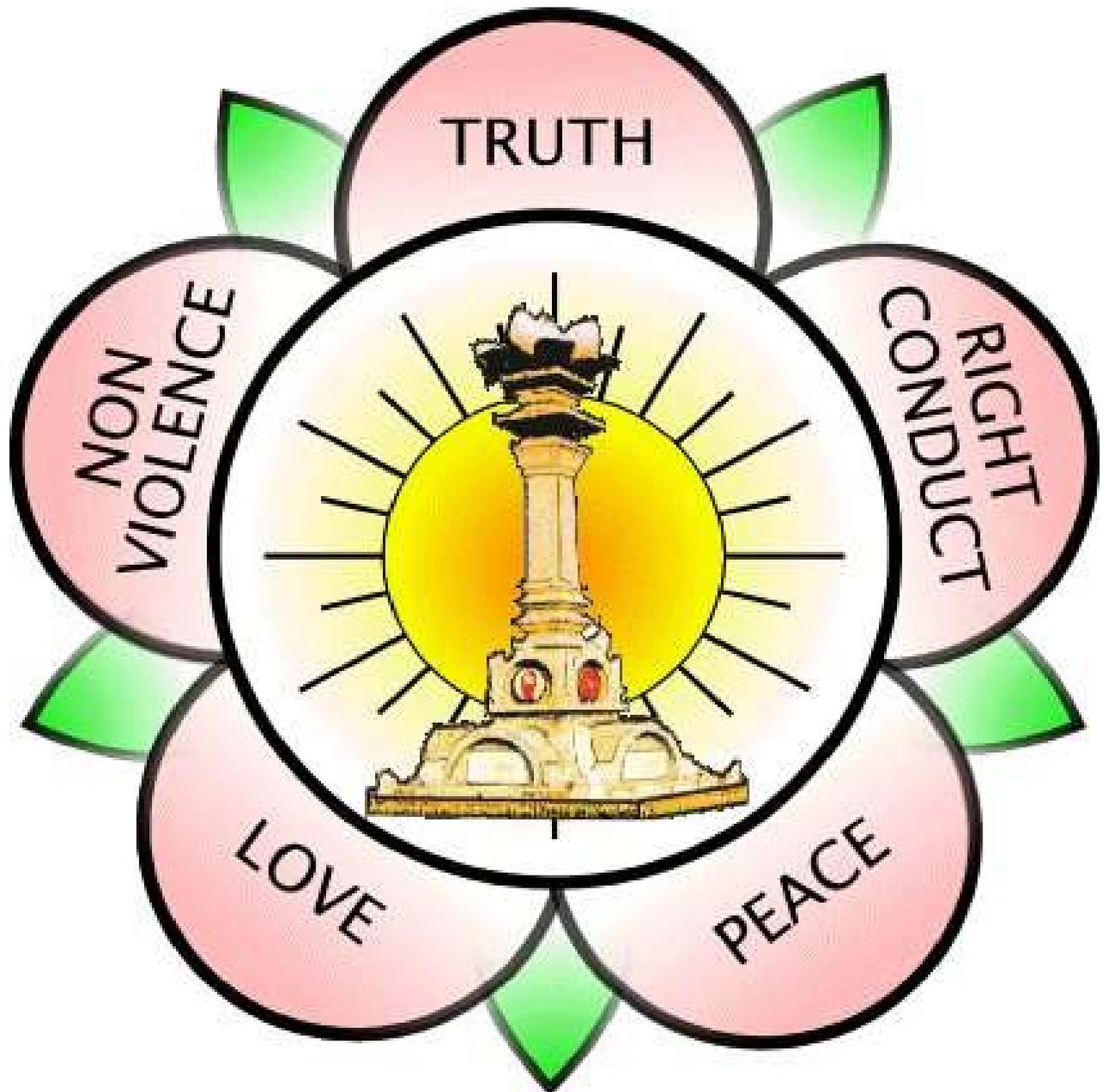


# Human Values – Lesson 8



We learned in the last lesson that there are five basic human values essential for everyone. Those are Truth, Love, Peace, Right Action, and Non-Violence.

Peace is the state of being quiet, calm and free of emotional disturbance. Peace is not idleness but a sound and balanced mental state which learns to find rest in action and which utilizes all the inherent vital energies to create a perfect harmony in action. This could be achieved through optimism and introspection.

