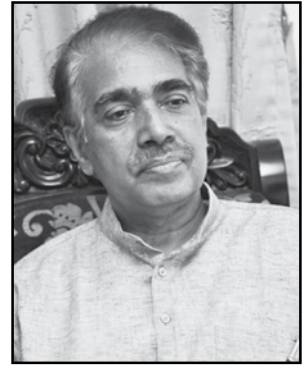


## EDITORIAL



## ‘Pancha Gunas’

**Dharma** is righteous living, and **Sanathana Dharma** is the eternal / ever lasting / sustainable righteous living. That is the core of ethical living. *Sanathana Dharma* exhorts all to develop and practice the *Sanathana* (eternal), Gunas or *Pancha* (Five) Gunas : *Satyam* (Truth), *Daya* (Compassion), *Dana* (Giving), *Soucham* (Purity) and *Ahimsa* (Non-violence).

**Satyam** is Truth, Truth is God. Truth is blissful. Always tell the truth and be honest. Truth is permanent. One does not have to remember what was said earlier, if the truth was told earlier. Truth remains always truth. If one tells a lie and is dishonest, it will make it necessary to repeat the lie and perhaps tell even more lies and continue to be dishonest and one has to remember what lie was told earlier. What you preach as good, you may practice truthfully and thus have peace of mind and become successful and blissful. Truth will win. *Satyamev Jayate* [सत्यमेव जयते;].

**Daya** means compassion. Be compassionate to all beings. Understand and appreciate the sufferings of others and share their sorrow and be empathetic and help to lift them up from misery and despair, awaken, inspire and raise them to live life fully and responsibly and be content and blissful.

**Danam** is ‘giving/sacrificing without expecting anything or any reward in return’; even praise, loyalty, gratitude and the like. Some practise giving money and other things to influence or to gain popularity, respect etc. Such acts are not ‘*Danam*’. So practise giving without expecting any rewards. Rewards may come anyway in return as there is a universal law of giving and receiving. What you give, you receive; what you sow, you reap. When you give love, you get love; when you give respect, you get respect; when you help someone in need, you will also receive help when in need from somewhere. *Dana* must be practised without expecting any rewards. It must be practised as your divine quality without attachment to results. ‘*Karmanye Vadhikaraste, Ma phaleshou kada chana*’ [कर्मण्येवाधिकारस्ते मा फलेषु कदाचन].

**Soucham** is the purity of mind, body and environment. The mind should be always kept clean with good and noble thoughts. A polluted mind leads to wicked thoughts and actions.

Mind should be kept clean by good thoughts, meditation, prayer and fellowship with good and wise people. Mind must control and discard negative emotions such as anger, jealousy, hatred, greed and such others. *Soucham* is generally considered as keeping the body clean always. While it is important and it is a significant part of *Soucham*, it is important to remember that *Soucham* is not limited to body and mind. It is extremely important to extend it to the environment and do everything possible to avoid pollution of air, ground, water and the whole environment and nature.

*Ahimsa* is non-violence, not causing injuries to other living beings, not only physical injuries but also emotional injuries. '*Ahimsa*' should be the dominating spirit in all our motives and intentions. Our motives, thoughts and intentions should not be polluted by cruelty, hatred, jealousy and the like. (But *Ahimsa* should not be interpreted and confused as non-action for self defence, and defence of the Nation when threatened with war and destruction).

We must be aware of the *Pancha Gunas*, develop and practise the same in our daily life to live life fully, be responsible citizens, contributing to the Society, Environment and to the World. Every thought and plan of action in the mind can be examined in the light of these five *Gunas*. Is it truthful and so honest and blissful? Is it from your *Daya or Dana* in the true spirit of *Nishkama Karma*? Are the thoughts and planned actions polluting the mind, environment/Nature, and deviate from the practice of *Soucha* for the mind, body and environment? Does it cause any physical or emotional injury to others? Awareness and practice of these *Pancha Gunas* is an important part of ethical living in personal and professional life.

Live life fully and ethically.

**Dr. C. G. Krishnadas**  
Chairman – Editorial Advisory Board



Life doesn't come with a  
remote control. We have to  
get up and change things  
ourselves.