinity in oneself and all creation

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Balance	**BALANCE** (balance: LL. *bilanc*, *bilanx*, having two scale-pans) Mental and emotional steadiness; equipoise between contrasting, opposing or interacting elements.	What exactly is peace? It is the stage in which the senses are mastered and held in balance. (23 Nov 1984) Living in this world as you are, you must strike a balance between worldly life and spiritual life. (14 Jul 1984) Human excellence will blossom only when the relationship and balance between the physical and the spiritual aspects is intimately established. (22 Nov 1999) In a world in which many technical and scientific changes are taking place, a balance has to be maintained between modernity and spiritual traditions... (15 Dec 1985) Look upon joy and grief as teachers of hardihood and balance. (Mar 1966) These three are important for man: knowledge, skill and balance. Balance is very important. It means equipoise in praise or censure. For balance, skill is necessary. For skill, knowledge is necessary. If you lose balance, suffering will soon follow. (7 Jul 1985)
Calmness	**CALMNESS** A state of tranquillity, free from agitation, excitement or disturbance; very deep quietude or composure.	Those who seek peace of mind, peace of the spirit, and peace for the world, or the calmness of the senses, have to cultivate the spirit of sacrifice. (11 Oct 1983) Faith must endow you with courage and calmness. (10 Jun 1974) Practise calmness and the habit of deliberation. Don't get agitated and yield to mass frenzy; that is a sign of weakness and waywardness. If anyone blames, abuses or hurts you, do not return him with the same. Behave nobly and with patience. (30 July 1977) An attitude of calmness often solves many difficult situations. Hold your peace under the most trying circumstances. Under any provocation, you should not contemplate causing harm to anyone. (1 Sept 2000) Do nothing to disturb the calm of others; for, you know how valuable calmness and quietness are in your own case. Behave towards others as you wish them to behave towards you. That is the measure of your love. (24 Feb 1965)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Concentration	**CONCENTRATION** (concentrate: *com* + L. *centrum*, centre) Bringing or directing toward a common centre or objective; drawing toward or meeting in a common centre; focusing one's powers, efforts, or attention.	Each one of you has a great deal of concentration; you know the art, for every task requires it and everyone benefits by it. The carpenter, the weaver, all have it in a greater or lesser degree. Use it also to direct the mind towards its own working. Examine it and train it to restrict itself to good company, good thoughts and good deeds. (20 Dec 1958) A person driving a car concentrates on the road, for he is anxious to save himself and others from accident. Fear is what induces single-mindedness in his case. Love is a greater force for giving concentration. If you have steady and resolute love, the concentration becomes intense and unshakeable. Faith develops into love and love results in concentration. (23 Nov 1961) Edison, the great scientist and inventor, used to be in his laboratory for hours and even days together, concentrating on some experiment on which his whole attention was bent. So great is the concentration that science demands. Consider then how much more should the spiritual aspirant be fixed in single-mindedness, in order to achieve success in the subtler and more slippery sphere of spiritual conquest. (15 Oct 1966)
Contentment	**CONTENTMENT** (content: L. *contentus*, to hold in; contain) The quality or state of being satisfied; appeasing the desires of; limiting oneself in requirements, desires or actions.	What is wealth? Who is the richest man in the world? The one who has contentment is the richest. Who is the poorest? The one who is full of unfulfilled desires is the poorest. Wealth or poverty is related to your desires. (29 Sept 2000) We should seek not unlimited worldly possessions, but contentment and peace of mind through good deeds. (14 May 1984) Each one of the sense organs – the eye, the tongue, the ear – when it is influenced by a bad thought, is led astray and behaves improperly. When they are influenced by good thoughts and impulses, they act in a manner which produces joy and contentment. (31 July 1986) Happiness lies in contentment. Dissatisfaction will lead to misery. In order to experience peace, keep your desires under control. Misery is the birthplace of all desires. In this journey of life, desires can be compared to luggage. "Less luggage, more comfort, make travel a pleasure." So, reduce your desires. As the desire for the world decreases, the desire for God increases. (28 Sept 1998)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Dignity	**DIGNITY** (dignity: L. *dignitas*, *dignus*, worthy) The quality or state of being worthy, honoured, or esteemed.	Man has to understand himself, his own dignity and his inner spiritual reality. Then only will he have the right perspective. (12 May 1981) Through service to others you can experience dignity and inexpressible bliss and can be an ideal to others. (17 Nov 1985) Neither physical strength, nor wealth, nor even intellectual ability can make one respected and honoured. It is the way one lives that confers honour and dignity on him. (25 Dec 1989) Maintain the dignity of human life. Honour and respect cannot be bought with money. (6 May 2002) Man surrenders his dignity and status to other men for various purposes in life – wealth, fame, possessions, pomp, power etc. But rarely does he get the chance to surrender to the Lord for the sake of the Lord. He wants the gift, not the giver – the created, not the creator – things from the hand, but not the hand! (Gita Vahini p. 8) What is the root-cause of all the disorder, chaos, crime, falsehood and violence that prevail in the country today? It is the behaviour of people contrary to the dignity of human nature that is responsible for the present situation. (14 May 1984)
Equanimity	**EQUANIMITY** (equanimity: L. *aequanimitas*, *aequo animo*, with even mind) Evenness of mind especially under stress; a habit of mind that is only rarely disturbed under great strain.	One has to cultivate purity of thought and mental equanimity. This mental equanimity is not something which one can purchase or obtain from the outside. One has to generate it from within. When one has gained equal-mindedness, amidst pleasure and pain, he will be free from sorrow and will enjoy peace. (12 May 1981) Turn your vision inward and achieve the supreme state of equanimity of mind. (26 Sept 1998) The mind is the root cause for happiness and sorrow, and is the cause for both bondage and liberation. So conquer the mind. Conquering the mind will lead you to a stage of equanimity, wherein you treat the dualities alike. Once you control your mind, you will grow beyond the dualities of sadness and happiness. Welcome sorrow just as you welcome happiness. (24 Nov 1998) You may face any amount of difficulty or hindrances. You should not waver because of these. All is for one's good only. Do not grieve over any loss or exult when there is profit. Equanimity under loss or gain is true spiritual discipline. (3 Sept 1999)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Faith	**FAITH** (faith: L. *fides*, *fidere*, to trust) Belief and trust in and loyalty to God; firm belief in something for which there is no proof; complete trust; without doubt or question.	The leaders of the people must have faith in their own Divinity and the confidence born of that; then they can lead others and not lead them astray, for they will feel kinship with the basic Divinity in all. (3 Sept 1958) The man with faith and the man without it are both human; but what a difference! With faith, he is so much more efficient, courageous, and wise. (28 Mar 1968) The power of faith is incalculable. With faith any difficult task can be carried out. (26 Feb 1998) When faith dawns, fence it around with discipline and self-control, so that the tender shoot might be guarded against the goats and cattle, the motley crowd of cynics and unbelievers. When your faith grows into a big tree, those very cattle can lie down in the shade that it spreads. (23 Feb 1958) Have full faith in God and in yourselves, engage always in good deeds, beneficial activities; speak the truth, do not inflict pain by word or deed or even thought. That is the way to gain peace; that is the highest gain which you can earn in this life. (1 Sept 1958)