**Today's lesson is on -**

**Human Value:** *Peace*

**Sub Value:** Optimism

**Objective:** If we are optimistic, peace will reign supreme in us even in the most trying circumstances, when others of weaker will would crack and succumb to pressure and flounder. Optimism would lead a person to great heights of success.

**Quotation:** Peace is essential for sharpness of intellect. Santhi (Peace) develops all the beneficial characteristics of man. Even farsightedness grows through santhi. Through that, obstacles and dangers can be anticipated and averted.

**Story:**

Optimism is a quality which keeps the morale of a person high does not let the same sag. Cultivation of this virtue will enable a person to enjoy peace even at the most trying circumstances.

Mahatma Gandhi set up the Sabarmathi Ashram in which the inmates are bound by a certain code of conduct like Satyagraha, etc. In that pre-independence era, India also suffered from certain social evils like untouchability, etc. Mahatma was very much against this practice and did everything possible to root this out from the minds of the people. He faced stiff resistance from even some of his followers on this.

Once, there was a rift between Mahatma and some rich businessmen who were supporting the Ashram's expenses on this issue of untouchability. The Mahatma was relentless in his campaign against this practice. There was an orphanage attached to the Ashram with children drawn from the lower strata of society, who were known by the word 'Harijan', meaning 'Children of God'. The businessmen wanted to show their displeasure to Mahatma by stopping to fund the ashram and the Orphanage. Slowly the stock of the grains in the ashram and the school got over and on one day, nothing remained of the food grains stock. The cooks came to Mahatma and told him that they have nothing to cook the next day and wanted Mahatma to find a solution for the same. However, Mahatma went into solitary prayer and said with conviction that God would

definitely provide food to the children, the next day and ever thereafter. The next day, the cooks came to Mahatma Gandhi in the morning and sought his instructions on serving food. Mahatma told them to ring the bell at the usual time and that God would definitely provide food.

At the lunchtime the school bell rang and the children trooped into the canteen hall and sat on the floor. Mahatma instructed the volunteers to place the empty food plates in front of the children. He then started uttering his prayers. Within the next few minutes, a Jeep came screeching at a high speed and stopped in front of the school. Two men came rushing into the hall and told Mahatma that they have brought some food for distribution and sought his permission to do the same. Mahatma then enquired them about how they came to decide to bring the food to the school. The men said that they are celebrating a marriage ceremony in their household and that God came in their dream and told them to take some food for distribution to the poor in the Sabarmathi ashram.

A similar incident also happened in the life of Swami Vivekananda. Swami Vivekananda was travelling in the state of Bihar in a Railway train. He did not carry any food to eat nor did he have money to buy some food. A businessman was sitting opposite to him and he carried a good lunch case and was merrily eating the same without the least courtesy of offering some to Swami Vivekananda sitting in front of him. He then criticized Vivekananda for conducting the life of an ascetic and said that the ascetics are lazy people who are wasting their time in the meaningless pursuits and that if only Vivekananda was doing some business activity like what he has been doing, he would not be suffering for want of food.

Swami Vivekananda maintained absolute silence in spite of the provocative behavior of the person. Vivekananda remembered the words of Lord Krishna from the Bhagavad Gita in the sloka

***Ananayschintham Ye Janah Paryu Pasathe,  
Thesham nithyabi yukthanam  
Yogakshemam vahamyaham***

Meaning, the Lord takes care of the total welfare of a devotee who has no other thought other than God Himself.

He was optimistic that God would definitely take care of his and that he needs nothing to worry about his food requirement. When the train stopped at the next station, two people from that place came into the compartment and searched for Vivekananda and on finding him gave him a

feast with variety of dishes and sweets. Vivekananda told them that they have mistook him for a wrong person and that he is an ascetic whom they may not be looking for. To this the two villagers said that God came in their dream and told them that an ascetic is travelling by this train who is hungry and needs to be served with food and He asked them to carry the food packet and go and look for the ascetic. Vivekananda realized the truth in the promise given by God and conveyed his heartfelt gratitude to him.

