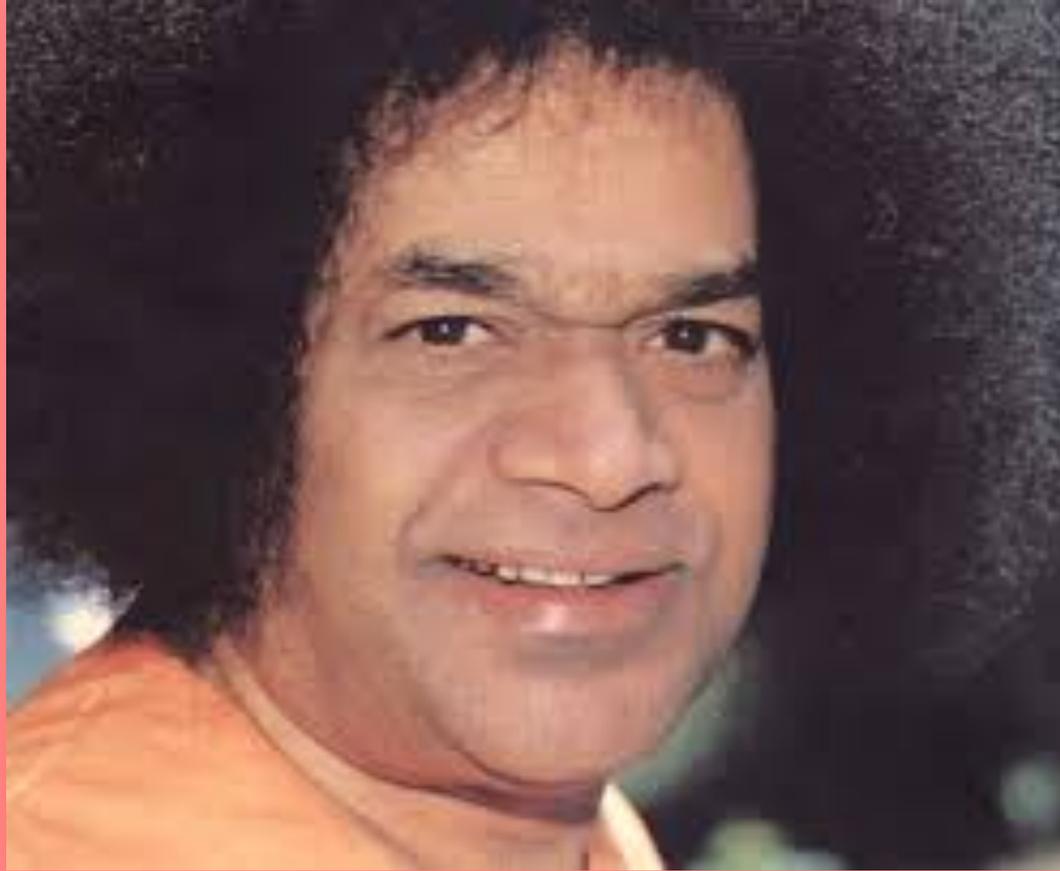


**WELCOME TO SATHYA SAI SCHOOL
KISAJU**

3HV WORKSHOP



Sri Sathya Sai Baba
SATHYA SAI EDUCATION ON HUMAN
VALUES (SSEHV) PROGRAMME FOUNDER

EDUCATION ON HUMAN VALUES(EHV)

- **Education in HUMAN VALUES IS KNOWN AS EDUCARE**
- **It means to elicit or bring out the inherent values in human beings.**
- **It involves imbibing of the five basic human values which are LOVE, TRUTH, RIGHT CONDUCT, NON VIOLENCE.**

IMPORTANCE OF HUMAN BIRTH

- **Man alone is capable of rising to higher levels of consciousness because human is divine**
- **Divinity is latent in human and man needs to elicit divinity through the practice of human values.**

EHV=3HV

- True **EHV** is implementing **3HV** resulting in unity of **THOUGHT, WORD** and **DEED**.
- Education is information.
- Educare is transformation. Only through transformation will world peace be achieved. Transformation destroys narrow mindedness and promotes unity, equality, and peaceful co-existence among human beings because you see the divine in all.

