

Lesson 2: Satya – Truth

- 1) Shloka: Karaagre Vasate Lakshmi The front parts of the hands (the fingertips) are ascribed to Goddess Lakshmi, the Goddess of Wealth, the middle part (the palm proper) to Goddess Saraswati, the Goddess of Learning, and the root (the part of hand near the wrist) to Govinda (God).
 Karamuule Saraswati
 Karamadhye Tu Govinda
 Prabhaate Kara Darshanam

2) Discussion:

- ❖ To be truthful what one says must be the same as what one thinks.
- ❖ No words can reflect truth unless they flow from the spirit of nonviolence.
 - How one speaks also is important as what one says.
 - One’s choice of words tone of voice and intent are all factors that may cause hurt. Speech that does not cause pain is called *priya*. The value of satya includes sensitivity to the feelings of others.
 - Involves restraint – slowing down, filtering, choosing words carefully to be in harmony with *ahimsa* (nonviolence)
 - Be mindful that what we say is beneficial in a compassionate and gentle way.
 - It is better to remain silent than to speak a harsh or cruel truth.
- ❖ Advice is meant to serve a useful purpose for the one who receives it not to fulfill one’s need to give it.
 - Before we offer an unsolicited opinion or criticism, pause and consider: Is it true? Is it necessary? Is it useful? Is it kind?
- ❖ When we lie, the sages say, we disconnect from our higher self; our minds become confused, and we cannot trust ourselves.
 - Being honest with good intentions provides clarity, confidence, and insight into our own true self. It sets us free.

3) Story:

It was recess in school, and Priya was the last to leave the playground. On her way to the classroom, she noticed something on the ground – it was a \$10 bill! Making sure that nobody was around, she quickly picked up the bill and put it in her pocket. She had wanted to buy a new computer game for so long; this \$10 will be very useful.

Back in the class, Priya looked around and wondered whose money it was. Then she said to herself “Finders keepers, Losers weepers”, and she started thinking about what game she should buy. She could not wait to get out of school to buy the game. As soon as the bell rang, she was ready to leave. Then she noticed James was looking for something. Priya went over to find out what was the matter.

“Oh, Priya a terrible thing has happened. I have been saving money for weeks to buy my mom a present. Her birthday is tomorrow. I have saved \$10 but now I cannot find it. Please help me look,” said James. Priya stood still. She thought of how she might feel if she was in his shoes and lost all her savings. What should she do? To give herself some time to think, she asked James to search the classroom floor while she went out to look in the corridor. She thought maybe she could pretend she had just found the money, but realized that she would not be able to live with her conscience (inner voice – sense of right and wrong). It just did not feel right.

Suddenly she made up her mind – “James, I found your money in the playground after recess. I was going to use it to buy a computer game. I did not realize it was yours. Here it is, but I don’t expect that you will want to be friends with me now.” Priya looked miserably down at her feet for a moment.

James was so relieved to have the money for his mother’s present back that he did not think about any wrong to himself and replied happily “Would you like to help me choose a present for my mom?” “I would love to. Let’s go!” Priya replied.

- ❖ Divide into groups of 2-3 people each. Each group will discuss one question for a few minutes (5 min. max). Then, each group will report their thoughts and answers to the class for their allotted question.

1. Why did Priya decide to confess? What values were involved with her decisions?
 2. If she had kept the money, what would she have gained and what would she have lost? Think about how she would have felt about her actions. Did she have more to gain or more to lose?
 3. How will this act of honesty affect Priya in her self-perception – in how she thinks about herself? How will it make her feel to be honest and how will it change her actions in the future?
- 4) Scrapbook Page: Each student will take one piece of cardstock paper to make a scrapbook page about satya – truth. Include what you have learned about satya. You can write phrases/sentences, draw pictures, etc. Be creative while thinking about the discussion. Allow 20 min for this activity.

Lesson 2 Homework

1. Why is being nonviolent important while being truthful?

2. How does being truthful affect you?
