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## Values in Life

*P Justin Antony*

***Values are to human beings as compass is to a traveler in an unknown land. Without values, a person could simply be lost. So 'values' are must to all human beings in order to have a smooth and comfortable life. The article discusses some of the important values of life that are to be practiced by every human being.***

Values are deep truths as against the practical beliefs that we have accepted through shallow thinking as captures of our circumstances, and demands of our own expectations. Values are universal and do not change with respect to a person, place, time, age, culture, period of history, caste, color, religion, etc. They are simple and practical principles, which remained unchanged over centuries. They are based on the laws of nature.

Exploring the values and living in accordance to them can change you and your way of looking or thinking about things—yourself, your life and life of others around you.

“We hold truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these

are life, liberty and pursuit of happiness.” This quotation, from American Declaration of Independence, speaks of values. It declares that a nation’s values include the right to live freely and to pursue happiness.

Human dignity is the external expression of internal self-worth. Internal worth is the outcome of adherence to the universal and spiritual values. Such values promote compassion, self-respect as well as respect for other human life, peace, personal freedom and happiness.

Those who are living in developed countries, are spending thousands of dollars, pounds, euros, yen, ... each year, for their material belongings and temporary material values such as cellphones, cars, TVs, electronics, computers and other gadgets of life.

All those are thus spending hundreds or even more of working hours each year, to obtain and maintain such material values, and again it takes most of their time to learn such purely intellectual temporary knowledge which is needed to achieve such outer and temporary things in life.

However, how much do you invest your time, efforts and money to educate yourself with the long-lasting eternal values? And again, for obtaining the spiritual knowledge, what efforts are you taking? How much are you able to spare your valuable time to know how to be a truly loving partner for your eternal living partner, and how to be a loving father and friend for all the others you encounter with?

Are you supporting, protecting and actively maintaining all those values of life that are really valuable to you—or—are you taking all of them for granted? Until one day, you find that you have lost all of them—just to realize how much you had lost and what truly matters to you! When people lose freedom, source of happiness or the life-partner, then, it is for sure, this loss occurs only for one single reason, i.e., they failed to invest the needed amount or quantity of available resources into these sources of values. They spent too much time, efforts, study, money and power toward material goals—leaving neither time nor money to get the urgently needed resources for maintaining and protecting the values of life which are really needed for their happy living.

To regain the lost values of life it may take years, decades or even more, and most of the time all your fortune has gone down to the very last pie. But to maintain the values it may just take an honest amount of daily efforts and resources.

What are the values of your life? Are they for your family, or for your freedom, or for your culture and personal values that you have achieved and preserved for a long time which deserves your protection and a high ranking priority in life? Are you aware of your true values in life and do you protect and support or promote these values?

In today's fast moving world with all the distractions—many of us forget easily our true values—waste time on wrong paths of life and suddenly life is over before it is really started.

Take some time to think and feel what really matters to you—write down the points that appear valuable to you in your life. Is it to have:

- A family—at home—being there for you, sharing all spare time with you?
- A partner in life to hug you, to love you and to accept your love?
- Friends that are there for you whenever you fall in life and whenever you need their company or someone to talk to or help you?
- Job or money?
- A bright career and recognition from others as a substitute of true love in our own partnership?
- Freedom? freedom to travel, freedom of doing business, freedom to select your job, education and home town? ... or do you have other values in your life? If yes, which are the other ones?

### **Find the True Eternal Values of Your Life**

Your education, your culture or the country you live, your upbringing and lastly your work, all these may influence you. You may have certain circumstances, which will even pull you away or distract you from your goal of life and true values.

Take time—preferably, in the bed of nature—to think peacefully about what is of true innermost value to you. Are the below given values are of importance to you?

### **Human Values**

Some of the greatest values of any human as compared to nature and animals are:

- Freedom to move anywhere on this planet, freedom to travel, freedom to select a partner based on spiritual values or human values rather than survival values;
- Freedom to select any job, business and location of living;
- Freedom of education—freedom to learn whatever you want;
- Freedom to do any legal thing, which you love to do, any time and anywhere;
- Freedom to change anything in your life; and
- Freedom to make your very own personal decisions and realize those decisions on your own.

Are you aware of the above God given treasures? And if yes, are you really availing this God given freedom for the happiness and joy of all His creation? This happiness may be from your family, your friends and perhaps, it may be from the entire human society as well, with whom you are related.

### **Cultural Values—Do You Value the Tradition and Culture of Your Country or any Other Country on this Planet?**

Different cultures have different values and different restrictions. Cultural traditions may be enjoyable or sometimes may be a simple old-fashioned burden. Cultural traditions may be adding value and color to life or at times, may be restricting free divine development.

Some countries' cultures may vary in:

- Freedom of religion and spiritual practices.
- Freedom of speech or expression of opinion.

- Freedom of meeting, public gathering and forming clubs or societies.
- Political freedom or freedom to participate in the free and democratic development of society.
- Freedom to travel in and out of a country—freedom to immigrate or emigrate—to come into a country as a foreigner and being allowed and fully accepted to live, work and socialize freely in the new host country or the freedom to leave your native country and travel or work in any other country on this entire planet.
- Freedom to travel anywhere within your own country—move to a permanent new location and start a job anywhere you want. Even select freely the kind of job and kind of business you love to venture into.

The rules and regulations of import and export of goods and currency may vary from country to country. Restrictions to select or practice a job of your free choice. Rules and restrictions to marry or divorce, to have children and to educate them as you like, all these depend on the country in which you live.

Such restrictions are spread all over the world in various countries and in many fields of activities.

If such values are of real importance to you, what exactly are you doing to maintain, protect or enforce them in a peaceful, loving and efficient way? Are you investing a reasonable amount of effort, time and financial resources to maintain and expand them in a free, loving and peaceful way, so that these important values and culture of your country are safeguarded?

### **Personal Values and Moral Values**

Can you eat what you want, dress how you like, learn what you strive for, and see the movies you love or watch the TV channels you are interested in? Or, are there any censorship, control and restriction imposed upon you by someone?

Can you express your love in the way you love? Can you select your life partner on your own, or is marriage arranged and partner is selected for you by your parents or society?

Do you have freedom in medical treatment—freedom to select among chemotherapy or traditional divine medicine or herbal medicine?

Can you select the method and time of your death? Can you freely select the place and the way in which your bodily remains may be used, disposed or buried?

Money and materialistic possessions have always been valued as very high in the life of an average human being. No doubt, money is one of the important ingredients for a smooth running of life. It is only when a person's basic monetary needs are fulfilled, then he starts craving for freedom, independence, self-respect, dignity, peace, joy, harmony, etc., and of course, all of these are beyond the realm of money and it is here that higher spiritual values become relevant and necessary.

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