3HV

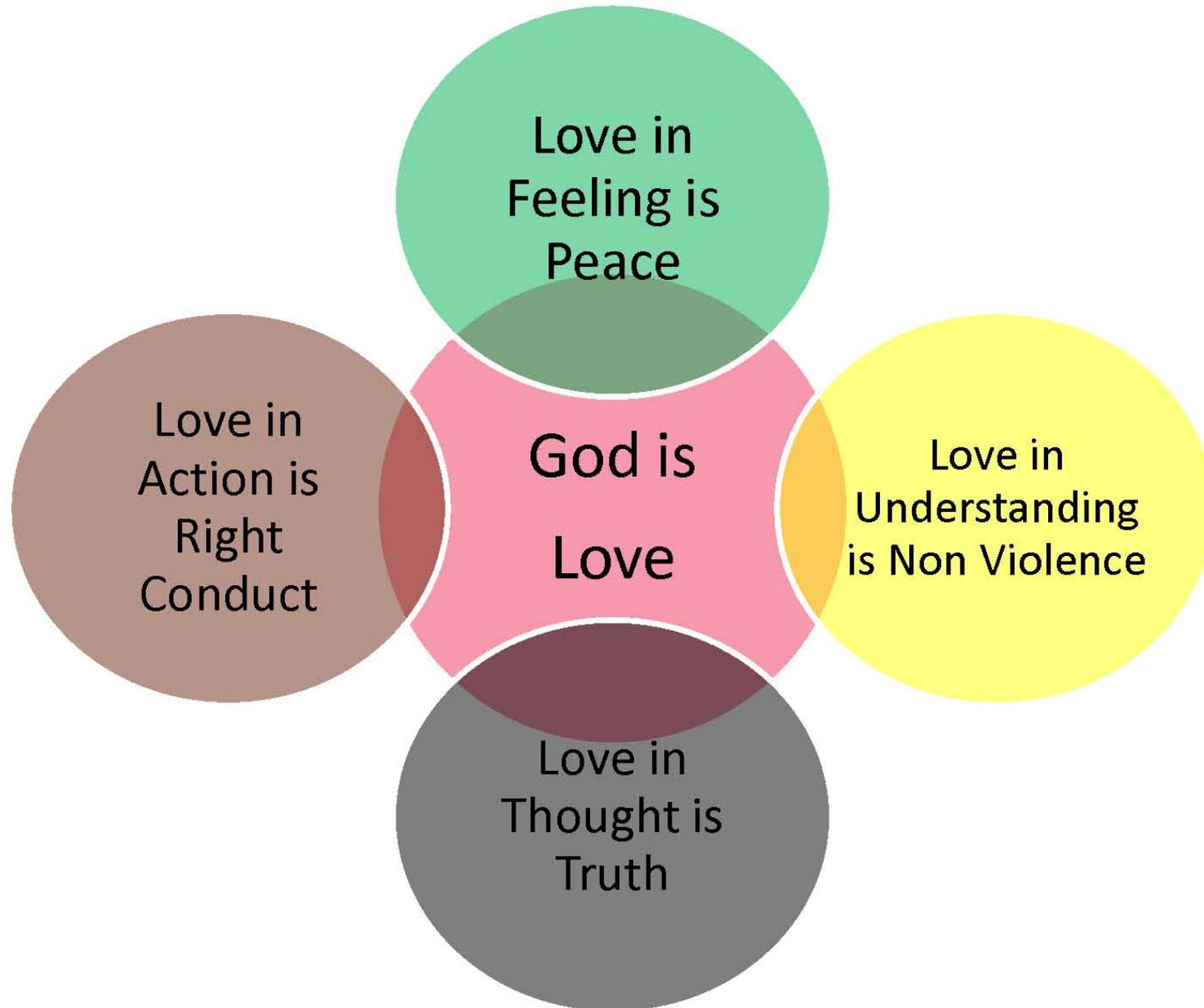
The 3 HV includes;