Fortitude	**FORTITUDE** (fortitude: L. *fortis*, strong) Strength of mind that enables a person to encounter danger or bear pain or adversity with courage.	Peace is not present in the external world. It is present within. You are the embodiment of peace. In the worldly life, there are bound to be many hardships, but one should not be perturbed. One should bear all sufferings with fortitude and patience. Life becomes meaningful only when one experiences the peace that originates from the heart. (22 Aug 2000) In the pursuit of the good and godly life, one may encounter many difficulties and disturbances; many doubts and questions crop up. It is only when these difficulties are faced squarely and the troubles are borne with patience and fortitude that we can understand the true nature of Reality. (25 Dec 1984) Moderate food, moderate sleep, love, fortitude: these will help in the upkeep of the health of both body and mind. (18 Sept 1985) Whatever difficulties you may encounter, whatever hardships you experience, you should fulfil your duty with fortitude and forbearance. Through both these means you can develop your human qualities to the highest extent. (May 1986) Welcome disappointments for they toughen you and test your fortitude. (26 Jun 1989)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Generosity	**GENEROSITY** (generous: L. *generosus*, *genus*, birth, race, kind) Characterised by a noble or forbearing spirit; liberal in giving; marked by abundance.	Peace will dread the company of the self-centred egotist, the hard calculating miser, the sharp heartless demon. It keeps close to the generous giver, the virtuous earner, the wise seer. You must long to be of such type that peace can approach you and award you its presence. (10 Jun 1974) A generous heart helps spread peace and joy. (20 Nov 1979) An attitude of generosity, of fortitude in the presence of sorrow and loss, a spirit of enthusiasm to do good, to be of service to the best of one's capacity; these build up the mind as well as the body. (26 Aug 1988) 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. (23 Nov 1994) Give generously and wisely; wipe the tear and assuage the sigh and the groan. Do not simply throw money at the needy; give with respect and reverence, give with grace. Give also with humility. (30 Mar 1965)
Humility	**HUMILITY** (humble: L. *humilis*, low, humble; *humus*, earth) The quality or state of being humble; not proud or haughty; not arrogant or assertive; unpretentious.	The Divine aspect of your personality will encourage humility, truthfulness, love, fortitude, detachment and eagerness to serve. Cherish the manifestations of these qualities in your life and practice these whenever you get a chance. (23 June 1988) The purification of the mind is attained through humility, integrity and a sense of justice. (14 June 1983) Spend your life in serving others. Do not crave for power and position. One who is not a humble worker cannot become a leader. In fact, a true humble worker alone is a true leader. (21 Nov 1999) Develop humility in order to get rid of ego. No amount of spiritual practices will help a man of ego in attaining tranquillity and bliss. (1 Oct 1999) When you speak softly and sweetly to others, you will receive the same in return. If you are rude to others, others will also be rude towards you. Whether one is educated or illiterate, one must speak softly and sweetly. He must have humility. (20 Nov 2002)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Inner freedom	**INNER FREEDOM** (inner: OE. *innera, inne,* within) Inner: being near a centre, especially of influence. (free: Sanskrit, *priya*, own, dear) Freedom: The absence of necessity, coercion or constraint in choice or action; the power or condition of acting without compulsion.	You can be legitimately proud only when you are able to control the vagaries of the mind and direct your emotions and desires along honourable healthy channels, braving even the ridicule of your so-called friends. That is real freedom, real success. (25 Dec 1959) Liberation from all kinds of bondage... is a state of absolute freedom, peace and bliss, attained through Self-realisation. This is the supreme goal of human endeavour. (Glossary, 1960) When the world has peace and prosperity, the individual can have freedom from fear, and positive joy. (22 Dec 1971) Lesser the number of wants, the greater is the freedom. Hence perfect freedom is absolute desirelessness. (14 Jul 1965) Wisdom alone can grant full freedom. Just as the end of culture is progress, the end of knowledge is love, so, the end of wisdom is freedom. (25 Dec 1970) Man has the springs of joy and peace in his heart, even as a child. Cultivate them, give them the fullest freedom to gush forth and fertilise all fields of activity – that is the real purpose of education. (23 Nov 1962)
Inner silence	**INNER SILENCE** (inner: OE. *innera, inne,* within) Inner: being near a centre, especially of influence. (slience: L. *silentium*, from *silens*, *silere*, to be silent) Silence: stillness; absence of sound; forbearance from speech or noise.	The very first spiritual discipline one must adopt is the cultivation of inner silence, to put an end to the endless dialogue with the mind. Let the mind rest for a while. Keep the mind calm and clear. Do not agitate it every moment by your non-stop dialogue. (20 May 1982) Silence is the beginning of the art of communication. Learn to live in silence for some moments every day. Just sit in complete silence and listen for the voice of God. So let your mind rest in God in those moments of silence and then the thoughts will come into your mind. (Face to Face with God, pg. 261) Contact your own reality in the silence that is created by quieting the senses and controlling the mind. There is a voice that you can hear in that silence. (Baba the Breath of Sai, pg. 63) Enjoy the bliss of Divinity in silence and love. (22 July 2002) Maintain silence in the recesses of the heart as well as outside. (25 June 1989)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Observing	**OBSERVING** (observe: L. *observare*, to guard, watch) Watchful; paying strict attention; keen; perceptive; mindful.	Once you rise to the higher level of consciousness and live at that level, all worldly events cease to have the same meaning and so have less and less effect on you. You remain happy and calm at all times, merely observing events as they come and go, for that is what they do. (12 Oct 1964) Examine the thing that you do not like very closely and with great care. Do not jump to conclusions. Focus all your powers of observation and judgement on one topic and it will surely stand revealed. (22 Jan 1960) You can learn more by observation and meditation than by combing over the pages of books. (12 Sept 1963) Self-examination is the first step to self-improvement and peace. When you are found fault with, do not fly into a rage; examine your own conduct and discover the faults in yourselves. (12 Sept 1963) That is why, I say, WATCH! W is for watch your words; A is for watch your actions; T is for watch your thoughts; C is for watch your character; H is for watch your heart. If the watch reminds you every second of the need to watch these five, you can be quite happy. (10 Sept 1967)
Optimism	**OPTIMISM** (optimism: L. *optimum*, best) An inclination to put the most favourable construction upon actions and events or to anticipate the best possible outcome.	Everyone should develop a hopeful and optimistic outlook. Hopes should be centred not on worldly things, but on Self-realisation. (7 Apr 1987) It is only when the pessimism among the people is transformed to a robust optimism will the country go forward. Material prosperity, which is transient, is not very important. Real and lasting wealth lies in good qualities and morality. It is this form of wealth that should be acquired. (23 Nov 1991) You must feel that whatever happens to you is for your own good. You must have the firm belief that whether your wishes are fulfilled or not, nothing harmful will happen to you. Be firm in your faith; develop an optimistic attitude towards life. (4 Apr 1992) Seeing a glass half filled with water, the optimist is glad that it is half full, while the pessimist is sad that it is half empty. Though both statements are correct, the optimist hopes to fill the other half too, while the pessimist gives up in despair. The one has faith; the other has no faith to sustain him. So, we must develop faith by steady effort. (27 Jun 1981)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Patience	**PATIENCE** (patient: L. *patiens*, to suffer; Gk. *pēma*, suffering) Manifesting forbearance under provocation or strain; acting without haste; having steadfastness despite opposition, difficulty, or adversity.	Bear with others with patience and understanding; practise forbearance and sympathy. Try to discover points of contact, not of conflict. Spread brotherliness and deepen kindness through knowledge. Then, life becomes worthwhile, without fail. (23 May 1966) In every act, have tolerance, patience and mutual help. In the family, cultivate patience and mutual respect; in the community, have righteousness and justice; in the community of people, have the ideal of peace. (25 Jun 1960) If anyone blames, abuses or hurts you, do not return him with the same. Behave nobly and with patience. (30 July 1977) Whatever be the circumstances we confront with, we should not get excited or agitated. We should allow time for the nobler feelings to well up from inside us and manifest themselves. By practising patience and forbearance we will be able to acquire all the other important spiritual qualities, such as mind control, renunciation, endurance and concentration. (June 1987) One should cultivate patience, which is not commonly done in the present day life. Haste makes waste; waste begets worry. So one should develop patience to avoid worry. (Apr 1998)
