

# EduCare

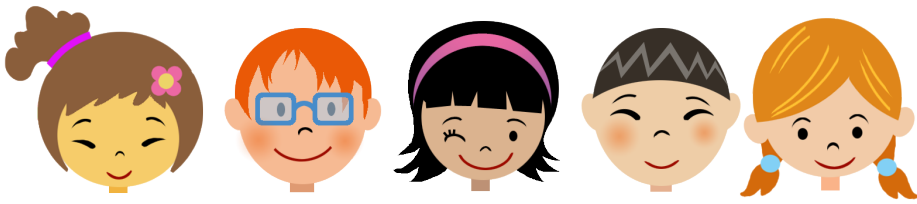
LET'S GROW TOGETHER!



## Right action

Educational magazine for children,  
kids, families and schools with  
human value focus

3  
2013



Dear Readers,

Right Action has layers of meaning! The Sanskrit word 'dharma' offers us a good understanding of what this important human value implies. It refers to the hidden law that governs everything! Because whatever exists is a form of consciousness, with a goal of its own to achieve and task to carry out.

In the same way that the 'dharma' of fire is to burn, and the 'dharma' of sugar is to be sweet, the 'dharma' of human beings is to live in line with the principles and heights of humanness! That's why human values are the very life breath of humanity!

In this issue we will scan through the meaning of right action, keeping the sacred meaning of 'dharma' in mind, and look out for ways to practice it. Because our actions make up our world, and build our relationships, with ourselves and with others. To learn how to act according to 'dharma', righteously and in line with conscience, is an art!

DHARMA IS A SANSKRIT WORD THAT MEANS LOTS OF THINGS. IT CAN BE TRANSLATED "DUTY", "LAW", "COSMIC LAW", "NATURAL LAW", OR "THE WAY THINGS ARE". THE TERM DHARMA DERIVES FROM THE SANSKRIT ROOT "DHR" THAT COULD BE TRANSLATED INTO ENGLISH AS "TO OFFER A BASIS", "THE FUNDAMENTS OF REALITY", "TRUTH", "RIGHTEOUSNESS", "MORAL OBLIGATION", "JUST", "AS THINGS ARE", OR "AS THINGS SHOULD BE".

FINALLY, THE WORD DHARMA MEANS THAT WHICH IS COHERENT WITH THE OVERALL ORDER OF THE UNIVERSE, WHICH IMPLIES "TRUTH", AND "LAW AND ORDER".

IT FOLLOWS THAT RESPECTING DHARMA MEANS RESPECTING A SERIES OF RULES AND NORMS THAT ARE AT THE BASIS OF THE NATURAL WORLD AND WHICH SUSTAIN SOCIAL LIFE AND ORDER.



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HUMAN VALUES

## Right Action

RIGHT ACTION  
MEANS LOVE OF  
CONSCIENCE!



## Quotations

There is no antidote against a common calamity but virtue, for the foundation of true joy is in the conscience.

*Seneca*

Happiness lies not in doing what we like, but in liking what we have to do.

*Carl G. Jung*

Righteous behavior is its own reward.  
Every man is architect of his own future.

*Latin saying*

True Righteousness consists in harmonizing thoughts, words and deeds... Today everyone wants to protect the world... you do not need to protect the world. Protect Truth and Righteousness, then the whole Universe will protect you.

*Sathya Sai*

## Goals



To motivate children to pick up the good habit of self-watching opens the door to a lifelong learning process, made out of hands-on inquiry and introspection. By becoming more self-conscious and aware they grasp how good actions not only mean to act in accord with moral precept and law, but even more so with one's very own conscience. Throughout this process important character traits like self-control and self-discipline are kindled, thus preparing the child to grow into a self-reliant and independent individual, in whom the sense of responsibility, respect and caring are the major offspring. Self-watching is a key to good living that gives the thrill of realizing the driving force of one's own thoughts, together with a powerful insight: *I can make the difference!* All this and more are the goals that the value of right action strive to accomplish. A value that puts things in order, both within us and around us!



## Dictionary

### RIGHTEOUSNESS

THE QUALITY OF BEING MORALLY RIGHT, GOOD OR JUSTIFIABLE:

ACTING IN ACCORD WITH DIVINE OR MORAL LAW : FREE FROM GUILT OR SIN  
MORALLY RIGHT OR JUSTIFIABLE  
A RIGHTEOUS DECISION.

### Synonyms

HONEST  
ETHICAL  
HONORABLE  
JUST  
MORAL  
RIGHT  
GOOD  
STRAIGHT  
TRUE  
UPRIGHT  
VIRTUOUS

### Opposites

BAD  
DISHONEST  
UNETHICAL  
EVIL  
IMMORAL  
INDECENT  
SINFUL  
UNRIGHTEOUS  
WICKED  
WRONG



## Right Action The secret of a happy and healthy life

Right action is a basic human value. It reminds us to watch our thoughts and feelings, because they drive whatever we say or do. If our thoughts are good, our actions will be good too; while bad thoughts, or unfocussed, confusing thoughts, will lead to careless and negative conduct and behavior.

But the true scope of right action is vaster, as it is rooted in the depths of duty. It refers to individual responsibilities and duties that change according to who you are, to how old you are, and to what you do. Since these individual duties are interlinked with social wellbeing, acting in accordance with the codes of conduct, moral and legal, that govern both human behavior and society is also an aspect of right action.

Right action teaches us a lot about ourselves. We learn to distinguish between will and desire! We find out that when a desire is at the basis of our actions we are prompted to act out of self-interest and may be inclined to be greedy about getting what we are striving for. Self-interest paves the way for other 'inner enemies' too, like egoism, jealousy, anger and envy! Instead, when our actions are prompted by the power of will, we carry out our decisions only after having considered what is just and right for ourselves and for others. We are equally de-

**Here are some of the virtues that unfold when we practice right action!**

Good Behaviour	Good habits	Responsibility	Self-control
Respect for rules	Self-dignity	Self-sufficiency	Care
Punctuality	Good human relations	Respect for others	Good posture
Sense of duty	Selflessness	Care for the environment	Personal hygiene

termined to reach our goals, but there is bound to be less greed and attachment in the way we do so. To recognize the difference between these two forces that motivate our actions is part of the process that right action involves.

Our actions become naturally righteous and in line with our individual and social duties, when we learn to align our thoughts, words and deeds with conscience. That's the seat of truth and love! And when we reach this point of integrity something special happens: we find our inner direction, and our own soul's mission! Being centered in 'ourselves' fully and freely, so we can follow our orbit... is the peak of right action. It enables us to live happily and in harmony with the hidden laws and the workings of the universe.

**Our conscience guides us to act properly, in the right way...**



## The method

**Right action can be divided into three categories: personal skills, social skills and ethical skills.**

Personal skills correspond to self-help: care of one's body, mind and emotions and foster character development and self-confidence. They include developing good habits, discipline, punctuality and self-control and the ability to tend to one's duties and to choose good company.

Social skills involve virtues such as kindness, respect, teamwork skills, obedience, responsibility, tolerance, and good manners in general.

Ethical skills are based on respect for moral codes of conduct. Children learn to grasp the difference between what is right and what is wrong as they cultivate virtues such as forbearance, fortitude, gratitude, morality...

# FOOD FOR THOUGHT

WHEN WE LEARN TO "WATCH OURSELVES" WE BECOME MORE SELF-CONSCIOUS AND AWARE. PRACTICING THE VALUE OF RIGHT ACTION BECOMES A NATURAL CONSEQUENCE! TRY EXPLAINING IT THIS WAY TO YOUR KIDS:

What do you do when a pebble slips into your shoe?

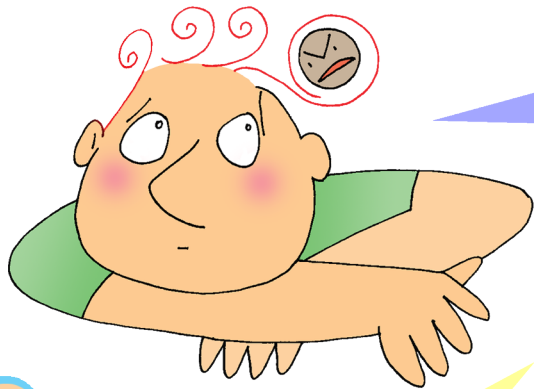
OUCH!

GEEE... A PEBBLE CAN MAKE IT DIFFICULT FOR ME TO WALK!! BETTER GET RID OF IT RIGHT AWAY!



In the same way... when a bad thought slips into our mind we need to take it out before it's too late! Thoughts are at the basis of our actions!

