

Twelve Wonder Values
for a
Better World

Published by:
*Brahma Kumaris Ishwariya Vishwa-Vidyalaya,
Pandav Bhawan, Mount Abu,
Rajasthan (India)*

Twelve Wonder Values

Following are the major Values which, if followed in practical life, by at least a critical number of people will make the world better.

1. Spiritual Love and Goodwill and Concern and Co-operation for the well-being of the world as a family.
2. Respect and Self-respect.
3. Humility and Harmony.
4. Honesty and Justice.
5. Simplicity and Contentment.
6. Purity; Cleanliness.
7. Effort for Excellence.
8. Positive Thinking and Self-control.
9. Tolerance; Non-violence.
10. Enthusiasm.
11. Truthfulness.
12. Equanimity and Peace.

Presented by
Brahma Kumaris Ishwariya Vishwa-Vidyalyaya,
To H.E. Shri Shankar Dayal Sharma,
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on his visit
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Academy for a Better World or
Gyan Sarovar Vidyapeeth

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If there is one single point on which people, all over the world, without any exception, seem to be agreed, it is that the world should be made a better place to live in. People see, or hear about, grave degradation of Environment, miserable existence of about 50% of the world-population due to stark poverty, alarming rate of increase in world-population that is already bursting out of its seams, indiscriminate killings by extremists, fundamentalists, militants or guerillas, high degree of stress or Mental Tension everywhere, and increasing number of cases of AIDS, Cancer and Coronary diseases and such other forms of human suffering. So, they all strongly feel that every human being must offer at least some co-operation and do something, in whatever form it be possible, for him or her, to make the world better.

Further, when, for solving any of their problems, they meet people who are in position or power, or whose paid job it is to deal with these problems, they lose their peace when they discover that these people are devoid of sensitivity, perspicacity and efficiency and openly ask for bribes. From such kind of experiences, they realise that much of the human tragedy is due to apathy, selfishness, injustice, irresponsibility, lack of social concern, carelessness, intolerance, cruelty, pride, greed, hatred, anger, violent tendencies and such other negative traits. So, they say, with one voice, that what is utmost necessary in the present situation is change in attitudes and inculcation of Moral, Human, Social and Spiritual *Values* or, better call them '*Virtues*' or '*Divine Qualities*', for these serve as the antidotes to the negative qualities.

Agreement among all people

Thus, one finds that there is the widest-ever agreement among all men and women, irrespective of national, racial, religious, ethnic or other kinds of differences about the following:

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1. *That there is lot of suffering in the world and we all must make united and concerted efforts to make the world a better place.*
2. *That each one of us should work at least for self-transformation because self-transformation on the part of all or many of us will bring world-transformation. No one of us can compel others to become a better person but each one of us can 'certainly' make sincere efforts to change the self so that each one individually becomes better. Our own personal awakening and transformation can be a source of inspiration to others to change.*
3. *The method for making the world a better place is to bring change in attitudes and to adopt Moral, Human, Social and Spiritual Values because much of the agony is due to lack of these.*
4. *Besides the above, most people who have ever practised Meditation or have heard about its results, would agree that Meditation awakens self-respect and it strengthens the will-power and nourishes and sustains the roots of the Values. If a person does not practise Meditation, his will or resolve for having Values, weakens when faced with tests and tribulations. One must, therefore, practise Meditation in order that the Values in the self stay under all circumstances. So, let us add the fourth, namely, Meditation.*

Need for and Nature
of Values

'Health, Wealth and Happiness', 'Purity, Peace and Prosperity', 'Truth, Well-being and Beauty', 'Freedom, Love and Bliss' or 'Respect, Restfulness and Richness' are the goals of life and of activities of every human being whosoever and wheresoever he or she be. This is true of not only the present era but also of the past Ages and is also true of the Future. Using negative terms, one may say that liberation from all the vices or evils and also from all kinds of pain, in whatever form the pain be, is the aim or ultimate goal of all human activity. For the achievement of this aim or goal, our thoughts, speech and actions must be of a particular kind or have a particular quality. Its kind, quality or standard must be such as promotes not