Perserverance	**PERSEVERANCE** (persevere: L. *persever-are*, from *per* + *severus,* through + severe) Steadfast; persisting in an undertaking in spite of counterinfluences, opposition or discouragement.	"Start early, drive slowly, reach safely." Always remain calm and peaceful. Purity and patience will automatically make perseverance quite easy. (18 May 2000) Purity, patience and perseverance are very essential for mankind. Without firm faith, man cannot achieve anything in life. (14 Apr 1999) In the pursuit of the Divine, perseverance is essential. The quest should not be given up in any circumstances. (28 Feb 1995) Slow and steady – let that be your maxim for your spiritual exercises. Be steady, watchful and earnest with each step that you climb. (6 Apr 1961) Steady perseverance alone will tame your mind; and it is only through a tamed mind that you can experience God. (23 Apr 1961)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Reflection	**REFLECTION** (reflection: LL. *reflexion, reflexio*, act of bending back) The production of an image by or as if by a mirror; a thought, idea or opinion formed or a remark made as a result of meditation; consideration of some subject matter, idea or purpose; thinking quietly and calmly.	Fill your heart with Divine feelings. Then you can experience peace. Peace is the reflection of your inner being. Everything comes from within. (5 Mar 2000) All your outward actions and behaviour should be a true reflection of the inward thoughts and feelings. (1 Oct 1999) The reflection and meditation of profound spiritual truths will develop the power of resistance against all doubts and diversions. (8 Sept 1966) This is the proper plan of study – reading, reflection and regular application in life. Study is "work". Inquiry into the value and applicability of what is studied is "worship"; the experience of the validity and value of the practice is "wisdom". (3 Mar 1974) All that you see outside is a reflection of the inner being. Good and bad do not exist outside; they are mere reflections of what is within you. No one has the right to judge others. Give up the bad in you, you will find goodness all around. As is the colour of the glasses you put on, so is the colour of the world. The defect lies in the vision, not in the creation. (18 Nov 1999)
Self-confidence	**SELF-CONFIDENCE** (self: OE. akin to OHG *selb*, self; L. *suus*, one's own) Self: the entire person of an individual; an individual's typical character or behaviour. (confidence: L. *confidere*, from *com* + *fidere*, to trust; L. *fides*, faith) Confidence: faith or belief that one will act in a right, proper, or effective way; faith in oneself and one's powers without any suggestion of conceit or arrogance; the quality or state of being certain; assurance.	Without self-confidence no achievement is possible. If you have confidence in your strength and skill, you can draw upon the inner springs of courage and raise yourselves to a higher level of joy and peace. For, confidence in yourselves arises through the Divine principle, which is your inner Reality. (13 Oct 1967) Self-confidence, self-control and self-knowledge – these alone can lead man to peace and joy. (14 Jan 1971) Self-confidence generates an immense internal power. Everyone has to develop this power. Everyone has to develop this self-confidence so that the bliss of the Self may be experienced. (9 Oct 1989) A bird sits on a tiny twig, in perfect confidence! Where does it get the confidence from? Not from the twig; but, from the wings which can take it aloft at the slightest sign of danger. The twig is the objective world. Sit on it lightly, gaily, and confidently; but rely more on the wings, namely the grace of the Lord who can lift you aloft, away from the objective world at the slightest premonition of danger. The twig is not very reliable, but the wings are always there to save you. (Nov. 1963)

PEACE	DEFINITION	SATHYA SAI BABA QUOTE
Self-respect	**SELF-RESPECT** (self: OE. akin to OHG *selb*, self; L. *suus*, one's own) Self: the entire person of an individual; an individual's typical character or behaviour. (respect: L. *respectus, respecere*, act of looking back) Respect: an act of giving particular attention; consideration; the quality or state of being esteemed; considering worthy of high regard.	If you want to be respected by everyone, you should respect everyone. Whether one is rich or poor, noble or ignoble, everyone has self-respect. One should put in effort to safeguard one's self-respect. One who has true self-respect respects everyone. (23 Nov 2001) Grow with self-respect and dignity. That is the best service you can do to yourself. (Discourse 1955) Resist all temptations to fall into vice; avoid treading wrong paths; keep away from evil company. This will confer on you self-respect; you will rise in your own estimation; you need not bend your head before any one. (22 Oct 1966) Self-respect confers grace. Do not get dejected if others subject you to criticism and ridicule. Think that whatever happens is good for you. Once you develop such equanimity, there will be none greater than you. (14 Apr 2001) Detachment gives strength and courage, for, it is desire that weakens man and makes him cringe before those in authority and with influence. Detachment endows you with self-respect, and the capacity to stand up to slander and calumny. (22 Nov 1979)
Stability	**STABILITY** (stable: L. *stabilis*, from *stare*, to stand) The strength to stand or endure; firmness; steadiness of purpose; firmness of resolution; steadfastness; not changing or fluctuating; enduring.	Purify your hearts, your thoughts, feelings, emotions, and speech; strengthen your nobler impulses; then, no panic can un-nerve you; nothing can shake your stability, your inner peace. (4 Mar 1962) Man is endowed with intelligence, discrimination, a sense of right, and the skill to store knowledge in language and transmit it to subsequent generations. He knows that the security and stability of society is his own security and stability. The individual cannot thrive in isolation. Man has to contribute his best, for the happiness of others, so that he may be happy. (3 Feb 1972) Meet all contingencies with love. Transform everything into love and suffuse your lives with love. Then there shall be peace and stability in the world. (1 Jan 2000) The unseen is the basis of the seen; the thing that gives stability and value to it, the thing that is true and valid. The unseen alone can confer contentment and courage to face fortune as well as misfortune. Ignoring it has caused the discontent and distress prevalent in every heart and home today. (3 July 1966)

Spiritual Essence of LOVE:

Experiencing the oneness of Divinity in oneself and all creation

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Appreciation	**APPRECIATION** (appreciate: L. *ad* + *pretium*, price) Sensitive awareness; an expression of admiration, approval or gratitude; an understanding of someone or something; excellence.	There is no power more effective than love. The grammar of love makes the words enter the hearts of the listeners and moves them into acceptance, appreciation and action. (1 Apr 1974) Appreciate good thoughts, sweet speech and selfless deeds, and denounce bad thoughts, words and deeds as soon as they emerge. (31 Dec 1984) Two different characteristics are to be found among men. One characteristic, which is rather common, is for one to delude himself that he is a good man, with many virtues, intelligence and talents. The other quality which is rare, is recognition of the good qualities in others, their merits, abilities and good deeds and to appreciate their ideals. (25 Dec 1988) Acts by which you express your gratitude and affection, adoration and appreciation are really acts of holy dedication. (2 Oct 1981) If you are sincere, you will appreciate the sincerity of others. You see faults in others because you yourself have those faults. (15 Aug 1964)
Brotherhood	**BROTHERHOOD** (brotherhood: OE. *brothor* + *raeden*, brother + condition) Fellowship; alliance; related to others by common ties or interests; the whole body of persons engaged in a business or profession.	The brotherhood one has to cultivate is the readiness to give love for love, heart for heart and life for life! (12 May 1970) Combined effort is the natural mode of living. Co-operation among individuals grouped as a society guarantees security and stability. The surest sign of man's awareness of his Divine nature is the recognition by him of the bond of kinship with other men. (22 Jan 1982) Do not cause pain to any one, do not harm or injure anyone, or hurt his self-respect. Love all alike; cultivate tolerance and spread brotherliness. (20 Feb 1974) Establish unity among yourselves first; do not seek faults in others or excellences in your own selves. The Fatherhood of God and the brotherhood of man – have full faith in this and fill every act of yours with that reverence and love. (21 Apr 1967) Respect the sincerity of the other person; respect also elders and those with more experience than you. In company, behave in a well-mannered way, showering brotherhood and joy on all around you. (27 Sept 1960)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Caring	**CARING** (care: OE *caru*; akin to OHG, *kara*, to lament) Regard coming from desire or esteem; feeling interest or concern; being concerned about.	Treat all things entrusted to you with care and diligence. (23 Nov 1961) Sacrifice does not mean that you should not value things; you may even care for them. But, remember always that the joy they give is trivial and temporary. That is to say, do not develop attachment towards them. Know their real worth; do not over-estimate them. (19 Aug 1964) Do not pay more attention to the outside world than necessary; concentrate more on the inner springs of joy. In a car, the wheels that are underneath are the outer wheels; pay more attention to the wheel inside! You must care more for the inner motivator. If you are master of your feelings and impulses, you can be engaged in any profession. (22 May 1965) Investigate, examine and then, you will realise that the self is better served by serving others… Rather than concerning yourselves with the faults and excellences of others, care more earnestly for your faults; foster more carefully your own excellences. (4 Apr 1965)
