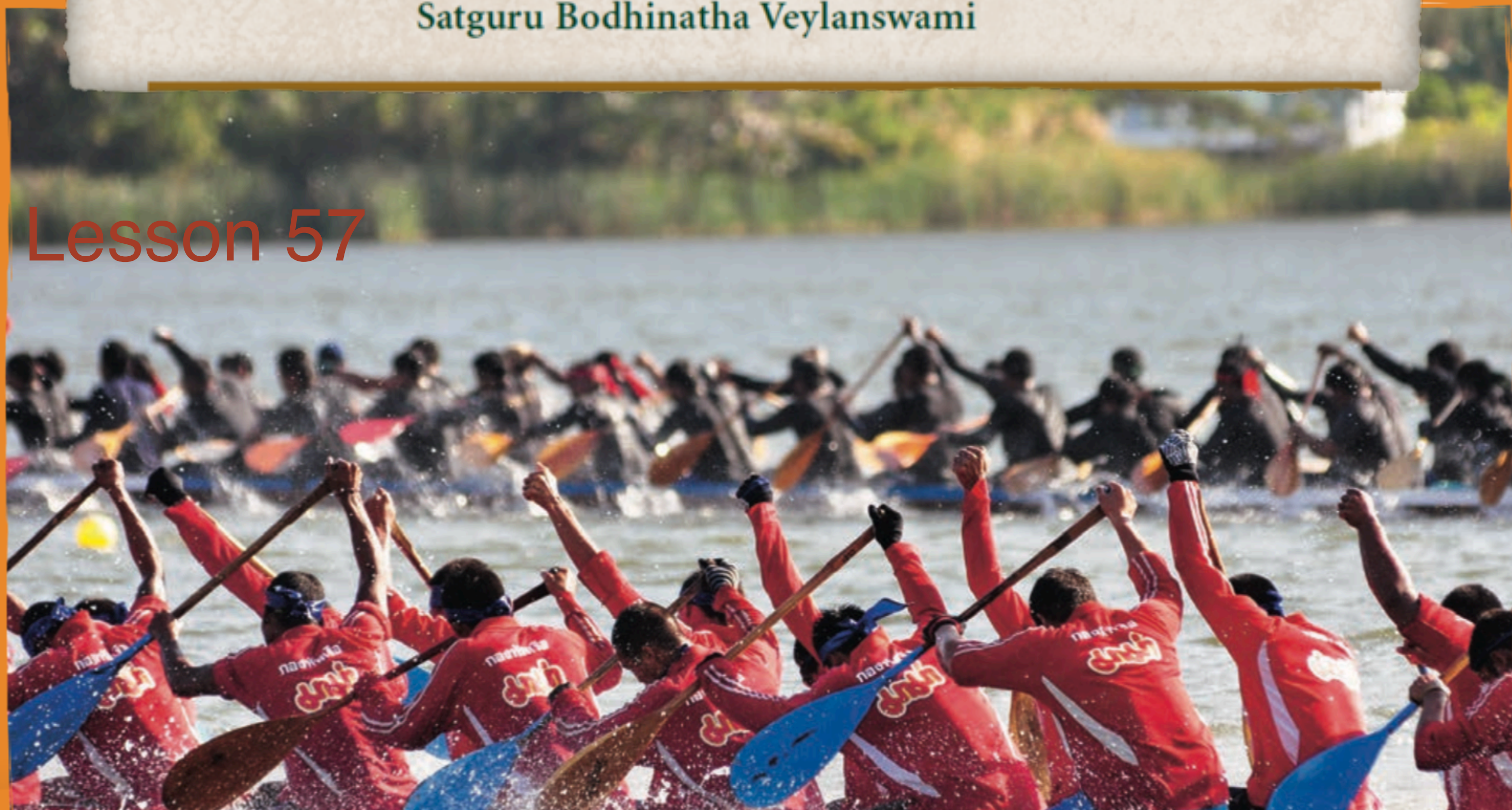


Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 57



How Do We Get Along with Others?

Getting along with others



Family and community are extremely important in Hindu culture, and relationships are valued above all else.

Every day we have many opportunities to do good, learn, help and uplift others.

Arguments and hard feelings

Many people find it hard to get along with others.

They are always arguing and holding on to hard feelings.



Maintaining harmonious relationships

In order to maintain harmonious relationships, we must be peaceful on the inside.

Then we can make the most of the opportunities life gives us.

We cannot do our best if we are worried or upset.



Shanti...

Peace of mind, called *shanti* in Sanskrit, is more precious than gold, and our Hindu culture gives us many tools for protecting it.



Three main tools...

