

THE RELATIONSHIP OF THE FIVE VALUES TO THE HUMAN PERSONALITY

The Human Mind

Let us suppose the human being is represented by a big circle. At the centre of this big circle is an inner circle representing the conscious mind.

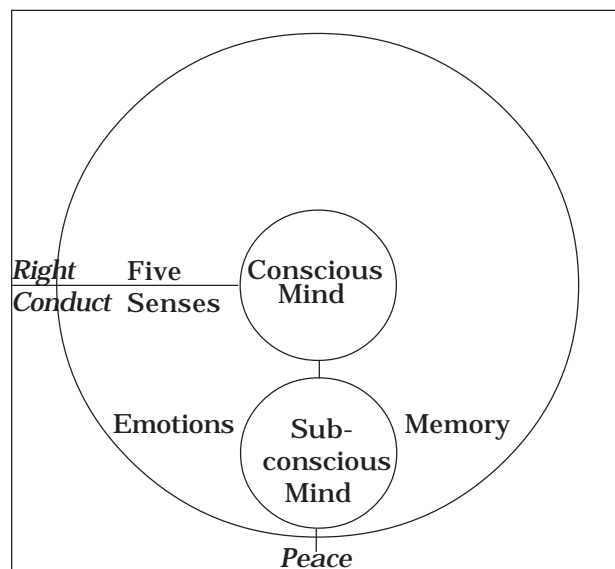
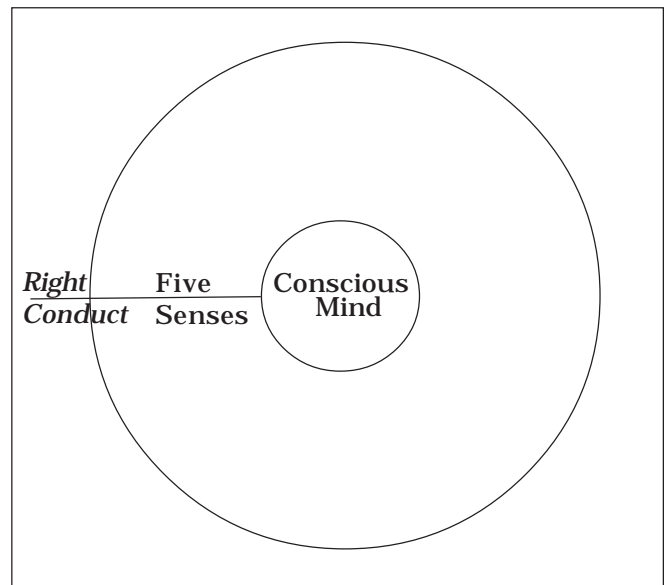
The learning process, awareness, thought and understanding all take place in the conscious mind.

(i) The Five Senses

The most basic influence on the conscious mind comes through the five senses of which two, the senses of *seeing* and *hearing*, are the most important ways of receiving information and these form an important part of the learning process.

(ii) The Subconscious Mind

If our conscious mind is fully in touch with these senses, when information is received, a choice of action can take place, rather than automatic reaction. For this to happen some training is needed. Children can learn that there are various ways of looking at things. Take for example, our eyes. Light is an electro-magnetic wave that enters our eyes and is transformed into impulses that travel through the nervous system to our brain and the conscious mind becomes aware of the picture that comes through the eyes.



When information enters the body through the eyes, ears, etc. it is carried along as currents in the nerves to the brain. The conscious mind then becomes aware of the information, but as yet, there is no emotional involvement. However, when the conscious mind becomes aware, it sends a signal to store the information in the memory which is situated in the sub-conscious mind. When the sub-conscious receives the signal from the conscious mind, it automatically compares it with past impressions on the same subject.

If the sub-conscious finds some *negative* associations with the subject, it sends an emotional response to the conscious mind. If it is not under control, it will start to react emotionally with anger, hatred, fear, envy, greed or depression. If the sub-conscious finds past *positive* associations, the emotional response sent to the conscious mind will result in happiness, excitement, elation, liking and attachment.

This emotional reaction in the conscious mind results in more signals sent to the sub-conscious and further reinforces the emotional content of past impressions. Every time we become emotional, it reinforces a stronger emotional reaction in the future. Thus, we see that it is very necessary to learn to control the conscious mind so that it will not react to any sub-conscious emotional response and thus will not reinforce the emotional past impression. It is now clear that all the emotions, such as anger, greed, hatred, fear, envy and so on, exist within us all the time. They are a part of our past. They cannot be eliminated, so we have to learn to live with them...