Charity	**CHARITY** (charity: LL. *caritas*, Christian love; L. *carus*, dear) Benevolent goodwill toward or love of humanity; generosity and helpfulness, especially toward the needy or suffering.	Compassion, self-control, and charity – these are the three qualities that have to be cultivated by man. Compassion to curb the demonic tendencies; self-control to foster the Divine qualities; and charity to hold in check the greed that is natural to man. (28 Apr 1962) Man must cultivate charity to achieve purity. Through purity of hearts, men will achieve unity, which will lead to Divinity. The mansion of human life should be built on these four bases. (Sept. 1983) If you do not exhale the air that you inhale, your lungs will be affected. If you do not excrete the food you eat, you will have stomach disorders. Likewise, you should give money that you earn in charity with a spirit of sacrifice. There lies the bliss. (12 Mar 1999) Education, wealth and strength are necessary for everyone. But the value of each of them depends on the way you use it. When a good man gets the benefit of education, it ripens into wisdom and makes his life an ideal one. When a good man gets wealth, it is used for charity and righteous causes. Strength in a good man enables him to help the weak and serve the society. It is only when the individual is transformed and becomes good that society can be changed for the better. (7 Aug 1988)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Compassion	**COMPASSION** (compassion: L. *com* + *pati,* to bear, suffer) Sympathetic consciousness of others' distress together with a desire to alleviate it.	Compassion and kindness are born out of love. All the sublime Human Values have their origin in love. When one is filled with love, he needs no other spiritual or ritualistic practices. (25 Feb 1998) Kindness and compassion are the hallmark of a true human being. (9 Feb 1984) What is compassion? Seeing a person in distress and expressing verbal sympathy is not compassion. Compassion must express itself in action to relieve the suffering. Nor should you adopt an attitude of aloofness or indifference on the plea that each one is suffering for his own folly. Though suffering may be due to one's mistakes – mistakes to which everyone is prone – we should seek to remedy such suffering just as we try to get rid of our own suffering. True compassion should emanate from the heart. (14 July 1984) Develop compassion, sympathy; engage in service, understand the agony of poverty, disease, distress and despair; share both tears and cheers with others. That is the way to soften the heart, and help spiritual efforts to succeed. (10 May 1969)
Consideration	**CONSIDERATION** (consider: L. *considerare*, to observe, think about) Thoughtful and sympathetic regard; regarding or treating in an attentive or kindly way; thoughtful of the rights and feelings of others.	Treat the distressed, the diseased, the old, the helpless, the child with great respect and intelligent consideration. (7 Jan 1971) To act according to your inner impulse is righteousness. To speak what you feel inside is truth. To contemplate on what you experience in your heart is peace. To understand properly the promptings of the heart is non-violence. Consideration for all emanating from the heart is love. (28 May 1991) In rendering service to the poor, people should feel that they are serving the Lord who dwells in the hearts of the poor. To endow this form to the formless Divine and serve men in this way is the means of sanctifying one's actions and redeeming one's life. God will dwell in the hearts of those who are filled with thoughts of consideration for the poor and who are eager to serve them. (19 Nov 1990) Diseases are half cured when the doctors talk to the patients with love and consideration. The sick and the diseased respond favourably to your treatment once you start talking to them with love and with a smiling face. (21 Jan 1994)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Cooperation	**COOPERATION** (cooperate: L. *cooperari, co* + *operari*, to work) Acting together; associating with another or others for mutual benefit; a willingness and ability to work with others.	There can be no question of inferior or superior, when all are cooperating in one common endeavour. They are all moved by the single urge of love towards the individuals they constitute. (30 May 1979) When this vice of disunity rules, peace and prosperity can never be established in the country in spite of all the progress in technology, scholarship and spiritual exposition. They can be developed only when mutual cooperation, friendly feelings, love and compassion grow in man's heart. (22 Nov 1979) Living becomes a glorious experience only when it is sweetened by tolerance and love. Willingness to compromise with others' ways of living and cooperation in common tasks, these make living happy and fruitful. (17 Feb 1980) Unity of minds, mutual love and cooperation are the qualities we have to develop today. (18 Feb 1980) Society is the coming together of people. Cooperation among people in a society, motivated by spontaneity and by pure intentions, is the hallmark of selfless service. (19 Nov 1981)
Devotion	**DEVOTION** (devote: L. *devovere*, *de* + *vovere*, to vow) The fact or state of being ardently dedicated and loyal; setting apart for a special and often higher end.	For a sapling to grow and yield fruits, you have to water and manure it. In the same way, for your devotion to grow and yield fruits, you have to water it with love and manure it with faith. (25 Aug 1998) Devotion cannot come upon you during stated hours and fall off when you relapse into normalcy. It is a continuous, constant condition of the mind, a confirmed attitude, a way chosen and adhered to with avid attention. (8 July 1968) Even worldly activities will become spiritual if you have love. You can do your office work or business, you can also take care of your family; but whatever you do, do it as an offering to God. Let every activity be pleasing unto God. That is true devotion. (8 Oct 1998) Let love be the underlying principle in whatever you do. With love and devotion even a small spiritual effort will yield great results. (8 Oct 1998) What is the sign of devotion? Good character, good impulses, truth, love for God, discipline, and a sense of duty. The person who possesses these six traits is a true devotee. (3 Mar 1999)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Empathy	**EMPATHY** (empathy: Gk. *em* + *pathos*, feelings, emotion) The act of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts and experience of another.	Identify the group with which you work as your own self. Do not allow this to be a copybook maxim, but try to put it into daily practice. Through the group you can earn the awareness of, and empathy with the feelings of one and all. That is the spring of unalloyed bliss. (22 Dec 1971) One should have a mind filled with empathy, a vision of equality, and the conviction that fundamentally all are the same. (1 Jun 1991) Man has to recognise his indebtedness to society and his duty towards it; this is the best way to solve the troubles of the day. A chance conglomeration of humans does not become a society. It has to be welded into a unity by the consciousness of kinship of God, by sharing of each other's joys and sorrows, and the cultivation of empathy. (April 1973) The lone individual does not constitute a community. If his aspirations are self-centred they will do no good to society. Hence one should develop those sacred qualities which will promote the well-being of the society. The spirit of harmony and empathy (a sense of respect for all points of view) are essential for accomplishing anything good in life. (1 May 1987)
Equality	**EQUALITY** (equal: L. *aequus*, level) The quality or state of being equal; like in quality, nature, or status; like for each member of a group, class or society; impartial.	Where Divinity is sought after, one ought always to behave in the spirit of love, devoid of the slightest trace of hate, envy and anger… When one cultivates the inner look, one attains the conviction of the basic equality of all. (3 Mar 1974) Today we must seek to discover the unity that underlies the diversity among mankind. There may be differences among people in mental and physical prowess, or differences in the doctrines they profess and in the knowledge and skills they have. But in respect to one thing there is no distinction; the process of creation which is common to all. It is this which must make us accept the equality of all beings. (13 July 1984) Make no distinctions whatsoever in rendering service. Serve your parents, brothers, friends and even beggars alike. Divine grace will flow in abundance only when you serve with the spirit of humility and equality. (16 Oct 1999) Have the sense of equality feeding all your activity, but do not make all your acts equal with all, and for all. (27 Sept 1965)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Forgiveness	**FORGIVENESS** (forgive: OE. *for* + *gifan*, to give) To give up resentment of or claim to requital for; ceasing to feel resentment against; pardon; allowing room for error or weakness.	Even those who injure and insult you have to be forgiven and loved, for love alone can shower bliss. The spring of love is in one's own core. The source of bliss is your innermost reality. (14 Jan 1982) Do not feed anger with retaliation; do not feed hatred with fury. Forget and forgive all that has happened amongst you until this very moment; start a new chapter of love and brotherhood from now on. (28 Apr 1975) Love will drive away all bad-thoughts. It will promote the spirit of forgiveness. (23 Nov 1993) You are embodiments of strength and not weakness. Therefore, in times of despair, you should be filled with the feeling of forbearance and be ready to forgive and forget. This quality of forgiveness is the greatest power for a human being. (1 Jan 1994) Love is selflessness. Self gets and forgets; love gives and forgives. Love can never entertain the idea of revenge, for it sees all others as oneself. When a person insults you, allow wisdom to have mastery over you. Do not rush to conclusions; keep love as your guide. (16 Feb 1977)