WE NEED TO KEEP THE GOOD ONES...



AND GET RID OF THE BAD ONES!



Activity

When you practice human values ... you become an expert in right action. They remind you to "watch" what you do and how. Ask your heart to guide you! It turns on the light of the intellect!

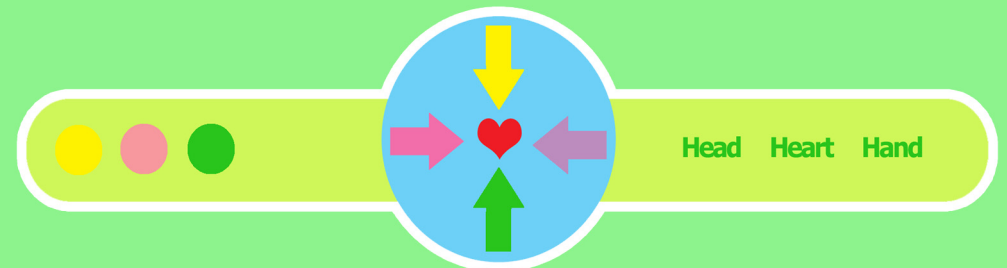


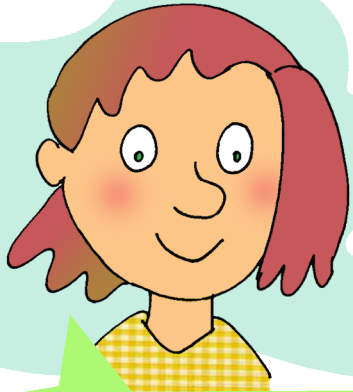
Watch your:

- Words:** make them kind and sweet!
- Actions:** make them good and noble!
- Thoughts:** make them positive and shiny!
- Character:** think, speak and act good!
- Heart:** bring out the human values and virtues that are in you!

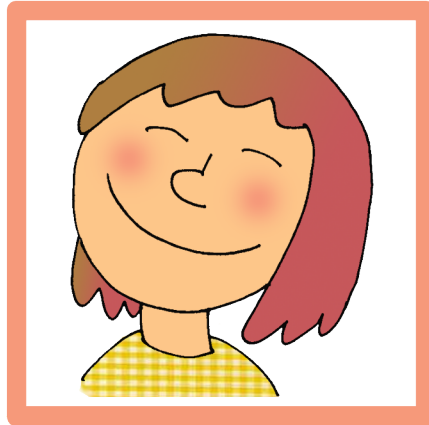
Be creative!

Make a watch reminder! Cut two long rectangles for the watch-band and a round shape for the dial. Make a heart in the middle and four arrows pointing towards the heart. The arrows stand for your thoughts, words, deeds and character. Now they will always be connected to love energy! Wear your watch everyday and make one for your friends!



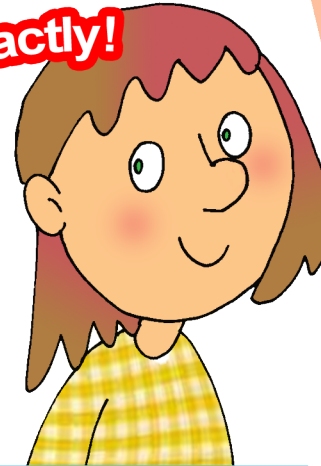


FRIDAY WE DECIDED WHERE TO GO THIS YEAR FOR OUR FIELD TRIP.



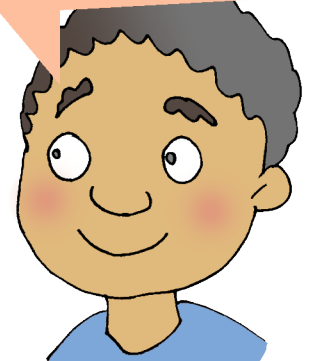
WE THOUGHT OF TAKING A HIKE IN THE WOODS, SO WE COULD RUN AROUND LIKE SQUIRRELS AND DEER! HIHIHI!!!

**Exactly!**

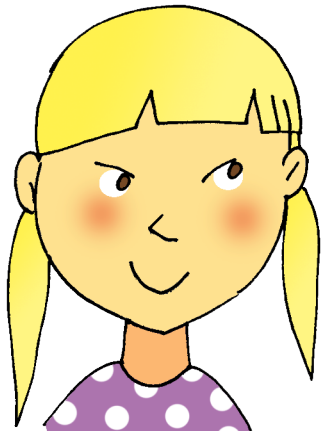


WE HAD TO THINK OF SOMETHING ELSE. SOMETHING THAT COULD WORK OUT FOR EVERYONE!

WE DON'T ALWAYS THINK OF OTHERS WHEN WE MAKE OUR CHOICES...



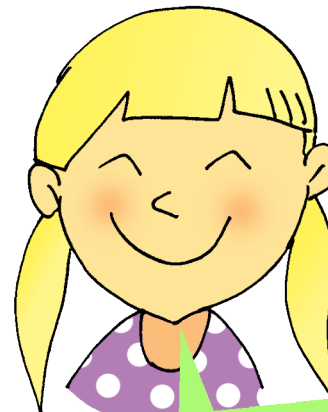
DAD SAYS THAT TO DO SO IS A HIGH FORM OF DISCERNMENT! WHERE DID YOU DECIDE TO GO?



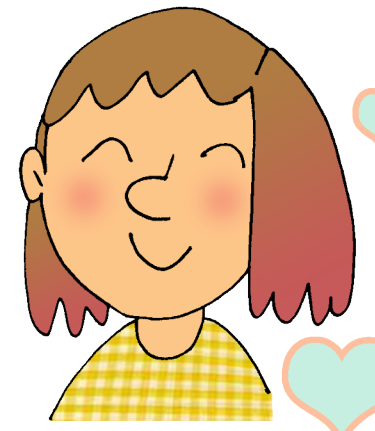
WE WERE ALL SO EXCITED! THEN MISS THOMPSON REMINDED US THAT ALL THE 3RD GRADERS WOULD GO ON THE TRIP.



BUT GABRIEL IS IN 3RD B! HE NEEDS A WHEEL CHAIR TO GET AROUND. HE'D NEVER MAKE IT UP INTO THE WOODS!



WE'LL VISIT THE SNOWFROST MOUNTAIN VILLAGE! YOU CAN REACH IT BY CABLE CAR AND IT'S EQUIPPED FOR KIDS LIKE GABRIEL! IT WILL BE GREAT FUN.



AND NO ONE WILL HAVE TO STAY HOME! RIGHT ACTION IS GOOD THINKING!

# True happiness



True happiness is to be free from perturbations; to understand our duties toward God and man; to enjoy the present, without any anxious dependence upon the future; not to amuse ourselves with either hopes or fears, but to rest satisfied with what we have, which is abundantly sufficient; for he that is so wants nothing. The great blessings of mankind are within us, and within our reach; but we shut our eyes, and, like people in the dark, we fall foul of the very thing we search for without finding it.

Tranquillity is a certain equality of mind which no condition of fortune can either exalt or depress. Nothing can make it less, for it is the state of human perfection: it raises us as high as we can go, and makes every man his own supporter, whereas he that is borne up by anything else may fall. He that judges aright, and perseveres in it, enjoys a perpetual calm; he takes a true prospect of things; he observes an order and measure in all his actions; he has a benevolence in his nature; he squares his life according to reason, and draws to himself love and admiration. Without a certain and unchangeable judgment, all the rest is but fluctuation. Liberty and serenity of mind must necessarily ensue upon the mastering of those things, which either allure or affright us, when, instead of these flashy pleasures (which even at the best are both vain and hurtful together), we shall find ourselves possessed of an excellent joy assured and a continual peace and repose of soul. There must be a sound mind to make a happy man; there must be a constancy in all conditions, a care for the things of this world, but without trouble, and such an indifference to the bounties of fortune, that either with them or without them we may live content. There must be neither lamentation,

nor quarrelling, nor sloth, nor fear, for it makes a discord in a man's life. He that fears serves. The joy of a wise man stands firm without interruption; in all places, at all times, and in all conditions, his thoughts are cheerful and quiet. Into what dangerous and miserable servitude he falls who suffers pleasures and sorrows (two unfaithful and cruel commanders) to possess him successively! I do not speak this either as a bar to the fair enjoyment of lawful pleasures, or to the gentle flatteries of reasonable expectations.