only our peace and prosperity but also 'peace and prosperity' or 'health, wealth and inner happiness' of others also. **Or, at least, it ought not to deprive others of their basic right to health, wealth and happiness, for, not only we but everyone wants to live in 'peace and prosperity'. Everyone aspires for 'Love, Freedom and Bliss' or 'Respect and Restfulness' or 'Power and Paradise'. And, it has also been found that, in the wellbeing of all lies our own full-fledged well-being; also that the law governing the result or fruit of human action is that if we cause disturbance or put obstacles in another person's way towards the achievement of health, wealth and happiness or 'purity, peace and prosperity', then we also suffer in the process or as a result thereof. This, in other words, is the basic law of karma which states that if I cause pain to others, I too will suffer in the result sooner or later.**

So, the conduct and behaviour, or the thought, speech and actions, that conform to this quality or kind are called '*moral*' or '*ethical*'. It means that these are of a nature or a standard as should be called '*good*' or '*right*' because, while these enable the person to achieve inner 'beauty and Bliss', happiness and health, 'Purity or Truth and Beauty', Freedom and Bliss and Prosperity and supersensuous pleasure, these do not snatch purity and peace of others also nor do these deprive others of their natural right or open opportunity to achieve this ultimate goal. *In other words, these thoughts, words and actions do the greatest good to the greatest number over the greatest area for the longest possible period of time. These are of the highest real utility and have, therefore, the greatest worth. Naturally then these qualities that enable the doer to achieve these high and valued goals are 'valuable' to him and are, therefore, called 'Moral Values' or 'Ethical Values'. These Values enhance the worth of human actions because these enable his actions to earn valuable benefits or high results and rich inner rewards. These increase the merit of his doings and are, therefore, known as 'Virtues' also. They give special, noble or finer characteristics to the person and, therefore, constitute his high character, i.e., these give human actions a stature, much*

higher than that of all other animals and, thus, entitle him to be called a ‘*Human being*’ and are, therefore, known as ‘*Human Values*’. These qualities raise his actions from the mere instinctive or impulsive to the level of being regulated, controlled, disciplined or refined according to high standard and, thus, promote his spiritual growth and richness and facilitate the self to be a noble, higher or divine spirit and are, therefore, called the ‘*Spiritual Values*’. Similarly, there may be *Political Values, Social Values, Cultural Values, Corporate Values, etc.* These values are specific to each field of human activity. But, here we will focus on those values which form the common core of all human activity and enable human beings to attain the goals or objectives, enunciated above.

Infact, deep reflection would enable a person to come to the conclusion that any set of virtues or Values — whether one may call them *Political Values, corporate Values, Commercial Values* or by anyother name, etc. which are not in consonance with *moral, human, social and spiritual values*, will, sooner or later, vitiate society and the human individual and will deprive him of peace and inner solace. It will create a conflict in his conscience and in the society. It will pollute the physical or natural environment, make the society corrupt, increase insecurity, give rise to crime, poverty and human sufferings and lead people away from the cherished and shared vision of humanity which has been summed up in the three pithy words — ‘*purity, peace and prosperity*’ or ‘*health, wealth and happiness*’ or ‘*truth, well-being and beauty*’ or ‘*Love, Freedom and Bliss*’ or ‘*Respect, Restfulness and Richness*’ or ‘*Piety, Power and Paradise*’. If the moral or the spiritual laws are violated, it would be futile to expect the achievement of these goals. This explains the need for observance of Values.