Friendship	**FRIENDSHIP** (friend: OE. *frēon*, to love; *frēo*, free) Being attached to another by affection or esteem; showing kindly interest and goodwill; serving a beneficial or helpful purpose.	Friendship is the expression of unshakeable love; love that is noble, pure, free from desire or egoism. (24 May 1973) Friendship ought to be a spiritual bond, a heart to heart kinship based on full understanding of and pure dedication of one to another. Do not cultivate a close friendship with anybody unless you know that the motives on the other side are pure, unselfish and spiritual. Genuine friendship can only be possible between one soul and another; that is to say, between two persons who have each realised that their soul is the core of their being. (20 Aug 1978) Heart must understand heart, heart must be drawn to heart, if friendship is to last. Friendship must bind two hearts and affect both of them beneficially, whatever may happen to either – loss or gain, pain or pleasure, good fortune or bad. Each must correct the other; for each knows that they come from sympathy and love. The honour of each is in the safe keeping of the other. Each trusts the other and places reliance on the other's watchful love. Only those deserve the name "friends" who help in uplifting life, cleansing ideals, elevating emotions and strengthening resolves. (24 May 1973)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Gratitude	**GRATITUDE** (gratitude: L. *gratus*, grateful) Conscious of and feeling appreciation for benefits received; pleased by reason of comfort supplied or discomfort alleviated; thankfulness.	Try to offer people your love; they will respond with lasting gratitude. Give them clothes, houses – they are apt to lose them. Give them education; they may or may not use it for their good. But, give them love; they will imbibe it gratefully and fill their hearts with it and be happy as never before. (6 Nov 1967) Work since that is the way you can offer God the gratitude for the skills God has endowed upon you. This kind of work leads to wisdom. Wisdom means the recognition of the immanence of the Divine in every being. (1 Jan 1971) There must be gratitude for the chance of life, for the blessings of the beauty and bounty of nature, and a realisation of the more durable values of life. (5 Apr 1962) There are three things required to be done in life. You should try to do good to those that have done harm to you. You must forget the harm done by others and also the good you have done to others. You must remember the good that has been done to you as something sacred. You must express your gratitude to them. (11 May 1998)
Happiness	**HAPPINESS** (happy: ME. *hap*, happy) A state of well-being and contentment; joy; a pleasurable or satisfying experience; an atmosphere of good fellowship.	If man is to enjoy enduring happiness, he must discover the source of such happiness. That source is love. There is nothing greater than love in this world. Everything has a price. The price to be paid for enduring happiness is Divine love. Without love, no object can give you real happiness. (1 Jan 1998) Divine presence will give you real happiness. It is the only permanent happiness in this world. There is no sorrow, no unhappiness, and no worry in the Divine presence. (12 Oct 2002) One must try continually to see how one's wealth or talents, knowledge or qualities can be utilised to promote happiness among others. (11 Oct 1983) Learn to be happy and content where you are; have inner riches, not outer acquisitions. (26 Mar 1965) The joy felt in the mind is intellectual pleasure. The joy experienced by the heart is Divine bliss, which is immeasurably greater than the joy of the mind. (23 Nov 1999)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Kindness	**KINDNESS** (kind: OE. *cynd*, akin to OE. *cynn*, kin) The quality or state of having a sympathetic, forbearing or helpful nature.	The language of the heart is expressed through sympathy, kindness, service, love, brotherliness. That is the language that really matters; that language can be understood by every one… (30 Apr 1961) All practices have to be directed towards softening your heart so that it will flow with kindness and love. Develop this feeling of compassion and allow it to flow fully and spread among all the peoples of the world. (30 Mar 1987) Kindness should be shown towards those who are in a lower position than ourselves in respect to age, wealth, health, status, education, and the like. Only then compassion becomes meaningful and valuable. (20 Jun 1989) Man has two important organs: the head and the heart. The head is ever engaged in seeking external objects; its chief characteristic is preoccupation with the external. Qualities like truth, love, kindness, forbearance and compassion, which are signs of inner vision, emanate from the heart. (24 Aug 1989) There is no greater spiritual path than the path of love. It is through love that such noble qualities as kindness, compassion and sympathy are fostered. (9 July 1998)
Loyalty	**LOYALTY** (loyalty: ME, loyaltee; from OF. loialte; from L. *legalis*, legal) Unswerving in allegiance; faithful to a person, cause, ideal, or institution; fidelity.	You must know what truth is and develop love and loyalty to it. And remember, acts of virtue grow out of overcoming selfish desire through selfless sacrifice. You must keep high ideals before you and be prepared to sacrifice even your lives to achieve them. (22 Nov 1979) When you claim to have devotion, the question naturally arises, where have you placed your attachment, your affection, your unswerving loyalty and why? (14 Oct 1964) God can best be defined as “love” – for all nature is immersed in love, all beings are bound by love, all are drawn by love. Love is in all, love is of all, love is all. As affection, sympathy, attachment, fraternity, loyalty, reverence, adoration, patriotism, love expresses itself in many directions. (June 1967) Love is the spring wheel of a factory. One has to work along with hundreds of others, with different temperaments, so one has to learn forbearance and equanimity. One has to create an atmosphere of tranquillity around oneself. Tranquillity can be promoted, if each one does his duty, faithfully and efficiently; that is the highest spiritual discipline also. (3 Feb 1972)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Purity of heart	**PURITY OF HEART** (purity: L. *puritas*, from *purus*, pure) Pure: free from what vitiates, weakens or pollutes; containing nothing that does not properly belong; free from moral fault or guilt. (heart: OE. *heorte,* heart; Gk. *kardia*, heart) Heart: one's innermost character, feelings or inclinations; compassion; love; courage.	The man filled with love has great peace of mind, is pure at heart and is unruffled by any adverse circumstances, failures or losses. (9 Oct 1989) Whatever good results you want to secure in the external world, inner purity is the basis. (1 Jan 1993) Through right action one achieves purity of heart, which leads to the acquisition of the higher spiritual knowledge. When right action is coupled with wisdom, there is true service. (18 Nov 1984) Eternal values like truth, love, patience and compassion emanate from the heart. What comes from the head is worldly and ephemeral. What comes from the heart is transcendental and eternal. That which comes from the heart leads to the inward path. But, all that comes from the head leads to outward path. (26 Apr 1999) To develop a spiritual outlook and to inspire it in others, one has to possess purity of heart. Spiritual wisdom can dawn only when there is purity of heart. (7 Oct 1993)
Sharing	**SHARING** (share: OE. *scearu*, cutting) Partaking of, using, experiencing, occupying, or enjoying with others; granting to another or to give a share in; having or using in common with another or others; apportioning.	Understand the deep significance of service; it will lead to your becoming ideal leaders, who are in great need today, all over the world. You fulfil yourselves by sharing; you empty yourselves by grabbing. …speak to all and of all with love blooming out of adoration; let your hands give, never take what is not yours. (7 Jan 1970) The main purpose of life is the acquisition of Divine bliss, and the sharing of that Divine bliss with others. (8 July 1971) Love alone confers lasting happiness and peace. Sharing alone can reduce grief and multiply joy. Man is born to share, to serve, to give and not to grab. (April 1973) Cultivate love, pure, unsullied by selfish desires. Share that love with all your brothers and sisters of all creeds, colours, climes. When your neighbour prays to God, do you not feel kinship with him? He may be asking in another language, in another style, in the formalities of another creed, but his hunger and thirst are the same as yours. His bliss and grief are the same as yours. Share that bliss; sharing heightens it for both. Share that grief; sharing lowers it and robs it of its bite. Let your love flow into the hearts of others. (8 July 1968)