On the contrary, I would have men to be always in good humour, provided that it arises from their own souls, and is cherished in their own breasts. Other delights are trivial; they may smooth the brow, but they do not fill and affect the heart. True joy is a serene and sober motion, and they are miserably out that take laughing for rejoicing. The seat of it is within, and there is no cheerfulness like the resolution of a brave mind, that has fortune under its feet. He that can look death in the face, and bid it welcome; open his door to poverty, and bridle his appetites; this is the man whom Providence has established in the possession of inviolable delights.

The pleasures of the vulgar are ungrounded, thin, and superficial; but the others are solid and eternal. As the body itself is rather a necessary thing than a great, so the comforts of it are but temporary and vain; whereas a peaceful conscience, honest thoughts, virtuous actions, and an indifference for casual events, are blessings without end, satiety, or measure.

SENECA WAS BORN IN CORDOBA, HISPANIA, ONE OF THE MOST ANCIENT ROMAN COLONIES OUTSIDE THE ITALIC TERRITORY. THE EXACT DATE OF HIS BIRTH IS UNKNOWN TO US.

HE RECEIVED HIS MAJOR EDUCATION IN ROME, WHERE HE WAS TRAINED IN THE ART OF ORATORY, BUT WHAT IMPACTED HIS GROWING CHARACTER WAS THE MORAL RIGOR OF THE "CYNICAL SCHOOL"<sup>1</sup>, A MODEL FOR ASCETICS SEEKING CONTINUOUS SELF-IMPROVEMENT THROUGH THE DISCIPLINE AND PRACTICE OF SELF-ENQUIRY.

SENECA FOLLOWED HIS MASTERS TEACHINGS WITH DEDICATION AND DEVOTION, AND WAS IMPRESSED BY THEIR DEGREE OF COHERENCY WITH THE IDEALS PROFESSED, WHICH UPHELD LIVING ACCORDING TO NATURE, THE PRACTICE OF VEGETARIANISM, AND VIRTUES SUCH AS SELF-CONTROL AND SELF-SUFFICIENCY. SENECA, WHO EMPHASIZED THAT "VIRTUE IS SUFFICIENT FOR HAPPINESS" AND INDIVIDUAL BEHAVIOUR THE HALLMARK OF A TRUE PHILOSOPHER, BECAME A MAJOR PHILOSOPHICAL FIGURE, WHOSE WORK AND THOUGHTS MADE A LASTING CONTRIBUTION TO THE PHILOSOPHY OF STOICISM<sup>2</sup>.

<sup>1</sup> THE NAME 'CYNICAL' IS OF GREEK ORIGIN AND DERIVES FROM THE ANCIENT GREEK WORD KYÔN, DOG, THAT IS "DOG-LIKE". CYNICS WERE AGAINST THE GREAT ILLUSIONS OF HUMANITY, SUCH AS WEALTH, POWER, FAME AND PLEASURE.

<sup>2</sup> STOICS EMPHASIZED THE ROLE OF ETHICS AND MORALITY, UPHOLDING NATURE AS THE LINK BETWEEN COSMIC DETERMINATION AND HUMAN FREE-WILL.

If athletics is the "Queen of Sports," which covers over 50 disciplines and key-skills, dharma is certainly the Queen of Virtue, as more than 50 words can explain and describe it.

## Dharma sustains

Imagine that the players of the next football game stop adhering to **the rules** of the game and an opponent scores, playing with his hand. Imagine that the referee's decisions are not **fair** and that he doesn't treat your team **fairly**. Would you still enjoy watching the game? Would you want to have anything to do with it at all? Or imagine that at school your teachers stop observing **fairness** and start giving you lower marks than the ones you deserve. All of these examples illustrate the breach of a fundamental principle of **right conduct** or **dharma**. This word derives from an ancient language of India, called Sanskrit, and means **that which sustains**. Thus, dharma is that which sustains all things and creatures, holding them in place according to a perfect design.

## Dharma in human society and in man

Within us, dharma corresponds to **moral** conduct, or to a fundamental inner feeling of righteousness, that is, of justice and honesty. On the outside it manifests in the form of **the law** of human society. Dharma is that which from a disorderly multitude brings order to the community, and it is through dharma that **customs, duties** and **moral laws** take form and flourish. Dharma is a body of **prescribed principles of conduct**, out of which **the principal ethical order** in a society is derived. From all the **words in bold which describe dharma**, it is obvious that dharma is a set of



## The pledge of Athenian teenagers



If you were to give your word to your town or country, how would it read? Think about it and write it down.

**virtues**. Namely, it is our conscience, often referred to as the voice of God within us, which invites us to act in a *dharmic* manner. We can thus claim that dharma implies the highest moral **responsibility** or **accountability** to ourselves, others and God.

**Talking about moral accountability to others, it is a must to read the pledge of Allegiance, which dates back to 335 BC, that ancient Greek teenagers gave when they turned seventeen:**

*We shall never bring disgrace upon our City by any act of unfairness or cowardice. We shall fight for the ideals and sacred goals of this city, both alone and with many. We shall obey and adhere to the laws of the City, and do everything within our capacity to encourage the same respect and reverence in those above us who are prone to neglect and disregard these laws. We shall continually encourage the sense of civic duty in the population of this city. This way we will, in all the ways possible, pass this city on to the next generation, not less, and not only the way it has been left in our care, but greater, better and more beautiful.*

This dharmic pledge is the best indication that dharma is indeed the queen of virtues, for it includes many of the most beautiful and excellent character attributes of man, such as: **loyalty, responsibility, honesty, courage, patriotism, selflessness, readiness for sacrifice, perseverance, sincerity, integrity, readiness to serve one's ideals, the sense of care for the common good, readiness to keep one's word.**

**Knights**

That dharma has always been one of the most desirable goals that a man can achieve, is also confirmed by human history wherein knights were the role-models of the people, for they lived in accordance with it. Thus in Japan there were **samurai**, in India **kshatriya warriors**, and in Europe there were **knights**. Their main duty was to serve the king and God and to protect the weak and powerless; they were known for their character, goodness, courage, fearlessness and other heroic qualities. But they were also romantic and noble ones, such as refined and courteous towards women, learned and well-versed in foreign languages, skilled in composing poetry, in games and dance. It was due to their integrity and numerous abilities that they were seen as the best among men.

**Jedi warriors**

Can you imagine *Star Wars* without brave and just knights, like Jedi warriors? Master Yoda is perhaps the best example of a just and evolved knight who is, at the same time, also supremely sagacious. Yoda reaches this point of perfection because he lives in harmony with the Force, that is, the Law of Dharma, which governs the whole universe, all people and all creatures living in it. This is why in sacred writings it is said that the most supreme dharma is to realise oneself, that is, to reach one's full potential, which, in other terms, means to become enlightened. Then we will be like Master Yoda: wise, brave, good and just and – we will acquire a sense of humour, too. Therefore, good luck on the path of dharma, you Masters Yoda-to-be, you knights and Jedi warriors!



Borna Lulić

# The Man in the mirror

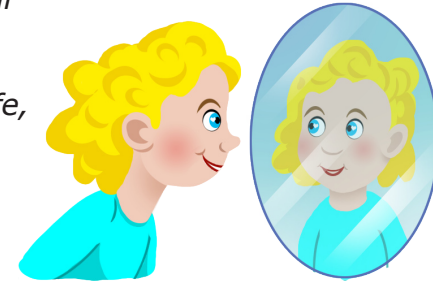
*The guy in the Glass, Dale Wimbrow*

*When you get what you want in your struggle for self  
And the world makes you king for a day  
Just go to the mirror and look at yourself  
And see what that man has to say.*

*For it isn't your father, or mother, or wife,  
Whose judgment upon you must pass  
The fellow whose verdict counts  
most in your life  
Is the one staring back from the glass.*

*He's the fellow to please – never mind all the rest  
For he's with you, clear to the end  
And you've passed your most difficult, dangerous test  
If the man in the glass is your friend.*

*You may fool the whole world down the pathway of years  
And get pats on the back as you pass  
But your final reward will be heartache and tears  
If you've cheated the man in the glass.*

**Poems****Activity**

You need: cardboard, aluminium foil, scissors, glue, model template.

Using the model template draw a mirror on a piece of cardboard. Cut out a shape from the aluminium foil that fits right in the middle. Decorate the sides. When its done turn it over and draw the champions cup behind it. Add the values you think you need to cultivate friendship with yourself!

# The monkeys and the giraffe

A STORY FROM GREECE

Roots and wisdom

Adapted from Aesop's fables

**M**any, many years ago, two little monkeys lived in the jungle. They were very playful and loved each other dearly. They crawled up trees, jumped from one branch to the other, did somersaults in the air, turned and twirled, and played all sorts of acrobatic games. That's how these two little monkeys spent their time – joyful and carefree. One day, as they were playing at the top of some tall trees, they saw from afar a giraffe coming along.