The tricky or trying situation in the game of life is that when a person violates moral or spiritual values, he gets the feeling that there is nothing wrong or bad in it because it appears to him that he is getting wealth or prosperity and respect and happiness. This beguiles or blinds him to the reality. This, therefore, is called

'Illusion', 'Delusion', 'Mâyà' or 'Nescience'. This opens the gateway to Evil. **The reality may dawn upon him later. Then only does man realise that it was only a make-believe happiness, it was 'happiness of a sort', a transitory phase that is sodden with fear, insecurity and anxiety and is not a reality. All that glitters is not real gold even if it appears like gold. What one gets may appear to be a profit but if you check up the total accounts and see your stock register, you will find that there has been a great loss. One has invested one's time, energy and abilities in having only a paltry and a momentary joy which, after its certain phases, will lead the investor into the trauma of life, for then worries, woes and wailings begin to appear on the scene, one after another. One feels an inner void, a spiritual vacuum, a restlessness of the spirit, a guilty conscience, a deep feeling of repentance and remorse and tiredness because it had been a wild goose chase, not all worth.** What, therefore, is the lesson of human history and the essence of wisdom and the core of truth is that we must perform action and play enthusiastically the game of life but observe the laws of the game and not spoil the game for ourselves and be fair to others. This is what 'Observance of Values' means.

Thirty-six or Twenty-four major Values

It has already been mentioned that there are some Values that are specific to each area of human activity. Or, it may be said that, in some fields of human activity or in some professions, they have a crucial importance and are, therefore, specially highlighted. For example, *Justice* is a value which may be mentioned as economic, political, social, legal etc. but, in the sphere of jurisprudence, doing justice is the very task, the job and the main activity. The courts are expected to be the temples of justice and the person whose job is to deliver justice is designated as *Justice*. But, as has been pointed out earlier, there is a common core of Values from which norms of conduct in each profession, each Age-group or each sphere of human activity draw their pre-natal, post-natal and life-long succour, sustenance and growth. There

are about forty-or-so major values, which combine to form the common core. These can be fused together into about twenty. *Some of these Values, Divine Qualities or Virtues have a strong affinity with some others and, because of this 'Value-Gravity', they draw close to each other and cohere together.* **They have some 'Kin-ness' and like to stay or go together and promote and strengthen each other. There are also some such Values as are named differently when mentioned in different contexts, but are, in nature, the same. If we group these 'inner-strong force-Values' together, then one list of forty major Values could be as follows:-**

List of Forty major Values

1. **Love and Goodwill.**
2. **Spirituality and Spiritual Study.**
3. **Self-respect and Respect for the dignity of the human individual.**
4. **Spirit and Feeling of World-brotherhood.**
5. **Honesty, Integrity and Sincerity.**
6. **Humility, Egolessness.**
7. **Purity and Cleanliness.**
8. **Contentment; Greedlessness.**
9. **Trusteeship and Trusting others.**
10. **Detachment and Impartiality.**
11. **Positivity; Optimism and Looking at the good qualities of others.**
12. **Self-control and Silence.**
13. **Determination; Strong will.**
14. **Self-checking and Self-correction.**
15. **Introvertness and Introspection.**
16. **Tolerance and Patience.**
17. **Forgiveness and Forgetting the bitter past.**
18. **Spirit of Re-conciliation and Harmony.**
19. **Kind-heartedness and Generosity; Sympathy and Compassion.**
20. **Non-violence; Non-hatredness.**
21. **Justice and Fairplay.**
22. **Simplicity; Thriftiness; Frugality;**

- 23. Sense of Responsibility.**
- 24. Spirit of Service and Renunciation and Unselfishness.**
- 25. Truthfulness.**
- 26. Sobriety.**
- 27. Concern for the wellbeing of others.**
- 28. Having a Vision and Proper Planning.**
- 29. Freedom from Prejudice, Bias, etc.**
- 30. Power to face.**
- 31. Creativity.**
- 32. Enthusiasm.**
- 33. Concentration.**
- 34. Listening and proper communication.**
- 35. Right Judgement.**
- 36. Self-confidence; Courage.**
- 37. Fearlessness; Nervouslessness.**
- 38. Equanimity; Tranquility; Calmness; Worrylessness; Peace.**
- 39. Observance of the Principles of health.**
- 40. Organising ability.**

List of Twenty Values

If we try to condense them further, a possible list of twenty Values or Virtues could be as follows:-