LOVE	DEFINITION	SATHYA SAI BABA QUOTE
Sympathy	**SYMPATHY** (sympathy: Gk. *sympathēs*, having common feelings) An affinity, association or relationship between persons wherein whatever affects one similarly affects the other; emotional or intellectual accord; the act or capacity of entering into or sharing the feelings or interests of another.	Practice the attitude of joy when others are joyful and of grief when others around you are grieved. Let your heart move in sympathy. But the joy and grief have to be translated into service; they should not be mere emotions. (23 Apr 1961) When love embraces humanity, we call it compassion, the quality not of pity but of sympathy: sympathy which makes one happy when others are happy, and miserable when others are unhappy. (24 Mar 1958) Love creates sympathy; love will show the way where hatred can only confound. (19 Oct 1966) Love is the absence of hate, absence of dislike and prejudice; it also means the positive virtues of sympathy and affection, so that you grieve when others grieve and exult when they are happy. (23 Nov 1966) Do not merely speak from platforms the excellence of such qualities as charity, service, sympathy, equality, and secularism, etc. Descend and practise a few sincerely. When your neighbour is in the throes of a serious illness, do not rest content with the idea that you are happily free. No one is free if even one is bound. (25 Feb 1964)
Unity	**UNITY** (unity: L. *unus*, one) The quality or state of oneness; a condition of harmony or accord; a totality of related parts.	Just as the same electric current passes through all electric gadgets of various types and sizes, so also Divinity is common in all beings. Stars are many, sky is one; cows are of many colours, milk is one; jewels are many, gold is one; beings are many, breath is one; countries are many, earth is one. Therefore you should comprehend the One in many, the unity in diversity. (18 Apr 1998) True spirituality consists in the unity of thought, word and deed in all their purity and sacredness. (5 Feb 1998) Man is enveloped in the phenomenal and the spiritual; his vision is affected by the material outlook and the spiritual outlook. Unable to harmonise the two, man regards them as distinct from each other. The unity of these two represents the true Divine principle. (25 Feb 1998) Equanimity comes as a result of the awareness of unity, not otherwise. (30 Sept 1968) You must feel the pain of others as your own; you must be happy when others are happy. That is the way to realise the unity of all. (18 Apr 1971)

Spiritual Essence of NON-VIOLENCE:

Regarding and treating everyone and everything in creation as Divinity

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Appreciating cultures	**APPRECIATING CULTURES** (appreciate: L. *ad+pretium*, price) Appreciating: grasping the nature, worth, quality or significance of; judging by heightened understanding. (culture: L. *cultus*, care) Culture: the beliefs, social forms, and material traits of a racial, religious or social group; the shared attitudes, values, goals and practices that characterise a company or corporation.	Accept good things from other cultures: the things that help you to control the vagaries of the senses and the mind to investigate and discriminate more clearly. (15 Aug 1964) If man knows his real nature, he will give no room for weakness or cowardice. That is the main aim of any culture, to cultivate mental calm, mental courage, to make everyone feel kinship with everyone else. (17 Feb 1964) The value of an individual depends on his or her culture. The real meaning of the word culture lies in giving up bad thoughts and bad actions and cultivating sacred thoughts and noble deeds. The country is not a mere piece of land; it is an assemblage of citizens. For the country to progress, the citizens have to cultivate the moral, ethical and spiritual values. (26 Jul 1999) Strive for the welfare of the whole world. The world is like a big mansion. All countries may be compared to different rooms. Do not have the narrow feeling that only your country should be happy. Be broad-minded. Pray for the welfare of all nations. (25 Dec 1998)
Broad-mindedness	**BROAD-MINDEDNESS** (broad: OE. *brad*, broad) Broad: extending far and wide; spacious; open and full; tolerant. (mind: L. *mens*, mind) Mind: the element or complex of elements in an individual that feels, perceives, thinks, wills and reasons; intention.	You are the embodiment of peace. You are the embodiment of truth. You are the embodiment of love. You are the embodiment of righteousness. You are the embodiment of non-violence. You are everything and everything is within you. Develop this broad-mindedness. (26 Sept 2000) The entire humanity is one family. All are brothers and sisters. It is impossible to describe in words the happiness you will experience when you develop such broad-mindedness. Hence, make every effort to visualise Divinity in humanity. (1 Jan 2003) Strive for the welfare of the whole world. The world is like a big mansion. All countries may be compared to different rooms. Do not have the narrow feeling that only your country should be happy. Be broad-minded. Pray for the welfare of all nations. (24 Dec 1998)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Concern for the welfare of all	**CONCERN FOR THE WELFARE OF ALL** (concern: LL. *concernere*, to sift together, mingle) Concern: relating to; having an influence on; being of importance; marked interest or regard. (welfare: ME, *wel faren*, to fare well) Welfare: the state of doing well, especially in respect to good fortune, happiness, well-being or prosperity.	Spiritual discipline starts with the question, "What am I contributing to the welfare of my neighbour?" Not, "What am I collecting from my neighbour?" (22 Nov 1969) Remember that world welfare and peace cannot be achieved without selfless service to mankind. (17 Nov 1985) The welfare of the world depends on the welfare of society; the welfare of society depends on the welfare of the individuals who comprise it. The individual by his thoughts, words and deeds develops or undermines the welfare of society, and thus affects the world. (22 Dec 1971) You should merge your welfare with the welfare of the world. How can you be happy when your neighbour is in misery? Therefore, I call upon you to give up praying for your own advancement; pray for the peace, prosperity and happiness of all humanity, irrespective of clime or colour. (7 Oct 1970) Speak with sweetness and concern with everyone. Such pleasing speech has become scarce. We hear harsh words all around. Speak softly and sweetly. Then all will become your friends. (10 Sept 2000)
Courage	**COURAGE** (courage: OF. *cuer*, heart; L. *cor*, heart) Mental or moral strength to venture, persevere, and withstand danger, fear or difficulty; firmness of mind and will in the face of danger or extreme difficulty.	When a conflict arises between precept and practice, man should stand up to the situation with courage and make an effort to tread the sacred path. (4 Nov 2002) The spiritual adventure, the spiritual leap from darkness into light needs extraordinary courage, and Divine Grace is the reward for courage. (22 Nov 1970) Self-confidence is the source of courage. We should cultivate self-confidence, first and foremost. (16 May 2002) You must adhere to truth and not succumb to falsehood or unrighteousness. Face with courage the vicissitudes of life. (25 Dec 1988) You should have firm faith that whatever happens is good for you and face any possible occurrence with courage. You will find fulfilment only when you act with courage and conviction in the face of adversity. (15 Jan 2000)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Ethics	**ETHICS** (ethics: L. *ethice*; Gk. *ēthikē*) The discipline dealing with what is good and bad and with moral duty and obligation; a set of moral principles or values; a theory or system or moral values.	Ethical transformation depends on social transformation. Social transformation is related to spiritual change. Without spiritual transformation, social progress tends to become adverse to human advancement. Spiritual transformation is the basis for ethical transformation. (16 Jun 1983) Only spirituality can promote ethical values, the spirit of tolerance and equal-mindedness. (24 Sept 1987) The best way to resolve the confusions and conflicts that hamper moral, ethical, material, technological and spiritual progress is for man to live as fully as man ought to, and rise to the height of the Divine that is his reality. (25 Dec 1980) Raising the standard of living must also mean raising ethical, moral and spiritual standards. (8 Mar 1981) Ethics is of paramount importance for anyone who calls himself a human being. It comprises many qualities: regard for society, reverence for the human personality, love for one's country, care for one's physical well-being; love for one's kith and kin and yearning for knowledge. These should be regarded as the five life-breaths for man. (May 1986)