"Wow, what a long neck it has!" gasped one of the monkeys. "I have an idea," said the other. "Why don't we go and play with it. We can climb up its neck and then slide right down! We'll have a grand time!"

"That's a wonderful idea! Let's run!" And that's exactly what they did. The playful little monkeys went to the giraffe, climbed up its neck and started doing somersaults, acrobatics, all kinds of tricks and games. But, what they liked best, was to climb high up on to the giraffe's head and then slide right down its long neck. It was the most thrilling game they had ever played!

Time passed quickly and it started getting dark. The little monkeys had to leave and go back to their mommy who was waiting for them.

"Thank you so much, dear giraffe, for letting us play with you," said one of the monkeys.

"We had a super time and this we owe to you, for allowing us to slide down your neck for hours on end. We thank you and assure you that some day we'll be able to repay your kindness. Good night," said the second little monkey.

Happy, yet tired from the long game, the two monkeys started for home.

The days passed and the two little monkeys

played, as usual, hanging on top of the trees. One day, they saw from afar the giraffe once again and ran to get close to it. When they reached it, though, what did they see? The giraffe looked very sick. It lay down on the ground and would not get up. The two little monkeys asked:

"What is the matter with you? Are you not feeling well? Why don't you get up so that we can play?"

"Oh, I can't, my dear friends. I am very weak... I haven't had anything to eat for two whole days."

"Why don't you eat, then? There are plenty of leaves around!"

"Oh, they are far too high and I can't reach them! I had all the leaves that were low enough, but there aren't any left."

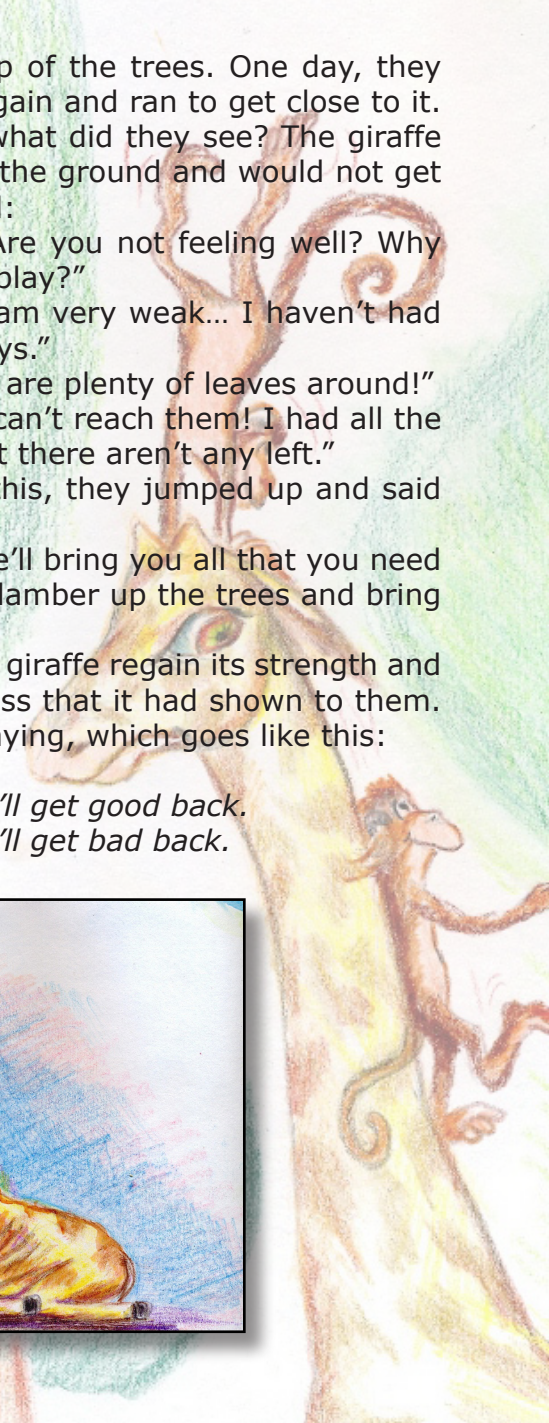
As soon as the monkeys heard this, they jumped up and said with one voice:

"Don't you worry, dear friend. We'll bring you all that you need to eat. For us it is very easy to clamber up the trees and bring down leaves for you."

So, the little monkeys helped the giraffe regain its strength and in this manner repaid the kindness that it had shown to them.

This confirms, once again, the saying, which goes like this:

*If you do good, you'll get good back.  
If you do bad, you'll get bad back.*



## The Rabbit Ran



**S**ome say that wherever you go, you meet only God, because God is present everywhere. Have you heard the story of the Rabbit that had borrowed five cents from Mother Earth? She thought that if she moved to another region she would be free from having to give the money back. So, one day she ran as fast as her legs could carry her and went far far away from the place where the amount was originally received. At last, she sat down in great relief and said to herself: "Now, no one will ask me to pay the money back!" What was her surprise when from the ground underneath she heard a voice: "Mother Earth is right here, under your feet! You cannot escape from me, however far you run." So, you too cannot run away from God! God expects good conduct, good habits, good thoughts and good company, wherever you may be!

*Sathya Sai*



### Who is God?

It is difficult to explain the concept of God to children without using a Name and a Form. And since each religion has its own, it can be a challenge to tackle the topic in a way that is universally accepted. Words of wisdom say that God is like a mirror! He reflects the highest potential of our very own self! That's why another way to speak of God is to refer to pure Goodness, Truth and Beauty!

## The Porcupine's story

**I**t was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions. After awhile, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth. Wisely, they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive. The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

JUST LEARN TO LIVE  
WITH THE "PRICKLES"  
IN YOUR LIFE!



**ON PLANET EARTH...**

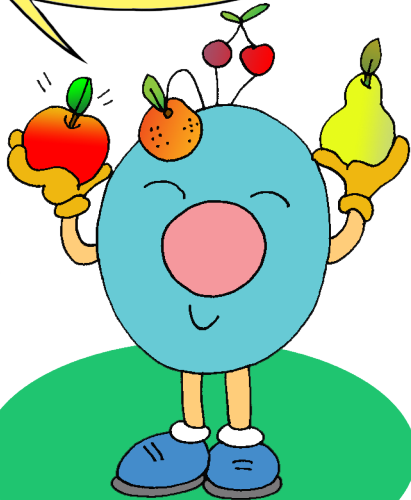


**DON'T WASTE NATURAL RESOURCES,  
LIKE WATER, ENERGY ...**

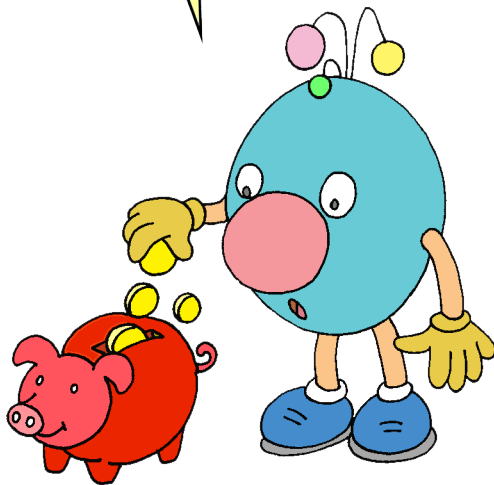


**...MAKE GOOD USE OF YOUR TIME!  
FILL YOUR DAYS WITH LOVE!**

**...OR FOOD!**



**INSTEAD OF WASTING YOUR MONEY  
FOR THINGS YOU DON'T NEED, SAVE IT  
TO USE FOR SOME WORTHY CAUSE!**

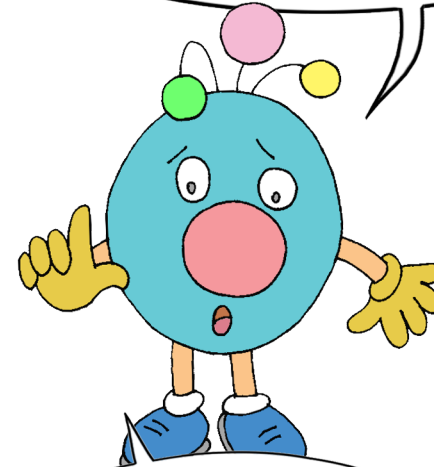


**USE YOUR SKILLS  
AND KNOWLEDGE...**



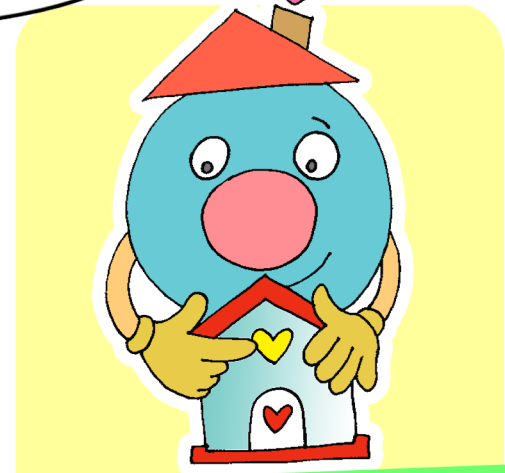
**... TO SEE GOOD, DO GOOD,  
BE GOOD!**