- 1. Dignity of the human individual; Self-respect and Respect for others.**
- 2. Spirit and Feeling of World-brotherhood.**
- 3. Love and Goodwill for all.**
- 4. Humility; Egolessness.**
- 5. Honesty, Integrity, Justice and Sincerity.**
- 6. Purity and Cleanliness.**
- 7. Trusteeship and Trusting others.**
- 8. Positivity; Seeing good in things, persons and situations.**
- 9. Determination; Strong will.**
- 10. Tolerance and Patience.**
- 11. Non-violence.**

12. **Simplicity; Frugality; Thriftiness.**
13. **Contentment.**
14. **Introvertness; Self-checking.**
15. **Effort for Excellence.**
16. **Self-control.**
17. **Self-confidence; Enthusiasm.**
18. **Truthfulness.**
19. **Equanimity and Peace.**
20. **Concern for the wellbeing of others; spirit of Service.**

The above-listed twenty qualities contain, in a hidden form, many other qualities or their seeds. For example, the Qualities, spelt as *'Concern for the wellbeing of others'* and *'the spirit of service'* have, in them, the seeds of **Sympathy, Compassion, Kindness, Generosity, Spirit of Renunciation**, etc. Similarly, *'Tolerance'* and *'Patience'* lead to *'Non-violence'* and the three together have, hidden in them, the Quality known as *'Spirit of Reconciliation and Harmony'* and also *'Forgiveness'*. These are major qualities. Many other qualities are derived from them. So, if we aspire for brevity, we can further combine some of the above-listed twenty qualities by employing this method of mentioning one or two Qualities or Values, which have dormant in them allied or kin qualities. This will make a short list of only twelve Qualities or Values. This list of twelve would be easy to remember. It would, therefore, be easy to focus on.

Short list of Twelve Kins-group Values

1. **Respect for human dignity and human rights. Also Self-respect.**
2. **Love & Goodwill and Concern for the wellbeing of all as brothers and the World as a Family.**
3. **Honesty and Justice.**
4. **Humility; Egolessness.**
5. **Simplicity, Frugality and Contentment.**
6. **Self-checking; Self-correction; Self-control; Effort for Excellence.**
7. **Purity; Cleanliness.**
8. **Positive thinking; Seeing goodness in everyone; Creativity.**

- 9. **Tolerance;Patience;Non-violence.**
- 10. **Self-confidence and Enthusiasm.**
- 11. **Truthfulness.**
- 12. **Equanimity and Peace.**

Adopting the method used above, we may make it a little more simple and brief in order to make it more easy to be committed to memory. But we should use this further -abridged list, keeping it clearly in mind those Values also which these mentioned Values have in them in hidden form or in kins-form and which, therefore, these represent additionally. Perhaps, the following list will serve the purpose. Let us call these: *Twelve Wonder Values.*

Twelve Wonder Values

- 1. **Spiritual Love & Goodwill and Concern & Co-operation for the wellbeing of the world as family.**
- 2. **Respect and Self-respect, based on spiritual identity.**
- 3. **Humility and Forgiveness.**
- 4. **Honesty and Justice.**
- 5. **Simplicity and Contentment.**
- 6. **Purity; Cleanliness.**
- 7. **Effort for Excellence; Enthusiasm.**
- 8. **Positive Thinking & Self-control.**
- 9. **Tolerance; Non-violence; Harmony.**
- 10. **Trusteeship and Detachment.**
- 11. **Truthfulness.**
- 12. **Equanimity & Peace.**

It will be found that these Values, if adopted in every profession, Age-group, etc., would certainly, make our society and situation better. Following are some of the examples and explanations:-

1. Family:- *Respect* for other members of the family and *Concern* for their well-being will make the family more cohesive and *united. Love and Goodwill* will certainly improve relationships. **Then there will be neither any use of narcotics nor there will be any mental ailments or**

psycho-somatic diseases. *Equanimity* and **Peace** will make it a happy and an ideal family. *Simplicity, Contentment, Positive Thinking and Tolerance* will make it free from any complaints and conflicts.