Fairness	**FAIRNESS** (fair: OE. *faegar*; akin to OHG *fagar*, beautiful) Marked by impartiality and honesty; free from self-interest, prejudice or favouritism; an elimination of one's own feelings, prejudices and desires so as to achieve a proper balance of conflicting interests.	Doing one's duty diligently is not enough. Men have to cultivate other qualities like love, sympathy, fairness, compassion and forgiveness. Only when one has these qualities will he be able to render dedicated service. (21 Nov 1988) What is the kind of work you should take up? It should be work that can benefit the nation, the community. You must ask yourself: "What is the service I can do for the community?" You must see that there is no untruth in any work you do, no unfairness, no fraud. (29 Dec 85) Marketing practices should be fair to the consumers and there should be justice in the dealings with the workers. (10 Feb 1990) The wealthy should realise that money should be earned by righteous means and used for right purposes. True happiness can be got only from wealth acquired by fair means. Money got through exploitation of others will lead to suffering in one way or another. (19 Nov 1990)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Fearlessness	**FEARLESSNESS** (fear: OE. *faer*, sudden danger) Free from anxious concern; free from painful agitation in the presence of or anticipation of danger.	Be fearless. Lead your life without fear disturbing it. Do not be guided by the opinions and advice of others around you into actions not in line with your conscience. (23 Nov 1999) One filled with Divine love will be fearless, will seek nothing from others, and will be spontaneous and selfless in expressing his love. (20 Jun 1996) Be fearless. When you face difficulties with courage, you are bound to succeed. Hence, have confidence in yourself and achieve success in all areas of life. (14 Jan 1997) Cleanse the mind and mould it into an instrument for loving thoughts, for expansive ideas. Cleanse the tongue and use it for fostering fearlessness and friendship. Cleanse the hands; let them desist from injury and violence. Let them help and lead, heal and guide. This is the highest spiritual discipline. (6 Mar 1970)
Gentleness	**GENTLENESS** (gentle: L. *gentilis*, of one's family; from *gignere*, to beget) Mildness of manners or disposition; kindness; amicable; free from harshness, sternness, or violence; softness; delicateness.	Reveal in gentle words the reason why you do not allow certain things to be done or you require certain other things to be done. Soft speech reaches the heart quicker and deeper. Win the willing co-operation of people, not their resentful acquiescence. Do not rely on harsh behaviour or violent means. (16 Oct 1974) If you speak harshly to another, he too talks loud and harsh; angry words cause more angry words. But, if you use soft and sweet words when another is angry towards you, he will calm down, he will be sorry that he used his tongue in that way. Do not shout, do not talk longer than necessary, do not talk when there is no need to talk when you speak to some one or some group. (16 May 1969) When we fill the air with harshness, we become harsh in nature. When we fill the atmosphere with hatred we, too, have perforce to breathe the air, and are hated in turn. When we saturate the air with sounds full of reverence, humility, love, courage, self-confidence and tolerance, we benefit from those qualities ourselves. (14 Nov 1976) Love all, greet everyone with a smiling face, eschew harsh language. A soft answer turneth away wrath. (21 July 1993)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Global awareness	**GLOBAL AWARENESS** (globe. L *globus*, sphere) Global: of, relating to, or involving the entire world; of, relating to, or applying to a whole. (aware: OE. *gewaer,* careful, wary; akin to OHG. *giwar,* attentive) Awareness: having or showing realisation, perception or knowledge; vigilance in observing or alertness in drawing inferences from what one experiences.	The whole world is a mansion and the entire humanity is one family. We live under the same sky, tread the same earth, breathe the same air and drink the same water. So, it is foolishness to develop diversity in this underlying principle of unity. (29 Sept 1998) Serve the whole world. Understand the truth that you are born to serve the society. Do not lead a selfish life amassing wealth. Your life will be sanctified only when you help the poor, the sick and the downtrodden. (18 Nov 1999) Serve society and work for its welfare. Develop the desire that the whole world be happy. That is the correct spiritual practice. (12 Oct 1998) Truth, righteousness, love, compassion, these need to be well taken care of, nourished, and protected. These need to be protected for the sake of the self and for the benefit of the whole world. (3 Mar 1999) For man, it is the collective that is fundamental and not individualism. No one can live in this world all by himself. "Let us live together; let us struggle together; let us grow together in joy and harmony." This was the teaching of the ancient Indian scriptures (Vedas). (25 Dec 1990)
Good citizenship	**GOOD CITIZENSHIP** (good: OE. *god*; akin to OHG. *guot*, good) Good: of praiseworthy character; well-founded; deserving of respect; virtuous; conforming to the moral order of the universe. (citizen: OF. *citiein¸*from *cite,* city*)* Citizenship: membership in a community; the quality of an individual's response to membership in a community.	It is the duty of man to see in society the expression of Divinity, and to use all his skill and effort to promote the welfare and prosperity of society. Men must cultivate: (1) this expansive feeling, (2) this inclusive thinking and (3) this intuitive vision. (1 Mar 1974) Honesty and integrity are essential for the bright future of the individual. Likewise, national character and patriotism are necessary for the welfare of the country. When integrity and patriotism are developed in an individual his vision becomes broad and his outlook balanced. (26 Aug 1988) The well being of society is bound up with the transformation of the individuals composing it. Righteous individuals alone can build a righteous community. A pure mind is essential for pure thoughts, pure vision and pure speech. (5 Feb 1998) True spiritual practice lies in joining hands with rest of the community and working for the progress of the society as a whole. (21 Nov 1999)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Harmony	**HARMONY** (harmony: L. *harmonia,* from Gk. *harmos*, joint, harmony) Marked by accord in sentiment or action; internal calm; tranquillity.	Resolve to live in harmony with all around, to live in a state of perfect peace, to love everyone and to dedicate your life to the service of fellowmen. This is the pathway to Divinity and everlasting peace. (23 Nov 1966) When the heart is filled with love all actions will be suffused with love. The harmony of heart, head and hand symbolises the true human life. (26 Jul 1999) In order to promote harmony, the first rule you must follow is control of the tongue. Do not give all your thoughts immediate expression; select, ponder, and then, speak out. Speak softly, sweetly, without malice in your heart; speak as if you are addressing the Divine who resides in every one. (21 Sept 1960) The ancient sages stressed the need for unity and cooperation among human beings. They said, "Let us move together, let us grow together, let us grow in intelligence together, and let us live in harmony with each other without giving room for conflicts." (13 Apr 2002) The mark of good action is harmony in thought, word and deed. When there is no such harmony, the action belies what is said or thought. (5 Feb 1998)
Helpfulness	**HELPFULNESS** (help: OE. *helpan;* akin to OHG. *helfan*, to help) Of service or assistance; giving assistance or support to; making more pleasant or bearable; improving, relieving or benefiting; furthering the advancement of; changing for the better.	Let all your activities be helpful to others. Help ever, hurt never. You cannot say that you are leading a problem-free life. Who knows what is in store for you the next moment! If you wish to be always happy, pray for the welfare of others. This is real spiritual discipline. (25 Dec 2002) A society, community, or nation can be safe, secure and happy only when the individuals comprising it are mutually helpful and bound together in skilful and sincere service. (28 Dec 1986) Sacred, pure and helpful activities constitute right conduct. It is such conduct that is conducive to the blossoming of human excellence. (16 Aug 1987) Perform good and pure acts. Lead an exemplary life. Be helpful to others. Dedicate your life to the uplift of humanity. (1 Jun 1990) Be helpful to others; then, your conscience itself will appreciate you and keep you happy and content, though others may not thank you. (6 Apr 1965)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Justice	**JUSTICE** (just: L. *justus*, right) The principle or ideal of just (what is morally upright or good) dealing or right action; righteousness; conformity to truth, fact or reason; correctness.	The heart is the seat and foundation of justice. (Summer Showers in Brindavan, 1993 pg. 69) It is only when we resist acts of unrighteousness and injustice and try to put down malpractices in society that we can claim to be assisting in the task of restoring righteousness. (11 Oct 1986) Science without discrimination, human existence without discipline, friendship without gratitude, music without melody, a society without morality and justice cannot be of benefit to the people. (22 Nov 1987) Running a business honestly must be regarded as a form of social service and spiritual discipline. In the practice of righteousness, marketing practices should be fair to the consumers and there should be justice in the dealings with the workers. (10 Feb 1990) Be always devoted to good and self-less activities. When you see injustice and wickedness in others, examine your conduct and character first; for, what you see in others might be the result of what is in your own self. (17 Mar 1973)
