

# RIGHT CONDUCT

- Information is received through the five senses, i.e. smell, taste, sight, touch and hearing.
- When this information is referred to the conscience, the resulting action will be beneficial.
- Every action is preceded by a thought. If the thought is consciously seen and noted, it aims to assist and is unselfish, the action will be good for oneself and others.
- If our minds are busy, or we are daydreaming, the action may be useless, clumsy or harmful to ourselves and others.

# LOVE



- Love is not an emotion, affected by the sub-conscious mind, but is a spontaneous, pure reaction from the heart.
- It is the power of love which causes one person to wish happiness for another and take pleasure in their well-being.
- A beneficial energy (love) is directed towards the other person. As this energy flows through our own body first, it also enhances our own health.
- Love is unconditional positive regard for the good of another. It is giving and unselfish.

# PEACE

- We smile when we are happy and contented.
- Contentment is gained when we cease to want to give ourselves all the apparent 'good' things conveyed to us through our five senses.
- Inner agitation stops and we are left feeling peaceful. When there is peace in the individual, there will be peace in the family, when there is peace in the family, there will be peace in the community. In order to learn self esteem, calmness and freedom from anxiety are necessary.

# NON- VIOLENCE

- When the former four values are practiced (i.e. the conscious mind is keenly aware, love is flowing, there is peace and action are right) and life is lived without harming or violating any thing else.
- It is the highest achievement of human living and encompasses respect for all life ±living in harmony with nature, not hurting by thought, word or deed.
- Two aspects of non-violence. These are:  
Psychological -such as compassion for all.  
Social -appreciation of all cultures and religions and caring for the environment.