2. Society and Social Service:- If people observe *Honesty and Integrity* and feel ‘*Concern for the wellbeing of all*’, considering ‘**the World as a Family**’ and all as brothers’, then there will be *Unity, Co-operation and Justice in the Society*. If everyone has *Love and Goodwill for all*, there will be no question of asking for bribes and, so, there will be no crime. If there is *Contentment and Simplicity* there will be no exploitation and depriving others of their dues and there will be no poverty. If everyone has *respect* for the human individual, then class or caste conflict will end. If there is *Equanimity and Peace*, there will be law & order, no violence, no tensions, no drug-addiction and, instead, there will be stability, security and liberty. If people have *Self-control and Purity* of mind, there would not be high-rate of population-growth. **Because of *Simplicity, Contentment and Co-operation*, there will be hardly any commercial motives and rat-race or cut-throat competitions.**

3. Education:- Since Education will give the students an *orientation in these values* and the teachers also will be having high character and better image, the students will be self-disciplined and respectful to the teachers and the teachers will be very loving, co-operative and kind to their students. This will greatly change the atmosphere in the schools and the colleges. The inculcation of Values would enable students to pay proper attention to their study with concentration and they would play positive role in the society and would have creative intelligence.

4. Judiciary:- If there is *Honesty, Integrity, Justice, Truthfulness, Equanimity, Spirituality and Respect* for the human individual and his fundamental rights and freedoms, then there will be much better judgement and justice, for then lawyers also would help in the process. Most probably, there will be no litigation if people have these Twelve Values in their day-to-day life but, if at all there are legal disputes, then these would be resolved easily and speedily. *Justice* would neither be delayed nor denied.

5. Health:- *Equanimity, Patience and Self-control* will give more restfulness to the mind of the people. Being free from mental tension and having regulated daily routine and control over their physical organs and eating habits, people would have better health. *Purity of mind and Cleanliness* of environs and also of body and dress, will give people more hygienic conditions of living and, therefore, better health.

6. Business & Industry:- If Businesspersons and Industrialists lead a life of *Simplicity and Contentment* and do *Justice* and feel *Social Concern*, then, they would not like to make such huge profits as hurt the customers or consumers and also their employees. If the employees feel that they are not being exploited and that they also have participation and it is a fair enterprise where **Business & Industry** is run on the principle of *Trusteeship*, then they also would lend their full *co-operation*. In such an atmosphere of *Honesty, Integrity, Justice, Social Concern and Responsibility*, there would not be any conflicts nor inflationary trends nor much business risks. Neither would then business persons have worry and tension nor would consumers have any dissatisfaction. There will be personal and industrial peace in a society where people will have equanimity.

7. Women:- If people have *Respect for the dignity of the human individual*, then they would not discriminate between the male and the female child or between man and woman nor would they consider women as goods and chattels. If they have *Purity of mind, Self-control and Equanimity*, then they would not look upon women as an object of sense-gratification. If they have *Contentment and Simplicity*, there would not be any dowry-demands and cases of brides-burning. The gender-conflict will be a thing of the past and men and women would have a feeling of **Equality** since they will now have *Respect* for each other's rights and freedoms.

8. Science & Technology :- If Scientists and Engineers or Technologists have *Social concern* and if they work as *Trustees* for the society, then they, on their own or as directed by political or industrial bosses, will not do anything that endangers the very existence of the

world as a result of weapons of mass-killing or degradation of environment. If they consider the world as a family, the scientists and engineers will not do anything that jeopardises the interests or the wellbeing of this Great Family.

9. The Media- If the Media-persons are *Truthful* and persons of *Integrity* and *Sincerity* and they do *Justice*, then there will neither be mis-reporting, distortion of truth or promotion of narrow interests. If they have *Respect* for everyone, they will not indulge in mud-slinging, in casting aspersions or in scandal - mongering. On the contrary, the Media will have dignity and will be dignified. If Media understand their power and *Responsibility* and consider themselves as *Trustees* of the society, they will neither misuse their power in harming any individual or institution nor will they be engaged in setting such trends, fashions or life-styles as lead to moral degeneration or utter materialism. Instead, they will help promote such Values as make the society a better one.

