

## THE FIVE HUMAN VALUES and THE FIVE TEACHING COMPONENTS



### TRUTH

*Truth does not change or cease to be - Sathya Sai*

Ultimate truth does not change or cease to be. It is a desire to know truth which has prompted mankind to ask some of the great questions such as:

Who am I?

What is the purpose of life?

How can I know my inner self/ God/ the Creator of the universe?

How can I live fully in the present moment?

Learning to speak the truth is a first and vital step in the formation of a strong character. Voicing an untruth is an anti-social act and causes confusion in the mind of both the speaker and listener and leads to anti-social behaviour. Telling lies hurts ourselves as well as others in a subtle, but very real way.

#### Truth relates to the Super-conscious Mind

One great distinction between humankind and the rest of the animal kingdom is the ability to *choose* how to behave, rather than just to follow the lower instincts (the law of the jungle). A human being is also able to recognise past, present and future and to take note of changes occurring over time.

The super-conscious mind enables human beings to *discriminate* or *discern* right from wrong, fact from fiction, evidence from bias. They can evaluate the truth of a situation. A quotation used in the lesson to stimulate thought and questions, may later come to mind to provide guidance and *choice* in a life situation.

*Short Term Pain for Long Term Gain:* Choosing to refer to this higher level of awareness and to consciously exercise moderation in our behaviour leads to better health and greater contentment.

The super-conscious mind also provides the facility of *creativity* and *intuition* - the sudden spark of understanding which may come as a flash of genius when thoughts and emotions are still. Great scientists of the past and present have borne witness to these insights when they have realised some new law of physics, or how to develop a new invention. It is through intuition that truth is recognised and this can be developed through the Programme's component of silent sitting.

The value of truth can also be taught through stories which promote curiosity, optimism, fairness to all, noble ideals and aid the understanding of the value of honest speech and self-analysis.

# VALUES RELATED TO TRUTH

