



# Mildness

If one has rightly cultivated forgiveness, he naturally becomes kind, and kindness cannot exist with harshness and rough behaviour. The passion that obstructs the manifestation of this virtue is pride. The fires of jealousy, hatred and intolerance constantly consume the inside of a self-conceited person, who can neither be happy, nor of any service to society, for self-elevated person is He can not win the sympathy of others because he is himself never sympathetic towards others. On the other hand, a man of humility enjoys mental peace, is always charitably inclined towards others, and carries with him the good will of many.

**“All beings are pleased with sweet words, therefore such only ought to be uttered; why display poverty of speech.”** But mere lip-sweetness is most reprehensible, for it amounts to hypocrisy, if unaccompanied by sincerity within. One should be mild as much in heart as in words.



# Straightforwardness

**Straightforwardness which means that a man should be one in his thought, word, and deed. If one says what he does not mean or wish, and according to which he is not going to act, he is a hypocrite, faithless being. Hypocrisy creates suspicion and distrust and hate against that man. But a straightforward person is respected, trusted, and loved. It is a part of character building so to train ourselves, that our mind, speech and deed might tend towards one and the same object at a time. Even for success in the world, this virtue is highly commendable.**

While straightforwardness seeks to make speech consonant with the ideas, it falls within the scope of virtue Truthfulness.

# Paryushan Festival



# VIRTUES & VALUES



## PURITY

**Purity.** This is of two kinds – material purity and mental purity. They are also called outside and inside purities. The first is accompanied by living cleanly, that is wearing clean clothes, eating, and drinking healthily, keeping one's house clean etc. This sort of purity is necessary for a healthy and efficient life. Of a superior importance, however, is the mental purity, which consists in the pacification and gradual discordance of the evil passions and low desires that drag a man into evil conduct. **The most powerful of them are the four Kashayas (passions) – ANGER, PRIDE, DECEIT and GREED.**

Though a complete eradication of these is impossible till a very high stage of spiritual advancement is reached, yet it is within the power of everybody, and for his own good, to bring them fairly within control. They are a sort of mental dirt that corrupts the soul and obstructs the manifestation of such moral qualities as universal love and kindness. This moral purity should be given prominence over material cleanliness. **It is well said in Hindi, "If one changes his clothes, what of that; it is the heart that should be changed."**



Truthfulness – to make speech agree with material facts. To speak the truth is to be honest in speech, and this along with straightforwardness, may be counted as the most important part of the moral character of a man.

But it is not the mere avoidance of false statements that constitutes the whole 'truthfulness'. It also includes shunning such assertions as are needlessly harmful or injurious to others, though they may be materially true.

**"Speak what is true and speak what is pleasing; but speak not unkind truth, and contrary wise, speak not agreeable falsehood. This is the eternal law (dharma)."**