Worship

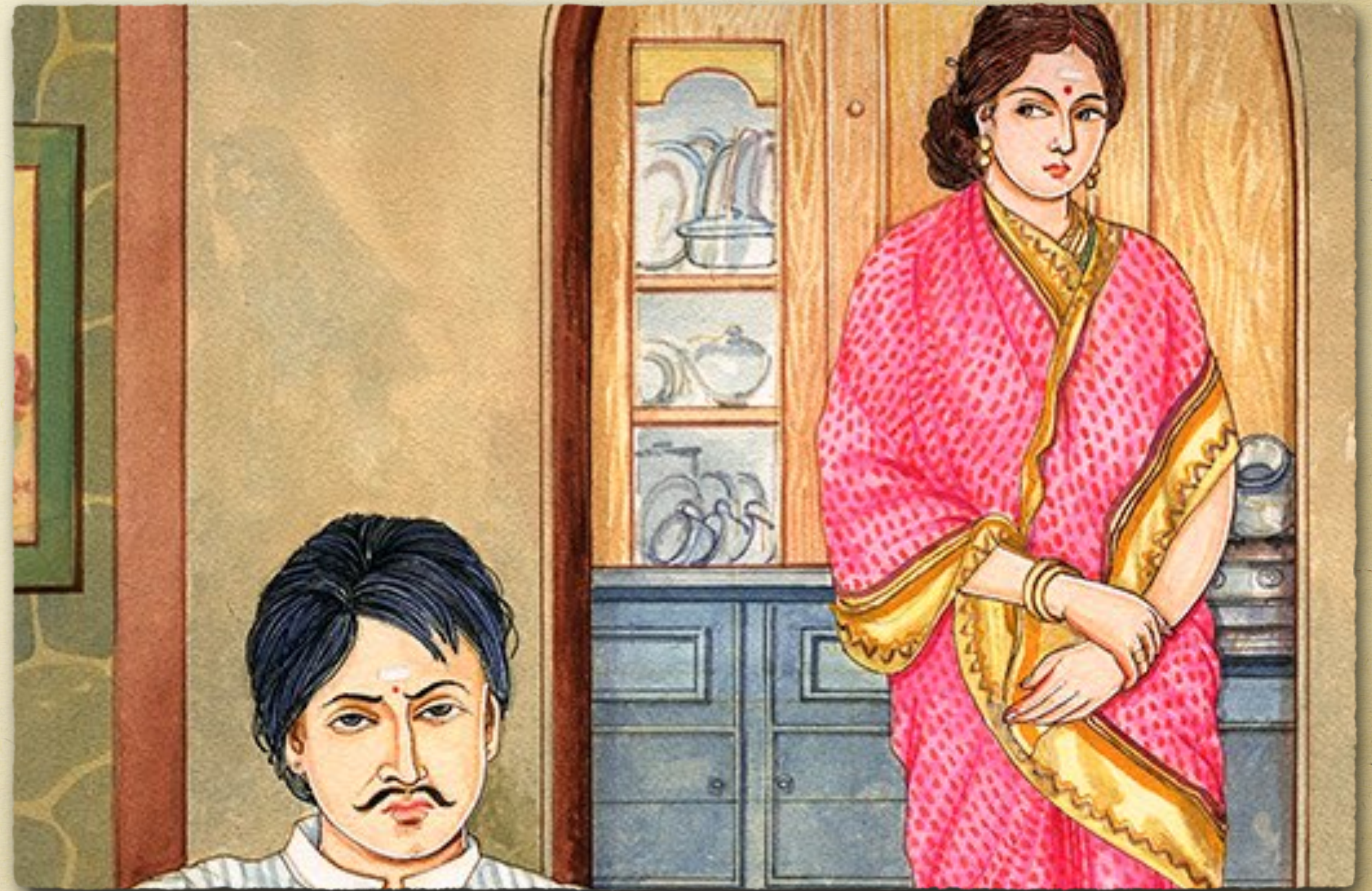
Service and

Yoga are three main tools.



Consideration

Gurudeva also valued another tool, called consideration, the art of not hurting the feelings of others.



We never argue

We are kindly and sensitive in thought,
word and deed.

We treat others as we would like them
to treat us.

We praise their good qualities and
good deeds.

We never argue or use harsh or angry
words.