When we have learned self-control, when we have stilled our mind, responses from the sub-conscious cannot make any impact on the conscious mind. The emotions are like a see-saw. One moment the mind is excited and the next it becomes depressed. Thus we have happiness and suffering alternating all the time. The secret is to reduce the peak and the trough until they are even and we have peace.

The way to overcome the emotions is not to suppress anger, greed, jealousy and so on, for when we suppress our emotions, the emotions exert greater pressure and will explode. Many people who suppress their emotions become depressed, confused and their minds may even become unbalanced or suffer some form of mental breakdown. So, never suppress the emotions. But when the sub-conscious sends an emotional response, note it and realise it is coming from within. Whilst keeping calm, see what appropriate action is needed in the situation.

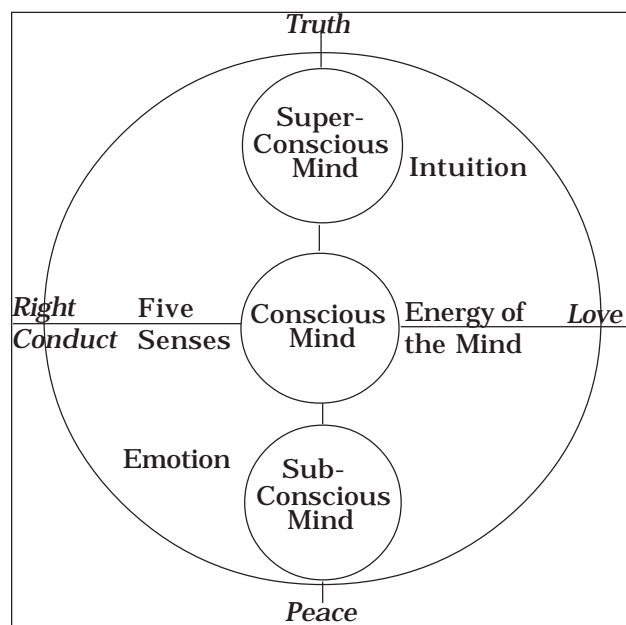
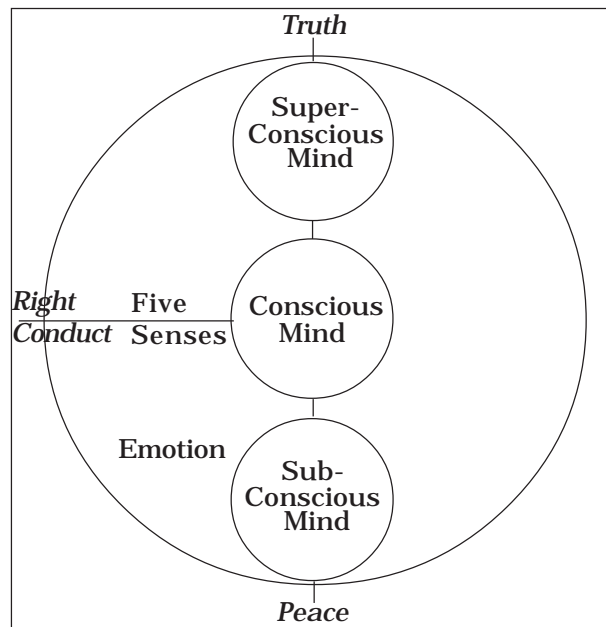
Ways to help cultivate the peace within are:

1. To practise silent sitting every day. This is the direct method to calm and control the mind and to experience peace.
2. To practise sending loving thoughts to all beings throughout the day.
3. Before sleeping at night, to spend a few minutes reviewing the progress made during the day and make a decision to improve.
4. To control anger, remembering that when a person is abusing us, he is helping us to learn through experience how to control our anger. When we start to feel angry we should:
 - Drink a glass of cold water
 - Look at our own face in the mirror
 - Walk away from the place
 - Lie down quietly
5. Sing songs that uplift and elevate.
6. Help others.
7. Seek good company.
8. Speak less and when we do, speak gently and kindly.
9. Be aware of our breathing. Breathing deeply and rhythmically will help us to have self-control, composure and peace.
10. Cultivate human values in everyday life.

Self-analysis is also useful. We should make a list of what behaviour is appropriate to change. In order to have peace in the world, we must start with ourselves.