- **The Head Value**
- **The Heart Value**
- **The hand Value**

THE VALUE PYRAMID

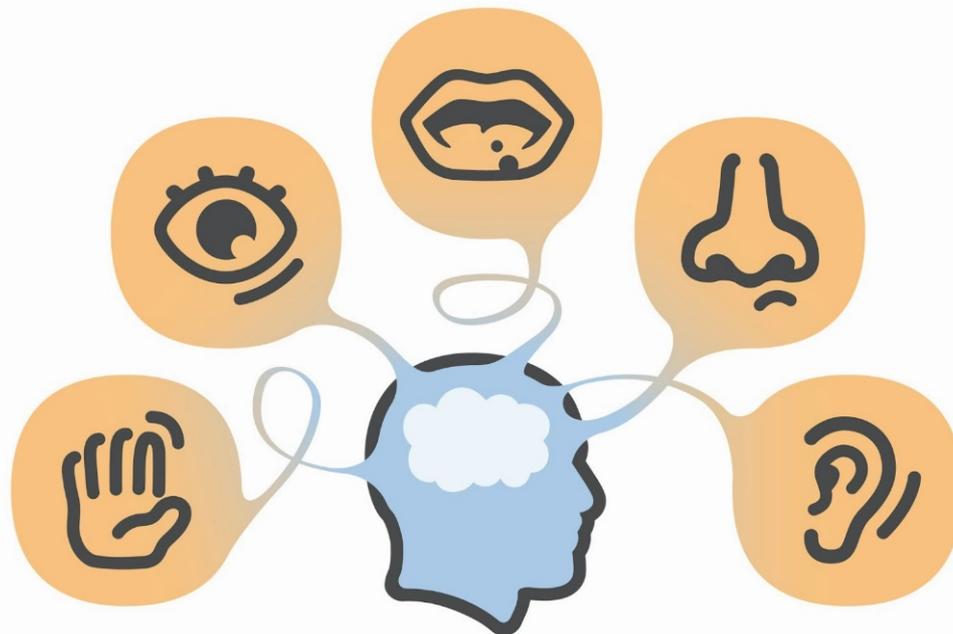


Baba's Definition of Human Values



THE HEAD VALUE

- Head could be understood or referred to as the five senses of knowledge namely the **eyes, the ears, the nose, the tongue and the skin** through which we receive and transmit information.
- These senses mostly drag us outward forcing us to accept the outside influences.



THE HEAD VALUE

MEDIA

EYES – SENSE OF SIGHT/EARS – SENSE OF HEARING

- Reading a book enhances the imagination and creativity of the child. Hearing good music, discourse, etc. soothes the mind. However graphic visualization as depicted in television or a movie has a combined effect of reading and hearing. Such media should be used for propagating value based programs which could inculcate good behavior in the child.

THE HEAD VALUE

EYES – SENSE OF SIGHT

EARS – SENSE OF HEARING

- On the contrary present day television and movie mostly broadcast unnecessary, meaningless songs, and violent scenes. Such visualizations arouse wrong thoughts and induce the child to copy and experiment. Hearing and sight are powerful senses of perception.
- Habitual watching on television, brings in laziness and disinterest in studies among children.
- They get glued and become addicted. Early corrections are needed.

Baba's Advice on Internet

- **Internet abuse** - INTERNET IS A WASTE PAPER BASKET. Keep your child away
- **Internet misuse** – INNER NET IS MORE IMPORTANT THAN INTER NET
- To remember that there is an inner net **(heart)** that must be consulted. When children get into bullying or commenting on Face book, exchanging words, such acts may hurt both of them.

