

Sanskrit Literature and Human Values

Abstract

To understand the drivers behind human values and how to bring about sustainable positive change, it would be prudent to go back to the basics. In the 14th chapter of the Bhagwad Gita, Shrikrushna guides Arjun on the concept of Sattva, Raja and Tama, the 3 subtle components of the Universe that permeate the entire Universe and dictate human behaviour and values. Shrikrushna guides us that by altering the proportion of these subtle components in a person, his or her behaviour, attitude, values and thoughts can either change for the better or for the worse. Another factor to consider is the destiny we are born with, since it significantly influences how we respond to circumstances and events. Our destiny influences our sub-conscious mind, thus leading us to behave in a manner that can be contrary to our values in this life. Lastly, subtle negative forces as mentioned in Sanskrit Holy scriptures, can undermine the values and goodness in a person.

Having conducted intensive spiritual research in the field of human evolvment over the past 25 years, we have prepared a tried and tested three-pronged approach to developing people so as to bring out their Divine qualities, eliminate defects and increase the *sāttviktā* of a person. The three-pronged approach entails making choices that are *sāttvik*, simple and yet effective spiritual healing remedies and lastly and most importantly spiritual practice. The 8 steps of spiritual practice we recommend for the current era are underpinned by a focus on the Personality Defect Removal process as a form of spiritual practice. It is a technique especially developed by His Holiness Dr Athavale on the back of His unique research as a clinical hypnotherapist. We look forward to sharing our research with the help of bio-feedback machines and case studies.

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