**HASTE MAKES WASTE,  
AND WASTE MAKES WORRY!  
AND WHEN YOU WORRY...**



**... YOU WASTE TIME,  
THOUGHT POWER AND  
ENERGY!**

**AND DON'T  
BE IN  
A HURRY!**



**PUT A CEILING ON DESIRES!  
AND BE HAPPY!**



DID YOU KNOW THAT ONE OF THE GOALS OF SPORTS AND MUSIC IS TO CONFER HEALTH AND HAPPINESS TO MANKIND? SURE ENOUGH, THREE BENEFITS CAN BE GAINED FROM SPORTS AND GAMES: TEAM SPIRIT, MUTUAL UNDERSTANDING AND JOY! THOUGH HUMAN BEINGS MAY SPEAK DIFFERENT LANGUAGES AND HAVE DIFFERENT HABITS AND CULTURES, IT IS EASY FOR THEM TO CREATE A COMMON BOND AND BUILD A SENSE OF COMRADESHIP IN THE FIELD OF SPORTS!

"GOOD EDUCATION CONSISTS IN CULTIVATING GOOD THOUGHTS AND ACQUIRING GOOD QUALITIES LIKE TRUTHFULNESS, DEVOTION, RIGHT ACTION, DISCIPLINE AND DEDICATION. THESE QUALITIES ARE ALSO THE ONES THAT ARE FOSTERED AND OBTAINED THROUGH SPORTS AND GAMES. THESE QUALITIES ARE NEEDED TO TRANSMIT HAPPINESS AND JOY TO THE SUBTLE BODY!"

SATHYA SAI

## Sports

If you play and practice sports when you are young, you develop your bone structure and muscles, and you regulate your metabolism and socialize with others in a fun way. Which sports are best for kids? At what age should they begin? Normally parents sign up their children for sports around 3-6 years of age. At the beginning it is best to select a general form of physical activity, such as swimming or physical education. Remember that kids play sports:

1. To have fun.
2. To do something they are good at.
3. To improve their skills.
4. To stay in shape
5. To get exercise.

They value winning, but they learn also by being in a "losing team"!



SWIMMING - BEGINNING AT 3

BICYCLING - BEGINNING AT 4

PHYSICAL EDUCATION - BEGINNING AT 5

DANCING - BEGINNING AT 5

SKATING - BEGINNING AT 5

TENNIS - BEGINNING AT 6

FENCING - BEGINNING AT 6

BASKETBALL - BEGINNING AT 7

VOLLEYBALL - BEGINNING AT 7

TRACK AND FIELD SPORTS - BEGINNING AT 6

MARTIAL ARTS - BEGINNING AT 7

FUN is more important than achievement when we are young! So don't expect a champion's performance from your kids!

Remember to look out for game areas and gym rooms that are easy to reach! You may have to accompany your kids to their lessons and games, sometimes two or three times a week!

# The Story of Yumi

This is the story of Yumi. Yumi is a very little boy. He lives in a village surrounded by mountains.

"HI! MY NAME IS  
MANUEL.  
I LIVE IN CHILE.  
I AM CHILEAN."



"One, two three,  
follow me!  
Read the story,  
listen to the birds,  
and to their very  
special words."



Yumi has three brothers. They are older than he is. They are all very good hunters. "I want to be a hunter too!", says Yumi one day. "When I become a good hunter I will catch condors, llamas and wild boars!"

"Why wait? I can hunt today! Here is my bow and here is my arrow!"

Yumi runs out of the village. He runs to the tall field of corn. He runs to the

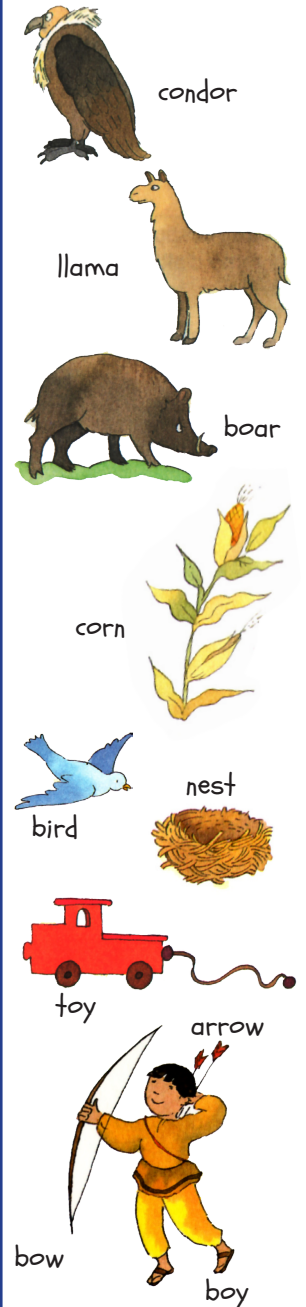
woods. Yumi looks behind bushes. He looks on every tree branch until...

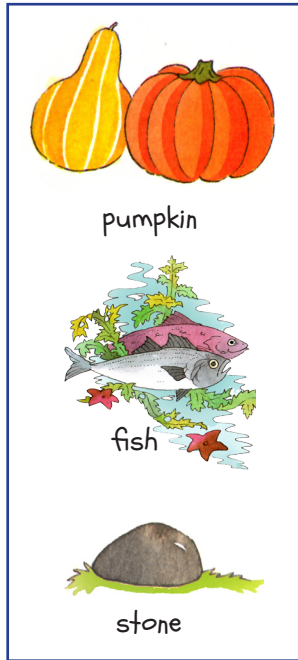


"A bird's nest! A bird's nest!" he cries.  
"Yumi, Yumi, little boy...", cry the birds.  
"Your bow and arrow are not a toy!"




"Little child, little boy  
Your bow and arrow are not a toy!  
Little child do not give  
Pain to anything that lives!"






"You are right!", says Yumi.  
 "I will not hurt you!"  
 "Thank you Yumi!" , say the birds.  
 "Every good action brings something good! This pumpkin is for you... it's a magic pumpkin!"

 "Everything you do, sooner or later comes back to you! So watch what you say or think or do! Whatever it is will come back to you!"



 "Go plunge, plunge The pumpkin in the water. Dip, dip the pumpkin in the water."

Yumi dips the pumpkin in the river and...  
 "Look at the fish!", he cries.  
 "Give it to us!", cry his brothers. They plunge the pumpkin in the river, but... it disappears!  
 Yumi goes back to the fields.  
 "Look at the guanacos!"  
 He picks up a stone and is about to throw it when he hears the birds sing:

Yumi puts down the stone.  
 "Every good action brings something good!", sing the birds. "This poncho is for you!" Yumi waves it in the air and catches a dozen of birds!  
 "Look at this magic poncho!", he cries.  
 "Give it to us!", say his brothers. They wave it in the air, but... the poncho flies away!  
 Yumi goes back to the fields.  
 "I will catch a condor!", he says.





"Everything you do, sooner or later comes back to you! So watch what you say or think or do! Whatever it is will come back to you!"



"You are right", says Yumi. "Every good action brings something good!", say the birds. "These moccasins are for you!"



"Stamp your feet and look up high! A big brown condor will make you fly!"

Yumi stamps his feet and a big condor appears! The little boy flies to the village and...



"Give us those moccasins!", cry his brothers. They stamp their feet but the condor flies away with the magic moccasins!

"Yumi! This magic flute is for you!", say the birds. A small flute falls into Yumi's hands. The little boy plays the flute when... "Look! A puma!"

"A puma?", say his brothers. "Everything you do comes back to you!" The puma starts to run after Yumi's brothers and... they are still running!