TONGUE - SPEECH

- God is a great architect. He has designed the tongue guarded by **32 soldiers (teeth)** perfectly aligned so that we learn to use it carefully that is why HE has placed this sense organ well inside. HE wants us to understand that words uttered have meanings that may sooth the listeners mind or harm and wound them.
- Be used for propagating value based programs which could inculcate good behavior in the child.

Speech

- Children should be taught to speak politely.
- As parents, we must teach children to listen first, then understand and then reply.
- Parents too need to practice speaking obligingly always. Parents should set an example for the children to emulate and follow.
- **Baba says: Even if you cannot oblige speak obligingly.**

Most of the young children are in the habit of back answering their parents and elders.

Often they listen not to understand but to reply. As teachers, we must teach children to listen first, then understand and then reply.

MARK OR REMARK

- Knowledge and information play a key role in the head value.
- It is important that children excel in their academics. It is the greatest joy that parents can have and the greatest gift is when you see the report card of your child having scored the top rank.
- Yes, it is really a matter of pride and celebration.
- However, there is a small thing to be taken note of in this. A child has excelled in academics and has obtained good marks, what is the remark of the teacher? What about human excellence?
- *Baba says: Care not for marks but for remarks.*

THE MIND

- We have another commonly used but difficult to comprehend term called **'THE MIND'** which plays a great role in all of us from children to grown-ups and which is importantly a concept in the head value. What is mind? It is a bundle of thoughts. What are thoughts? They are bundle of desires.

How to handle thoughts?

- Easiest way to handle thought is to send them down to your heart by the power of discrimination. Let us ask is such a thought necessary? Are we to act or stay away? Take time to act. Consult the heart. Wait for the approval by the heart and then decide. Here is a conversation between God and Ocean
- **God** – my dear ocean I notice that as soon as rubbish falls on you, you throw the rubbish onto the shore by a series of waves without retaining the rubbish even for a moment. Why??
- **Ocean** - `Lord, there is nothing that is not known to you. If today I allow this piece of dirt to remain with me, before long I will be filled with dirt, and my entire form will be changed. I will no longer be ocean. If I need to maintain my purity I must throw off the dirt immediately.

THE THOUGHT PROCESS

- Mere living is not enough; it has no value by itself. It is the **motives**, the **feelings**, the **thoughts**, the **attitudes** that prompt the day to day life.
- **Baba says: Good fortune is always the result of good and positive thoughts whereas bad and negative thoughts lead eventually to bad fortune, via bad actions, bad habits and evil character. Since thought is the true basis of fortune, it is obvious that one must cultivate good and positive thoughts, if one is looking for a good fortune. Thoughts and Destiny are interconnected.**



THE HEART VALUE



THE HEART VALUE

- Heart is the **seat of conscience** and conscience is the seat of the soul. Many of us are aware that the heart is the organ that keeps the body and soul together.
- In fact many of us are not aware of one of the most admirable aspects of the heart which is **the power of discrimination.**
- The heart is the place where our ability to discriminate lies, contrary to the general thinking that such power of discrimination lies in the head. It is the capability of the heart to analyze which thoughts are right and which are wrong. It is called the 'Master' and that is ***why Baba says: Follow the Master.***

CAPACITIES OF HEART

- **Heart is a bundle of desires. Heart has several capacities, which we all know but seldom understood.**
- **Since the job of filtration or consultation before action is not done by many of us, on many occasions the heart is forced to accept and follow the vicissitudes of the mind.**
- **Hence contrary to the true nature of heart which is 'to believe' it is forced to disbelieve.**

CONSULTATION PROCESS OF THE HEART

- From the time children are born and till they mature, **parents should act as their conscience.**
- We need to shield our children with our conscience till they grow up to be self dependent and start judging on their own.
- Once the child reaches adolescent stage the child should be taught to use his or her conscience.

Why is it that we forget to consult our heart?

- **This is because we are often in a hurry, in haste. Also sometimes we deliberately do not wish to go by our heart!**

W - Watch our Words

A - Watch our Actions

T - Watch our Thoughts

C - Watch our Character

H - Watch our Heart

Always Be Cheerful Don't Ever Forget God

One of the easiest ways to be cheerful is by understanding the secret of happiness.