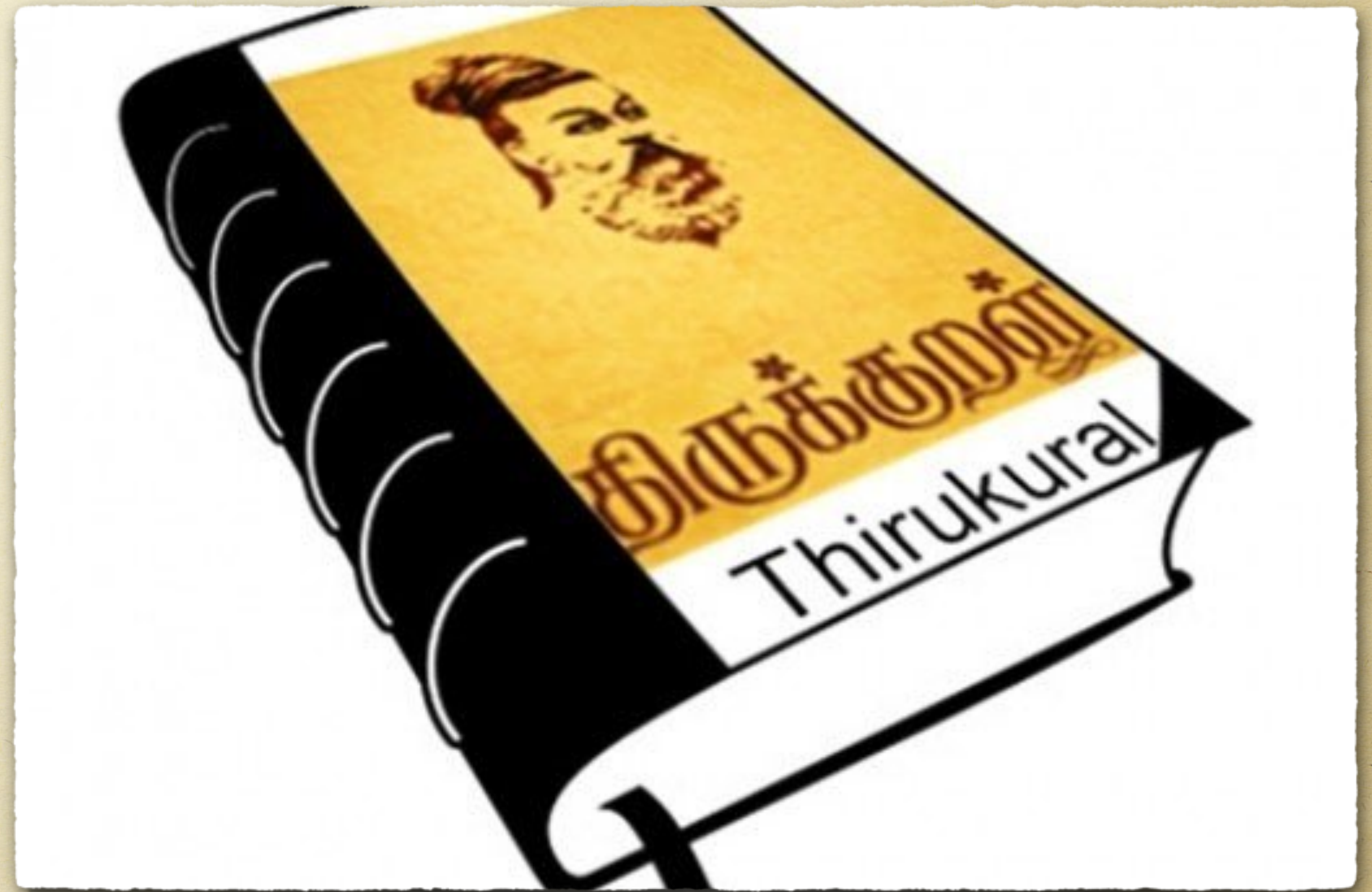
That destroys the shanti for everyone
present and causes hurt feelings.



The Tirukural ...

The *Tirukural* warns, “The wound caused by fire heals in time.

But the burn inflicted by an inflamed tongue never heals.”



Apologise and forgive

If we do have a disagreement, we make sure to talk with the person, apologize and forgive, and settle the matter before sleep.



More joy in our life

By living in harmony with everyone, we have more joy in our life and we are more effective human beings.

It is most important to get along with our close family.



Harmony begins at home...

Harmony begins in the home and radiates out into all parts of life, bringing light, love and good will to every relationship.



Gurudeva says...

Make friends with those who are on the path.

Be with fine, positive people.

Don't be with negative, complaining people who have no relationship to what you are doing on the inside, or who are criticizing you for what you are doing.



QUESTIONS for Lesson 57



57.1 A third form of namaste brings the palms above the head and is reserved for
(Check the incorrect answer)

- A. Be peaceful on the inside
- B. Not be worried or upset
- C. Be good at arguing

57.2 In Sanskrit peace of mind is called
(Check the correct answer)

- A. Santosha
- B. Shanti
- C. Charya

57.3 Consideration in this lesson refers to
(Check the correct answer)

- A. Careful investigation
- B. A payment or reward
- C. The art of not hurting the feelings of others

57.4 It is fine to use harsh or angry words when we are right and the other person is wrong.

- True
- False

57.5 When we do have a disagreement, we make sure to settle the matter first thing in the morning the next day.

- True
- False