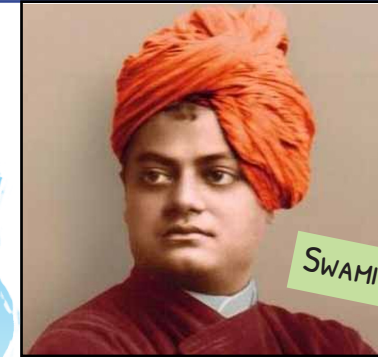


flute



puma





Let's Learn from ...

SWAMI VIVEKANANDA

Once, when Swami Vivekananda was in Chicago, he saw some young boys trying to shoot egg-shells floating in the river. As the shells rolled up and down on the small waves, the boys could not hit them. They noticed that Vivekananda was watching them with keen interest. So they called out to him, "Sir, you have been watching us all the time. Do you think you can do better?" Taking the gun in his hand, he aimed at the egg-shells, concentrating for some time on the target. Then he fired the gun twelve times and hit an egg-shell each time. The boys were struck with wonder on seeing his skill and asked, "Well Sir, how could you do this without any practice?" Vivekananda laughed aloud and said, "I will tell you the secret. Whatever you may be doing, concentrate all your attention on it. Think of nothing else. Keep your mind on the tar-

get. Your aim will not fail. Concentration can work wonders. Even when you are studying, think only of the lesson you are working at. What you read will then be almost printed in your memory."

*With this power of concentration Swami Vivekananda did many great things for the good of the world.*

POET, PHILOSOPHER, THINKER, AND AUTHOR OF SPIRITUAL ESSAYS AND MASTERWORK AIMED AT INTEGRATING WESTERN AND EASTERN PHILOSOPHY. IN 1897 HE FOUNDED THE "RAMAKRISHNA MISSION" WITH THE PURPOSE OF UPLIFTING BOTH THE SPIRITUAL AND THE MATERIAL CONDITIONS OF HUMANITY, WITH NO DISTINCTION BETWEEN CASTE, CREED, RACE, NATIONALITY, SEX OR RELIGION, AND OF PROMOTING BROTHERHOOD AMONG ALL RELIGIOUS SEEKERS. HE EMPHASIZED HOW RELIGIONS DIFFER ONLY IN FORM NOT IN ESSENCE, AND UPHELD THE UNDERLYING THREAD THAT UNIFIES AND BRINGS THEM TOGETHER, WHICH HE REFERRED TO AS THE ONE AND ONLY ETERNAL AND UNIVERSAL RELIGION.

THOUGH SWAMI VIVEKANANDA'S CULTURAL ROOTS WERE EMBEDDED IN HINDUISM TRADITION, HE WAS A GREAT ADMIRER AND AUTHORITY OF DIFFERENT RELIGIOUS PATHS, IN PARTICULAR THAT OF CHRISTIANITY. FINALLY HE WAS KNOWN FOR HIS COMMITMENT TO SOCIAL SERVICE, SO MUCH THAT HE IS STILL REMEMBERED TODAY FOR HIS NUMEROUS SERVICE ACTIVITIES.

# Teo and... the old woodworm syndrome

Teo was just like everyone else of his age: always thinking about something or talking about something, and doing all sorts of things! And he was always so busy that he would get everything mixed up! He would forget what he was thinking, say things without thinking, and do the things he had promised not to do!

At school Miss Wilson told the class about recycling. She said that it was important to separate litter according to the material it's made out of in order to avoid waste, facilitate disposal, and recover resources that can still be useful. Teo was all ears and keen on becoming an expert recycler. "I'll use a separate container for collecting glass, a grocery bag for paper, a plastic bag for plastic and a trash bin for cans." He thought. But when the lesson was over he forgot all about his good intentions and kept throwing things out, just like before.

Once Teo went to the movies with some friends. He didn't like the movie, and resolved to never see anything so violent again! But his friends had a different opinion. "Great movie, hey, Teo?!" they said. So... though the boy had decided to tell them what he felt about it, for some strange reason all he could do was mumble: "Ehm..., yeah, I mean... sure was!" And when a few months later his friends asked him to go see the sequel Teo begged his dad to drive him over to the movie theatre where he jumped out of the car and dashed into see the film without any hesitation at all!

Oh, we could give lots of other examples like this..., but the heart of the matter was always the same: Teo's thoughts would fly in one direction, his words leap out of his mouth and take another one, and his actions another one, still! At the beginning he would try to catch his flying thoughts, but once a thought begins to fly away on its own it's pretty hard to catch up with it, so changing thoughts soon became a habit. And doing all those things he had always said he would never do became a habit too! This is why in no time at all Teo became unsteady and insecure.

No one noticed the symptoms of the terrible disease that the boy had caught, the syndrome he had fallen prey to, for it was such a widespread plague among people that it passed unseen. But deep down inside Teo felt that something was gnawing at him... which is just what you feel when you are affected by the old woodworm syndrome! It sits there and gnaws at kids like Teo, chipping away the roots of their character and making it so weak and fragile that when they grow up there won't even be the shadow of a character left!

Would a super dose of vitamins and minerals do the trick in cases like this? Could heaps of carrots and spinach defeat that 'old wiggly woodworm'? No! A woodworm may seem like an insignificant little beast to you, ... but when it gets into the structure of wood it starts gnawing and gnawing at it until it reduces the wood to dust! In other words, day after day, the syndrome of the old woodworm crept into Teo's thoughts, words and deeds munching at them, separating them and making them lose their consistency, leaving the boy confused and feeling ruffled and jittery and totally upside down. But one day he got better!

Like all kids Teo had lots of relatives. His grandpa Joe was a funny kind of guy. Teo loved him because he was just like Teo, always thinking, talking and doing all sort of things. One day the two of them went for an outing in the woods.

They walked up the old mule path that Teo had taken so many times with grandpa and slowly entered the woods. Grandpa Joe walked in silence, absorbed in his thoughts. Then he halted and brushed a bunch of leaves off the trail. "I was thinking, Teo," he began, "that maybe we should clean up this mule path after lunch. What do you say? It's getting difficult to walk up to our cottage without tripping...". The path was practically hidden by broken branches and mountains of dry leaves. Grandpa was right. Someone could miss



their step and fall.

"Good thinking, grandpa!" said the boy. "I'm with you!" Shortly afterwards the two reached the stone cottage. They had enjoyed the lunch that grandma had prepared for them, speaking about everything and anything, when Teo jumped up, gulping down a huge piece of apple pie. "I'll be back in no time, grandpa!" he said, swallowing the last morsel.

"Oh? Are you off somewhere, Teo?" asked grandpa. He seemed surprised. "Didn't you say that you would help me clear up the trail after lunch?"

"Well yes, grandpa. I did, but..." Teo looked out at the open field. The sun was beaming and a cool breeze seem to be calling him out to play.

Grandpa tilted his head. "If you want grow strong and self-confident," he said, eyeing his grandson with care, "your thoughts, your words and your actions need to work together, Teo..." He laced the fingers of his hands folding them tightly together. "They need to be united", he said, "like this. As if they were one".

Teo kept quiet for a few seconds. He knew that grandpa Joe had caught sight of the wriggly woozy woodworm... And to be very honest with himself he knew how bad his habit of thinking in one way and acting in another had become... but he didn't know how to break it.

"It's not difficult to set your thoughts, words and deeds in place, Teo." Said grandpa Joe, as if he had heard the boy's silent call for help. "You start by taking your thoughts to your heart before acting on them and then you ask your heart if it agrees with what you are thinking of doing. If your heart feels good about your intentions, go ahead with them and be respectful towards yourself by acting in line with what you think and what you feel. When your thoughts are clear and your feelings are in harmony, and when the two follow each other, you'll feel good about whatever you do! And you'll see the results too!"

Teo's face lit up. While grandpa was talking he felt something move within him. It wasn't the old woodworm but a positive part of himself that tingled with joy. If he took his thoughts to his heart, he thought, love energy would help him make the

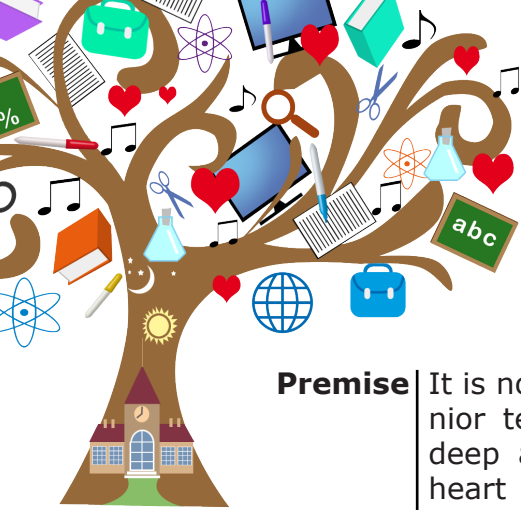
right decisions and keep him on track all the time! Wow! What a finding! Grandpa Joe had passed an invaluable treasure that day, for sure he would to learn to live up to it, and keep it safe forever. Teo held onto that special feeling for a moment and then flickered a smile: "Com'on grandpa!" He said, taking his grandfather's hand. "It's time to go and clean up the old mule path!".