**Baba says: Happiness lies not in doing what one likes
but liking what one has to do**

Why is it that sometimes we refuse to obey our heart?

- **Heart always speaks the truth and truth is a bitter pill. We are afraid to accept the truth and start embracing artificial life.**
- **Also outside influence, peer pressure, and blindly aping other's habits are contributing factors for such disobedience.**

What are the consequences of not listening to the heart?

- Many a times we begin to listen to the multiple voices in the head than the single inner voice from the heart. Misery, restlessness and unhappiness are all the direct consequences of not listening to the heart.

HEART – THE ABODE OF GOD

- Heart is the abode of God. It is the residing place of the divinity. Baba says: **Divinity is inherent in every human being.**

THE HAND VALUE



THE HAND VALUE

- **Hand is the external tool of the mind. It is also called the outer brain of the man. When it performs the task in consultation with the heart, hand becomes a symbol of not only action but also strength and protection.**
- **Hand is more often a source of energy especially when used to perform sacred and benevolent acts.**

POSITIVE HAND ACTIONS

- Hands are the eyes for the blind
- The dumb talk with hands
- The deaf hear with hands
- Hand is used as an instrument of memory – writing - **Pen is mightier than the sword**
- 🎬 Hand & Fingers are used for **encoding language** – Deaf and dumb
- Joining of multiple hands is a symbol of unity - **Unity is strength**
- Hands shake is a symbol of friendship - a **friend in need is a friend in deed**
- Folding hands used for prayer - **Life is fragile handle with prayer**
- Your Hands above another's hands – helping, serving - **Hands that serve are holier than the lips that pray**

HAND – RECEPTICLE OF DESTINY

- **It is common for us to mention that one's fate is in one's hands. How can the destiny be in one's hand?**
- **Human hand is full of flexibility and dexterity. It can perform a variety of actions as detailed in the above section. It is the hand which could do paradoxical actions. It can express love and also hate, rejection and also acceptance, victory and also failure. Hence it is the hand that determines one's destiny.**
- **How to bring out the purity of the hand? Purity of the hand is directly associated with the heart and the head. Together they make 3HV.**

ROLE OF HAND IN RIGHT CONDUCT AND NON-VIOLENCE

- **Love in action is right conduct.**
- **Love in feelings or understanding is non-violence.**
- **Right conduct is the adherence to the rule: 'Do unto others what you wish them to do unto you'.**
- **An action that does not inflict pain on you and others is right conduct.**
- **Speak as you feel and act as you speak, by not playing false to your conscience. This is righteousness.**
- **Baba teaches that wasting resources amounts to violence and the hands must be taught to stay away from this veiled violence, though we may abstain from physical violence or abuse.**

DO NOT WASTE WEALTH – money

DO NOT WASTE AQUA – water

DO NOT WASTE SUBSTANCES- food, paper, clothes etc.

DO NOT WASTE TIME

DO NOT WASTE ENERGY- muscular, electrical, fuel

Wealth

- Teach children home economics – A penny saved is penny earned**
- Not to buy things which are not necessary**
- Not to buy things which are more than the needs**

CONCLUSION

- **3HVs; values of Head, Heart and Hand are the most important facets of human beings. This is Education in Human Value. Harmony and purity in thoughts, words and deeds should be the sign of an educated person. Control and proper regulation of the Head, the Heart and the Hand is the hallmark of the character of a person.**

FINAL THOUGHT

- **Though we may have a long way to go, with efforts and by divine grace we may realize the values of Head, Heart and Hand in the proper sense as explained in this workshop so as to become worthy instruments in the Divine Hands.**

**Begin like a lamp at home, carry the light outside,
become a street light serving as an example and
guiding others. Emulate the pole star which is a
light unto the world –*Sri Sathya Sai Baba***

**THANK YOU AND
SAI RAM**