Questions:

- What is Optimism?
- How does this help one in facing the odd circumstances in one's life?
- How did Mahatma Gandhi and Swami Vivekananda have displayed this quality in their lives in the above mentioned stories?
- Does optimism mean blind belief of faith?
- Can an inefficient person hope to be optimistic?
- What are the pre requisites of optimism?

**Human Value:** Peace

**Sub-value:** Introspection

**Objective:** A genuine introspection on our mistakes will give us the best insight into the solution and the faithful and sincere practice of the solution will give us tremendous amount of inner peace.

**Quotation:** Only he, who is smitten with the arrows of love, knows its power.

**Story:**

Mahatma Gandhi, the father of our nation, was a man of great qualities. Still he was not without his failings in his younger days. In his book titled "My experiment with Truth", he has confessed to doing certain misdeeds like smoking, meat eating, etc. In his early teens, he stole some money from his father and once little gold from his elder brother's armlet. However, he could not bear his act and resolved never to steal again. He also made up his mind to confess to his father. But he dare not speak to him on this. Not that he was afraid of his father beating him. But he was afraid of the pain that he should cause him by this confession. He felt that the risk should be taken and that there could be no cleansing without a confession.

He decided at last to write out the confession, to submit to his father and ask for his forgiveness. He wrote it on slip of paper and handed it to his father himself. In that note not only did he confess his guilt, but also he asked adequate punishment for it, and closed with a request to him not to punish himself for his offence. He also pledged never to steal in the future.

He was trembling as he handed the confession to his father. His father was then suffering from a fistula and was confined to bed. His bed was a plain wooden plank. He handed him the note and sat opposite the plank.

His father read it through, and pearl, drops trickled down his cheeks, wetting the paper. For a moment he closed his eyes in thought and then tore up the note. He had sat up to read it. He again lay down. Gandhiji also cried. He could see his father's agony.

He started introspecting about his act and the resultant effect of the same on his dearest father. Those pearl-drops of love cleansed his heart, and washed his sin away. His introspection on this event has caused a great change in his life thereafter. He says that a clean confession, combined with a promise never to commit the sin again, when offered before one who has the right to receive it is the purest type of repentance. He also felt that his confession made his father feel absolutely safe about him and increased his affection for him beyond measures.

Questions:

- Why did Gandhiji decide to confess to his father?
- Why did his father not react harshly on Mahatma Gandhi?
- What was the impact on Mahatma Gandhi of this episode?
- How did Mahatma use his introspection on his occasion?

### ***Sri Venkateswara Stotram***

**kamalAkucha choochuka kunkumatO — niyatAruNitAtula neelatanO  
kamalAyata IOchana IOkapatE — vijayeebhava vEnkaTa SailapatE (1)**

**sachaturmukha shaNmukha panchamukha — pramukhAkhila daivata mouLimaNE  
SaraNAgata vatsala sAranidhE — paripAlayamAm vRushaSailapatE (2)**

**ativElatayA tava durvishahai: — anuvElakRutai raparAdha Satai:  
bharitam tvaritam vRushaSailapatE — parayA kRupayA paripAhi harE (3)**

**adhivEnkaTaSailamudAra matEr — janatAbhi matAdhi kadAnaratAt  
paradEvatayA gaditAnnigamai: — kamalAdayitA nnaparam kalayE (4)**

**kalavENuravA vaSagOpa vadhoo — SarakOTi vRutAt smara kOTi samAt  
prativalla vikAbhimatA tsukhadAt — vasudEvasutAnnaparam kalayE (5)**

**abhirAma guNAkara dASarathE — jagadEka dhanurdhara dheeramatE  
raghunAyaka rAma ramESa vibhO — varadO bhava dEva dayA jaladhE (6)**

<http://www.youtube.com/watch?v=w7VhEfEud88>

## Jumble Words – All words are from this lesson

N O A Y G

--	--	--	--	--

G R N I E

--	--	--	--	--

K P N A L

--	--	--	--	--

N R N I E

--	--	--	--	--

D P G E L E

--	--	--	--	--	--

S N S C F O E

--	--	--	--	--	--	--

H A S R E C

--	--	--	--	--	--

I C A T S E C

--	--	--	--	--	--	--

T A N E I M

--	--	--	--	--	--

E C H E S R C

--	--	--	--	--	--	--