

# Fundamental Value

Constant awareness of Divinity in all beings and the entire universe

Awareness translates to:

- Whole universe is inter-connected
  - **Harming the planet is an affront to its Divine nature**
- All persons are innately good
- See myself in others and others in me
- All discrimination among beings is a violation of the core value
- Perform all actions as a service to God

Spiritual practices help one see the Divine in everything around us

# Cultivating Values

..so we can be true to our nature and role in society

## *Yamas*: restraints

- **Ahimsa**
  - non-injury
- **Satya**
  - being truthful
- **Asteya**
  - non-stealing
- **Brahamacharya**
  - non-indulgence
- **Aparigraha**
  - non-possessiveness

## *Niyamas*: observances

- **Shauca**
  - purity
- **Santosha**
  - contentment
- **Tapas**
  - austerity
- **Swadhyaya**
  - self-study
- **Ishwara-Pranidhana**
  - surrender to God