

THE FIVE VALUES and their SYMBOLS

Throughout this programme the Values are illustrated by five fruits for easy reference



The author chose an apple to symbolise **Truth**
*(because it reminded her of the Adam and Eve story
and the tree of knowledge of good and evil)*



a strawberry to symbolise **Love**
*(because it is a fruit shaped like a heart
and is sweet)*



a pear to symbolise **Peace**
(because the spelling is similar)



a pair of cherries to symbolise **Right Conduct**
*(because they reminded her of pairs of hands and feet
with which we act)*



a bunch of grapes to symbolise **Non-violence**
*(as the four values of Right Conduct, Peace, Truth and Love, collectively, when put
into practice, will culminate in Non-Violence,
so she has used a bunch of fruit to symbolise this value of unity)*