*Suzanne Palermo*



## Questions

- 1- Why do you think Teo forgot to recycle things at home even if he had planned to do so?
- 2- Why did Teo tell his friends that he liked the movie he saw with them when he didn't?
- 3- What kind of disease plagued Teo?
- 4- How did he get it?
- 5- How did the disease make him feel?
- 6- Who helped Teo defeat the old woodworm syndrome?
- 7- What kind of cure did he need?
- 8- Are you afraid to speak up when you think differently than your friends?
- 9- What is a habit? Do you have any bad habits?
- 10- Teo wants to be more coherent with himself. How will this bring value to his life?
- 11- Our heart plays an important role when it comes to being coherent. What is it?
- 12- What value does the virtue of being coherent give you?
- 13- Tell the story in your own words. What impressed you the most?



## RIGHT ACTION

### an antidote and an answer to bullying and behavior problems in the classroom

**Premise** It is not easy to convey to colleagues, senior teachers and school principals how deep and how transforming a heart-to-heart relationship between teachers and students can be. It is something that goes beyond surveys and analysis, as it can only be experienced. 'Heart-to-heart' does not refer to sentimentalism, paternalism or whatever. It does not need words, actions, eye-contact, stereotyped smiles and affectation. It is a vibration, an energy that comes 'from you' and moves out towards others, and which children and students perceive suddenly, without any cognitive, mental or emotional filter. When a teacher, as a consequence of personal development, represents dharma (right action) as an integrated aspect of his/her personality, the impact on his/her students goes surprisingly beyond expectation. Students feel safe and secure when they recognize a reliable reference point, other than a friend, a father, a mother or a brother, which they already have. We, as teacher, are this reference point when we put trust in them and make our students conscious of their own potential, and when we are able to adjust and correct whatever may be going wrong at the right moment. As this peculiar sort of interaction is not measurable by evaluation modules, it can be seen as something difficult

to control and, therefore, to accept. I feel that teachers committed to value education, who practice patience, silence, forbearance and detachment, do not find it easy to share their choices and approach for this reason, though over a long span of time, their silent example generally records substantial progress, marking their competence, sense of humanness and, last but not least, accountability. Human and humanity, are the two terms used by parents and colleagues when they get to know what an Education in Human Values teacher stands for.

Undoubtedly, 'right action' is something that expresses itself in every single movement of our being in the form of action and re-action. Didactical modules refine and give a cognitive perspective of what this means, and are the waypoints of the student's character development.

In the last decade, bullying and the consequences it has on its victims and on life in and out of the classroom, represents the most outrageous expression of the absolute lack of value-education at all levels, starting from the family. Much has been said and done about this by teachers and psychologists, much has still to be done. The SSEHV methodology is, we realize, not the final solution. But we do know that when a teacher adopts a value-oriented approach in his/her practice, students become familiar with it, and deeper understanding, respect and acceptance of



OUR STUDENTS HAVE WITHIN THEM

AN INFINITE RICHNESS OF EXPERIENCE, HOPES, DREAMS, DESIRES, PLANS, IDEAS AND ABILITIES.

THE WILLINGNESS TO LEARN, BUT NOT TO BE BORED.

THE NEED TO MAKE HUMAN CONTACT AND TO COMMUNICATE.

A SENSE OF FUN AS WELL AS A LOT OF ANXIETY AND BEHAVIORAL PROBLEMS.

### Bullying and Right Action





### 1st step breaking down stereotypes

one another can be fostered. Bullies are not mathematically lost kids; we need to reach out to them and trigger something within... , as that is where they feel empty and alone. If a case of bullying is particularly severe, professional support and intervention will need to be found. If, instead, it is at the onset and has not yet developed into a pathology, then a value oriented approach can be of great help. The following steps were carried out in class, geared for problematic interaction between kids with an arrogant behavior profile, and those with a weak one. The output was positive in terms of both personal transformation and solution finding.

Stereotypes are crystallized judgments regarding both the bullies and their victims. The aim of this exercise is to discover how 'unreal' and 'unobjective' they are so as to determine new perspective and consequently new attitudes and behavior. (Right Action). Students in small groups are given question and answer charts, to discuss and fill in. The topic concerns their reactions in relation to the following questions:

Have you ever been bullied ?

If 'yes', what happened ?

Did you speak about it to anyone? If 'yes', indicate to whom (adult, friend, teacher, others).

In case you didn't, why did you choose not to speak up? (fear, shyness, sense of solitude, sense of being under menace,



rositacomics.blogspot.it  
FIRST EPISODE  
ROSITA AND THE  
NEIGHBORHOOD BULLIES

### 2nd step to walk in the other's own shoes: let's exchange roles!

other).

Have you ever heard or seen a bullying episode in your class?

Did you have any reaction towards the bullied and the bully?

When your schoolmates ridicule those who are shy and weak, do you:  
keep silent and show indifference;  
laugh and support those who joke;  
show friendship to the bullied;  
you don't care.

Define someone who is a leader and someone who is weak.

When there is an act of bullying, the predominant aspect is that nobody talks about it. This sort of group work allows the students to express their experiences and opinions, share and confront each other, and meditate on how dangerous the consequences of superficial ways of acting and stereotypes are. The discussion that the whole class and the teacher take up later is of the utmost importance as the different points of view define the complexity of the problem and the responsibilities of personal consequences. The teacher takes note of the different opinions in order of importance, and compares them, at the end of the module, with the students' proposals, along with possible solutions.

Even those who disturb in class normally agree with the proposals that are made, but to reach self-control is another question. How can students raise their consciousness on the matter? This is when

the power of role play takes over. A great tool to help grasp the reasons behind antagonistic behavior. Understanding does not necessarily mean justifying negative dynamics, but it does help us become less judgmental, and more compassionate and aware. The central moment is when a small drama based on a real situation with a bully and a victim is created, provided that the real victims act as bullies, and vice versa. The aim is to help the arrogant bullies experience what it feels like to be under threat, and to help the victims realize how the bullie's behavior make-ups for their emotional stress and frustration, due to lack of parental support, scholastic appraisal, and ultimately of attention and love in terms of respect, acceptance, and self-esteem. Students identify with the character they play, living the others' dynamics without feelings of accusation or judgment, and when the cases are not pathological, the walls of prejudices and stereotyped behaviors (negative leaders) can be knocked down quite easily. Generally, after a role play of this type, students become silent and thoughtful, so it is important to give them some extra time to juxtapose the new experience, as the emotions settle within.

*The article continues in the next issue of Educare, with the 3rd step of the process: focus on 'new' perspectives and 'new' behaviors.*



## How to learn to know each other better

Every time there is some kind of group gathering the problem of introducing oneself arises. How can we do so in such a way that others will remember our names? Here are a few ways that make it easy and fun for everyone! If you introduce yourself by saying your name while you do some kind of physical movement, like waving your hand or stretching your arms... it will be easier to remember it!



### THE BIRTHDAY PARTY

IN THIS GAME THE AIM IS TO HELP PEOPLE FIND OUT WHO EVERYONE IS WITHIN THREE MINUTES. IMAGINE TO BE THE BIRTHDAY BOY OR GIRL AT THE PARTY. YOU SENT INVITATIONS TO ALL YOUR FRIENDS BUT NO ONE KNOWS EACH OTHER! YOUR ROLE IS TO INTRODUCE YOUR GUESTS TO EACH OTHER WITHIN THE TIME FRAME OF THREE MINUTES. YOU START BY ASKING YOUR FRIENDS TO SAY OUT THEIR NAMES, AND THEN YOU INTRODUCE THEM ONE BY ONE TO EACH OTHER. YOU'LL SEE HOW QUICKLY THE ATMOSPHERE WILL BECOME WARM AND FRIENDLY.

THIS EXERCISE HELPS THE PARTICIPANTS EASE OUT THE TENSION AND SHYNESS THAT WE OFTEN EXPERIENCE IN NEW SITUATIONS.