(iii) The Super-Conscious Mind

This is another important factor that has to be developed in the child. We all have something within us which helps us, guides us, prompts us to know what is right and wrong. This 'something' also gives us knowledge and wisdom. Whenever we cannot think of a solution to a problem, if we sit still and calm our mind, very often the answer will come in a moment of intuition. Sir Isaac Newton, after thinking for some time about the effect of gravity, could not solve the problem, so he went for a walk to relax and when sitting quietly under an apple tree, saw an apple fall down. In a flash of intuition, Newton understood the law of gravity which governs the movement of minute particles as well as the stars and planets. Many great scientific discoveries have been made, not during serious thinking or when doing a lot of calculations, but while the mind is relaxed. That is when intuition starts. It is important, therefore, to search for the source of this intuitive knowledge or wisdom. By so doing, we will find out the *truth* ... about ourselves and the universe.



(iv) The Energy of the Mind (Love)

When we are in the company of someone who is well-balanced and benevolent, we feel at peace, happy and full of inspiring thoughts. However, in the company of people who are restless, greedy, angry and have other negative emotions, we also feel restless and begin to have negative thoughts. Thus we seem to influence each other all the time with our own thoughts and feelings. If we learn to receive only elevating thoughts and feelings, we can raise our consciousness higher to the realm of super-consciousness. This can be done through the energy of *love* - the unconditional positive regard that comes when our motivation is unselfish. This attitude attracts

the higher energy of the mind which helps to raise the consciousness higher. This will help us find *peace* and turn our actions to *right conduct* and eventually result in *truth* and wisdom.

(v) External Influences - Surroundings

We have to learn to be at peace with our surroundings i.e. other people, animals, plants, nature and the environment. If we are violent towards others, others become violent with us. If we violate the laws of nature, nature will become violent with us too. Thus non-violence is necessary to create a state of harmony within and without.

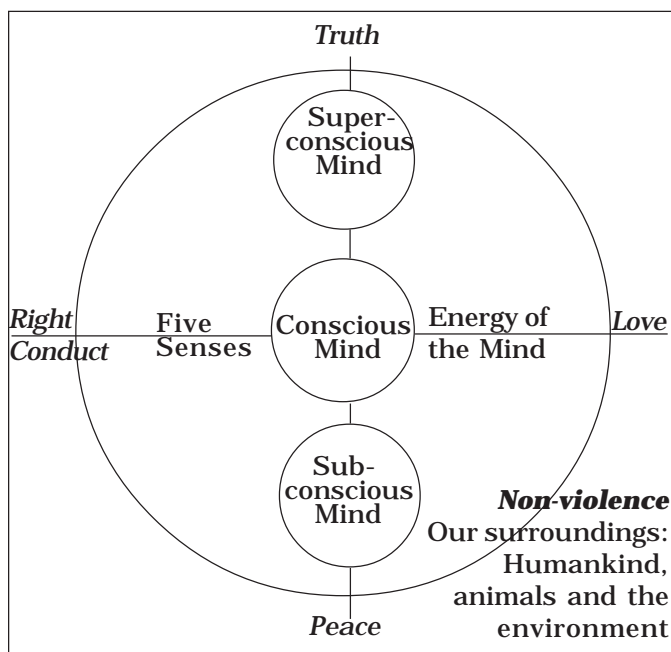
In order to achieve this goal of non-violence, it is necessary to use all the learning processes discussed so far. First we must achieve right conduct, seeing good in everything, hearing positive things, speaking kind words and performing acts of service for the benefit of all. Acting for the sake of others and giving without wanting anything in return, will promote non-violence.

Secondly, we must understand the truth that we are one. Whatever we do to others, we are doing to ourselves, as the same life-force permeates all things. It is therefore our duty to help and protect everything around us as we would protect ourselves.

Thirdly, to promote non-violence, we must work for peace. Peace is the opposite of anger, hatred, envy, jealousy and attachment. All these emotions will only cause disharmony, disunity and violence.

Finally and most important of all, we must develop love, for love permeates all the

human values. Pure love will create peace both within and without, whilst love in action is right conduct, love in the heart develops non-violence. Non-violence is the culmination of all human values and results in excellence of character. The practice of non-violence brings about the development of the total personality.



If people are to live in harmony with their surroundings, they must learn not to violate the laws of nature. They must learn to conserve and protect their environment. They must respect all life, trees, plants and animals; otherwise they may upset the delicate balance of nature, resulting in a calamity for the human race. At the same time, the world has limited

resources, so we must learn to conserve whatever we have.

(The above is an extract from the 'Sathya Sai Education in Human Values Handbook for Teachers' written by Dr. Art-ong Jumsai Na Ayudhya and Mrs. Loraine Burrows. With permission.)

The five values are *inter-related* and are *inherent* in human beings raising them above the level of the animal kingdom. They are the very make-up of a human being and are taught through five teaching components.