10. Bureaucracy or Administration :- *Humility* and *Respect* for the human individual will bring courtesy and politeness in the behaviour of bureaucrats. *Love and Goodwill* will transform their attitude so that they are more helpful and kind and considerate. *Honesty* and *Integrity* will be their best armour against onslaughts of temptation and offer of bribes. Their *Feeling of the World as a Family* and relationship with others as of brothers will urge them to solve people's problems, prevent avoidable delays and do *justice* gracefully. All these values will increase their *efficiency* for they feel them as *Trustees* and also the *Concern for the wellbeing of all*.

11. Politics and Politicians :- The values, called *Humility* and *Trusteeship* will save politicians from the affliction of **Pride**. *The Concern for the wellbeing of all* will motivate them to work for public good. When they consider *the World as a Family*, their attachment to their immediate kith and kin will vanish and they will rise above narrow interests of their small family and also their party. *Love and Goodwill* for

all and concern for the wellbeing of all will urge them to work for alleviation of misery, eradication of poverty, etc., etc. Their commitment to Non-violence and Honesty and Integrity will give stability to the polity and will clean the society of economic crimes.

12. Culture:- The original culture of humankind had, as its salient features, the Values, called *Purity, Honesty, Non-violence, Truthfulness, Respect for the human individual, Feeling of World-brotherhood and so on.* The world has met its present fate because it has, more or less, lost these Values. Even now, every Culture has something of this kind. If, therefore, this common core of all the cultures is now revived, the social and cultural milieu will change to have its original goodness and grandeur and, certainly, the world will become a better place to live in. The present-day trend for display of nude or semi-nude female body, the sexy stories and pictures, the violence, depicted in Art and movies, will give place to what is really aesthetic (*Satyam and Sundaram*) and also noble and beneficial (*Shivam*).

13. Religion:- There is no religion that does not lay down some norms for human conduct and behaviour and advise people to practise self-control and have *Equanimity, Humility, Contentment, Non-violence, Peace, etc.* No doubt, there has been decline in these Values and now Religions are not what they once originally were. If followers of all religions observe these Values, it would not matter what form of worship or prayer they practise. If the religious preachers do not dilute the teachings on these values and concentrate mainly on these in an interesting and stimulating way, people will certainly get the benefit with the result that we all will be in a Better World of our dream. Let all religions give up hatred for each other and let the preachers themselves imbibe these values in their life and all would be right with the world.

14. Youth :- If the Youth are given a training in *Self-control, Humility, Respect, Self-respect and Non-violence,* they will put their energy to constructive purposes and use these in a positive way. This will solve the problems of indiscipline, disobedience, tension and breach of law and order. Youth need to be inspired by the elders who themselves also have these Values in practical life. If, therefore, the

elders and the Youth fulfil their responsibility instead of pointing out at the failure of the other age-groups, then the world will certainly change into a better place. If the elders treat the Youth with love, then the Youth will certainly not seek perverted love from wrong channels and at wrong places.

Correlation of Values with Professions

In brief, the above correlation of Values with different professions, age-groups etc., makes it clear how the inculcation of these values by each individual in his or her life will bring a wonderful transformation to the society as a whole so that the world will become a Wonder Land as it once was. It will change into the land of deities. We will enter into Golden Age of civilisation if we make all efforts to achieve our goals unitedly. Let us not forget that change in individuals will finally change the world. Let us also remember that there is a '*Critical Number*' in social change which, when achieved, leads to a speedy and easy mass-scale change. So, there is no need to worry that the world, which is full of teeming millions would be hard to change. Even if one million people in the world accept this change and bring these Wonder Values in their life, this world will become much-much Better.

Meditation

But let us say it again, before end, that, without the practice of Meditation, the state of Equanimity and Peace and the Values of Humility, Purity, Contentment, Non-violence and Honesty, etc. may not stay long because it is Meditation that gives these the necessary support and strength. Bliss achieved through Meditation and the Divine Love experienced through it are the highest power of inner change and refinement. May everyone make sincere efforts to co-operate to make the world better by practising Raj Yoga Meditation and by inculcating divine Values in life.