### THE COMPUTER GONE CRAZY

THE PLAYERS WALK AROUND FREELY IN A ROOM, OR OUTDOORS IN THE OPEN SPACE. AT A PARTICULAR COMMAND EVERYONE SHOULD PLACE THEMSELVES IN LINE ACCORDING TO THE ALPHABETICAL ORDER OF THEIR NAMES, REPEATING ONE'S NAME ALOUD. ONE CAN VARY THE GAME BY USING THE BIRTHDAY MONTH, HOROSCOPE SIGN OR THE HEIGHT OF THE PLAYERS. IT'S FUN TO DO THIS WITH YOUR EYES CLOSED!

THIS IS A FUN WAY TO ACCESS THE INFORMATION PEOPLE NEED TO MAKE ACQUAINTANCE, AND IT INCREASES GROUP ATTENTION AND VISUAL AND LISTENING SKILLS.





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## WINDING UP

This issue of Educare highlighted the importance of Righteousness, or, if you prefer, the value of Right Action: a combination of fundamental principles that lead humankind towards the realization of lasting harmony and peace.

We discovered that Right Action is the Queen of Virtues, because whoever practices it excels in valour, integrity and character. Right Action takes form within us and around us when we put love in whatever we do; it means right living, good thinking, and careful attention towards ourselves and others, and it teaches us to be self-reliant, 'self-watchful', and to listen to our conscience. Understanding the many meanings that right action (i.e. dharma) implies, helps us broaden our sense of duty, and grasp the importance of rules and regulation. It makes us aware of how individual purpose and sense of being are interlinked to a common and unique mechanism, that governs and sustains the 'love that moves that Sun and the other Stars'(Dante Alighieri).



## appendix

### VISUAL AIDS TO ASSIST IN STORY TELLING

Visual aids to help you be more fun and creative in story telling, are offered as an appendix in the Educare magazine. Step by step explanations will show you how to realize the different kinds of support involving the children in their making and in the art of story telling. You can photocopy the illustrations you find in this magazine or use them as a model for the children to refer to when making their own.

## Let's make a book together!

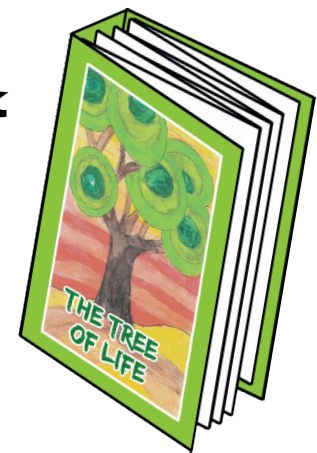
One of the goals of this activity is to "fall in love with books", not only content-wise, but also because they are things of beauty and value, that can be handled and admired.

Making your own book enriches your life. It magnifies your self-esteem and builds on self-commitment, prompting you to improve writing and language skills to express what you feel and your experiences fully.

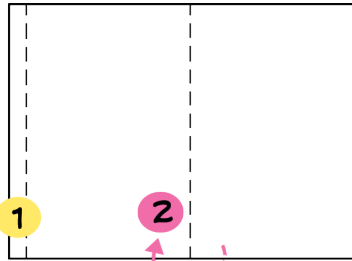
Making a book together helps us see that what counts most at school, and is far more important than formal learning, is to set forth a process of growing awareness. In all people there is a spiritual core, a kingdom of feeling and awe, a need to create beauty and an inner drive towards deep reflection, creativity and self-expression.

## My accordion book

Since children have an innate sense of organization and space, we need to allow them to judge when to alternate text with illustrations before gluing the accordion pages onto the front cover, which will also bear a title and cover illustration.

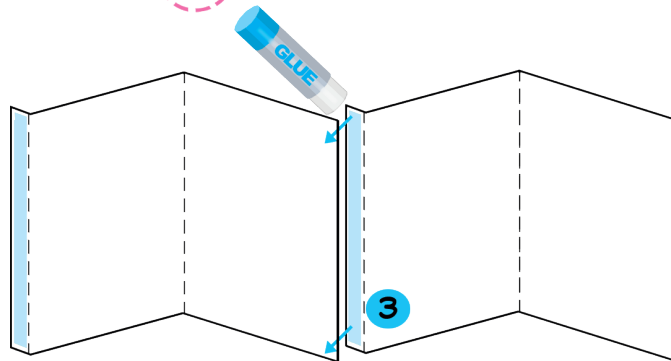


# My accordion book

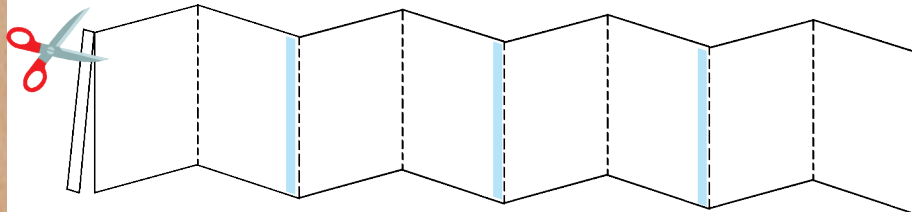


You will need A4 size paper from which you can make an 8 page book, by using 4 pieces of A4 size paper taped together.

1. On the left side of each page trace a 1 cm edge line.
2. Fold the paper aligning it to the edge line.

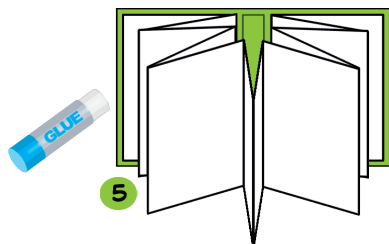
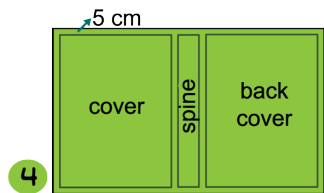


3. Fold the edge onto the first piece of paper and glue it onto the right edge of the second piece.



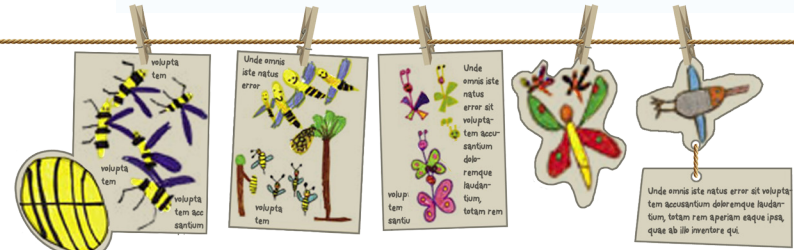
Glue the other two pieces of paper in the same way and cut off the exceeding left edges.

4. For the front cover use a 34 x 22cm piece of thin cardboard.
5. Glue the back side of the first and last pages onto the front cover.



# Tales you can string and hang

## Ballad singer



The storyteller can use a tool to help him, or her, to tell a story. A colorful poster can be prepared to illustrate and describe the main elements of the story. It was a common tradition in all ages and places for storytellers to:

1. Sing the story.
2. Use a descriptive illustration, to help them recount the story.
3. Alternate singing with a form of recitation.

The illustrations can be drawn or colored by the children on lighter pieces of paper that are later glued to Bristol paper. To make telling the story easier for them you can prepare a playbill, that is like a program guide, and include focus, hints and captions. You can follow the same procedure and make a collage by using cut-outs and pictures taken from old newspapers and journals.

THE STORYTELLER IS A TRADITIONAL FIGURE OF ORAL LITERATURE WHO WOULD ROAM AROUND FROM VILLAGE TO VILLAGE TO SING A STORY FOR ENTERTAINMENT, OR TO INSTILL MORAL VALUES. FABLES, WISE OLD TALES OR NEW ELABORATIONS OF TIME OLD LEGENDS AND POPULAR CULTURE, WOULD SOMETIMES REFER TO CONTEMPORARY FACTS AND EVENTS WHICH WOULD BE PASSED ON AS PART OF THE CULTURAL BAGGAGE OF A COMMUNITY.



# In the next issue



When we listen to the friendly voice of our conscience and follow its guidance, we live in harmony and are at peace with ourselves. This happens because our conscience is rooted in a deep source of Truth, and when we align to this inner truth we are 'one' with our true nature. Oneness means that there is no open gap in which confusion can arise, division occur or where inner conflict can stir and ruffle the clear waters of our consciousness. This state of balance and serenity fills us with feelings of self-satisfaction and joy. Our body, mind and heart work in accord with one another, and the spirit of human values flourish in this inner ambience, spreading their fragrance within us and around us, in what we think, say and do! We will learn how to cultivate this feeling of inner peace in the next issue of Educare!