Refusal to hurt	**REFUSAL TO HURT** (refuse: L. *refutare*, to refute) Refusal: showing or expressing unwillingness to do or comply with; renouncing. (hurt: OF. *hurter*, to collide) Hurt: inflicting with physical pain; doing substantial or material harm to; causing emotional pain or anguish; offence; suffering pain or grief.	Do not cause pain to others by using harsh words. In fact, others are not others but your own self, since the same Divine principle is present in all. Never speak in such a way as to hurt others. (5 Jul 2001) You will become Divine when you realise the oneness of all human beings. You belong to the same universal family. So, you should not hate or harm anybody. Hurting others amounts to hurting your own self. (16 July 2001) Refrain from doing that which causes grief to others even if it were to give you happiness. Do unto others what you do unto yourself. "Help ever; hurt never." Do not harm or hurt anyone. Do not develop ill feelings towards anybody. Even if people were to hurt you or curse you, do not refrain from loving them. (24 Nov 1998) The hands have been given not to hurt others, but to earn one's livelihood and perform acts of charity. (10 Sept 2000) You should not speak an untruth because it may be pleasing to one. Nor should you speak out the truth when it is likely to hurt a person's feelings. Every man should speak the truth, but it should be truth that is pleasing. (24 May 1991)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Respect	**RESPECT** (respect: L. *respicere*, to look back, regard) An act of giving particular attention; consideration; high or special regard; the quality or state of being esteemed.	Respect and be respected. Practice before you preach. (26 Jul 1999) Always respect another's opinion and another's point of view. Do not start a quarrel at the slightest difference of opinion. He may be right and you may be wrong. Ponder over his argument; he might have had the advantage of knowing more about the subject or you may be prejudiced either for or against... (25 Nov 1959) Do not place your needs first, your joy first. Consider the needs of others, the bliss of others, as even more important. Respect elders and cultivate cordiality between brothers and sisters, teachers and students, employers and employees, etc. (19 Aug 1964) You should not have the feeling that only your country should be happy. You should pray for the welfare of the entire world. Only when you have such a broad feeling, you will be respected. No one will respect you if your behaviour and words are not proper. (27 Sept 1998) The one with anger will never be successful. He ruins his property and loses his respect. He will commit sinful deeds and be rejected by one and all. (27 Sept 1998)
Sacrifice	**SACRIFICE** (sacrifice: L. *sacer* + *facere*, to make sacred) Giving up or renouncing, especially for an ideal; an act of offering to a deity something precious.	Among the good qualities which man has to cultivate, the most important is sacrifice. Sacrifice is ordinarily equated with charity or generosity. However, there is a great difference between charity and real sacrifice. Sacrifice transcends charity and compassion. It is the readiness to part with a smile the things which one loves, including one's life. (11 Oct 1983) Eating is followed by elimination; inhalation has to be followed by exhalation; blood has to flow in and flow through to circulate and maintain health. Taking in has to be succeeded by giving up; they are the obverse and reverse of the same process. This is true of individuals, societies, nations and the human race. Progress and peace depend upon sacrifice, renunciation and service. (19 May 1969) It is worthwhile for man to know the characteristics of the mind and the ways to master it for one's ultimate benefit. The mind is prone to gather experiences and store them. It does not know the art of giving up. As a consequence, grief, anxiety and misery continue simmering in it. If only the mind can be taught sacrifice, one can become a spiritually serene person. (8 Jan 1983)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Satisfaction	**SATISFACTION** (satisfaction: L. *satis-facere*, to satisfy) Fulfilment of a need or want; contentment; a source or means of enjoyment; atonement; convinced assurance or certainty.	Man should regard power or position as a moral assignment carrying the obligation to discharge the duties relating to it. It is only when all actions are done in this spirit of moral imperative that man can experience genuine happiness and satisfaction. (May 1986) It is not merely living for himself that man has been born. Only by dedicating his life for the service of society will he ennoble himself and achieve self-satisfaction. (25 Dec 1998) The service that you render must reward you, not only with your satisfaction, but with the satisfaction of those whom you serve. (14 Nov 1975) Man has also spiritual urges and needs. While the physical urges are transient and temporary, the spiritual ones have deeper sources and longer satisfactions. They clamour for purity and unity. (14 Jun 1983) Every person should seek all the four objectives of life by associating the acquisition of wealth with virtue, and satisfaction of desire with spiritual liberation. (14 May 1984)
Self-control	**SELF-CONTROL** (self: OE. akin to OHG *selb*, self; L. *suus*, one's own) Self: the entire person of an individual; an individual's typical character or behaviour. Control: regulation; having power over; power or authority to guide or manage; restraint; reserve.	The self-controlled person, by discovering his Divine nature, can illumine the world around. (31 July 1986) Regulation must come from within, not from without; people must control themselves through their own innate strength, not get controlled through fear of someone or desire for temporary gain. Self-control promotes self-reliance, self-knowledge and self-advancement. (3 Aug 1966) Life should be governed by definite regulations. Self-control is essential for leading a righteous life. (21 Jan 1988) Practise self-control with steady faith. Then it is a source of strength. (19 Feb 1966) One should not act on the impulse of the moment immediately a thought occurs. The rights and wrongs of an idea should be examined, and only when the heart approves of a certain course, should action follow. This is the process of cultivating values. (24 Sept 1987) Pure, wholesome food promotes self-control and intelligence… So for the spiritual aspirant, wholesome food is very necessary. (10 Oct 1961)

NON-VIOLENCE	DEFINITION	SATHYA SAI BABA QUOTE
Selfless service	**SELFLESS SERVICE** (self: OE. akin to OHG *selb*, self; L. *suus*, one's own) Self: the entire person of an individual; an individual's typical character or behaviour. Selfless: having no concern for self; unselfish. (service: L. *servire*, to serve) Service: being of help, use or benefit; contributing to the welfare of others.	Every man has to return to society by way of service what he has received from it. That service should be rendered selflessly in a spirit of sacrifice. Service is thereby converted to spirituality. (3 Feb 1994) Whatever service we render should be done with a sense of selflessness, and then we may reach the highest stage in life. (DD 1987 pg. 4) Every educated person should engage himself or herself in selfless service to society, with humility and a pure heart. (5 Jun 1994) The human body is meant to serve others, not to indulge in selfish deeds. Eschew selfishness; take to selfless service. Understand that the same Self exists in everybody. With such a feeling of oneness, make efforts to alleviate the suffering of your fellowmen. (14 Apr 2001) Continue selfless service wherever you are. Seek chances of helping others. Never lose an opportunity of using your skills and enthusiasm for the alleviation of sorrow, pain or distress. (21 May 1970)
Tolerance	**TOLERANCE** (tolerate: L. *tolerare*, to ensure, put up with; L. *tollere*, to lift up) The act of allowing something; fortitude; stamina; sympathy or indulgence for beliefs or practices differing from or conflicting with one's own; capacity to endure pain or hardship.	In every act, have tolerance, patience, and mutual help. In the family, cultivate patience and mutual respect; in the community, have righteousness and justice; in the community of peoples, have the ideal of peace. (25 Jun 1960) Be calm when anger tries to inflame you. How can you put down fire with fire? Reason out and convince yourself that tolerance, forbearance, love and sweetness can alone ensure peace for yourself and for society. (4 Apr 1973) Goodness, compassion, tolerance – through these three paths one can see the Divinity in oneself and others. . (Apr 1973) All efforts are now being concentrated on the production of more food, the building of more houses and the manufacture of more cloth. But what is most needed today is a total effort to make man manifest more tolerance, more humility, more brotherliness, more compassion and deeper awareness of the springs of joy and peace that lie within the heart of each one. (14 Nov 1975)

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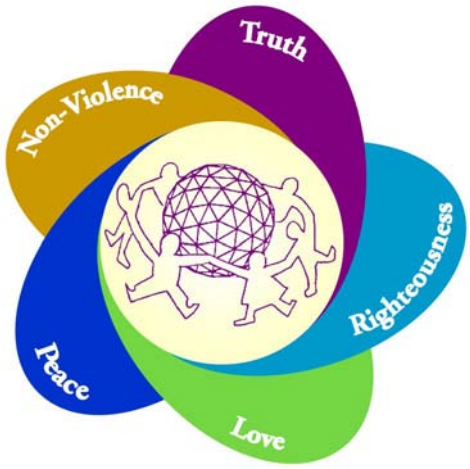

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