

# THE MORAL TABLET

Global version

BABUJI



# **The Moral tablet, Global version**

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## The Moral Tablet



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# The Moral Tablet

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## The Moral Tablet

"A life of spiritual harmony— whether lived in the context of the individual, the ashram, the family, the nation, or the world— requires willing cooperation with the rules of right behavior, and a loving understanding and cooperation with others. The standards and rules of spiritual harmony are higher than those of material harmony. Follow them strictly. Be your own judge, and court-martial yourself. If the verdict is that you have done wrong, correct yourself. Otherwise, your bad habits and wrong behavior will act against you like a boomerang. Better still, guide all your actions by the inner voice of spiritual consciousness, so that you will do no wrong."

— Paramahansa Yogananda

## Introduction

*"A tablet is a small, solid, round mass of medicine which you swallow".*

This is the definition for a tablet, as given in the dictionary. We take tablet orally, when something goes wrong to our physical well-being. We too have such a tablet here for our ethical well being. But this can not be taken orally. One has to swallow this in one's mind. Like other tablets, this too has its own effects on one's all around well-being. Tablet always remains small. This moral tablet too remains small.

We don't know much about the chemistry behind the formation of the medical tablets. We rely on the knowledge and research works of the doctors and take them with or without faith. This moral tablet too has lots of experience based research works and studies behind its formation. That's a huge volume. The users of this tablet need not get into that. It's enough, if they take this tablet with or without faith. Why I say 'without' faith is, even one takes a sleeping dose 'without' faith, the tablet will make him sleep. Similarly, even when one chews this moral tablet in mind 'without' faith, these morals will do their job.

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It's a preventive medicine, and it can be carried easily in the form of a pocket card. Once in a while, have a look at this card and get reminded of your greater role and existence in the universe. And this is absolutely free – no patents, no royalties.

In the coming pages, we are going to see about the importance, guidelines, FAQs concerning this moral tablet, in a global sense.

## Why we need this?

The message of Yogananda, the secular and scientific Master of the 20<sup>th</sup> century, to myself and to every one...

**“Each human being is unique; no two can be exactly the same. Think of yourself in this way: “My personality is the gift of God. What I am, no one else is. I shall be very proud of my divine individuality. I shall improve myself and don a personality of goodness.” If you play your part well, you are as good as the soul who plays the part of a king or a queen. And so long as you play your role well, you will be attractive and loved by all. Your part well-played is your passport to God.”**

Having born as a human, every one of us has something to do for love and peace. The permanent and unending sources of these real values (love and peace) are discussed here in a tablet form. Those who are filled with peace and love, are ever happy.

Before prescribing this abstract tablet, I need to give a bit long introduction.

This tree picture appearing in the specimen of the moral tablet symbolizes nature abiding life – both in

inner and outer environments. Greeneries, water resources, clean sky, quality soil – these are not the only elements of nature which deserve preservation. Love, fortitude, peace, humbleness, non-violence - these qualities too are the parts of our inner nature. These qualities too are to be preserved from being contaminated. In the place of the tree, one can put one's own religious symbol, if one feels that way. One may also prefer not to have any symbol at all on the moral tablet. We have to fight the elements that disturb the purity of our inner and outer environments through the weapons of wisdom and love. Quality moral education and Eco-friendly life will equip us with these weapons. This matter is dealt in detail in all my books. This need is to be attended throughout the duration of creation.

What the institutions can do? What the rulers can do? What the media can do? All these things had been already discussed in detail. What the individuals – the real entities in the superficial socio-economic set up – can do? This question is also discussed in my writings. I am going to analyse it again in a global sense.

The present generation, particularly of the developing nations, do not hold strong approaches in preserving the purity of the nature and the soul. The young generations are to be mended to go in the right

direction – despite the influences of modern technologies and developments.

As everything goes modern, the religions too need to go modern – not only in the means of expressing their ideals – but in the ideals itself. **Almost 90% of the world population believe in the existence of God or Godliness.** But, they differ in the ways of worship and definitions.

Those days, we hadn't had facilities to share our ideas and revelations among distant geographical regions – in a peaceful manner. Many wars and violence happened in the name of religions and God.

As the science had developed tremendously, the world has shrunk now. We can see the entire world through a bird's eye view. We can see the common features of all religions that accept God or Godliness. We can simplify our faith in pragmatic terms and can give freedom to everyone in executing one's own faith upon one common platform – world peace. When we say peace, the need of non-violence is inherent in that, as we cannot think of peace without non-violence.

Still, violence is happening all around the world, despite these impressive scientific developments, and sadly, on the same grounds which stood centuries past. There are some new factors too, contributing to the

violence. We can bring the factors of violence in the world under three categories. 1. Violence due to lack of religious and sectarian tolerance. 2. Environmental violence, 3. Violence due to emotional and social imbalances.

World wars I and II were mainly triggered by communal violences. **Albert Einstein commented that "I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones."** The humans keep fighting within themselves and are prepared to perish once for all.

Developments are happening only in the life styles – not in the understanding of Godliness or universality of existence. Though the world has shrunk geographically, we stand miles apart between ourselves in accepting our common moral ideals.

People agree that God is one and the same. We all agree that God is the Manifester of the universe. We all agree that every being in His creation – including our being – is the dear child of God. The world's top religions – Christianity, Islam, Hinduism - do not vary in the above ideals. Another major religion, Buddhism too accept Godliness, which they call *Nirvana*. Still, we fight within ourselves, politically, economically, socially and even fatally. The young generation needs

to be taught about oneness of the human nature, about the oneness of God or Godliness, about the need for developing the godliness within.

If one doesn't have faith in 'God', it doesn't matter. Even, those 10% of the world population who do not believe in the existence of 'God', nevertheless cannot deny the word 'Godliness'.

One may not have belief in the existence of 'Evil'. But, can any one deny the existence of cruelty, hatred, jealousy and greediness? These are said to be evil in nature.

Same thing applies to Godliness as well. Godliness is a quality like compassion, forgiveness, humanity and Self-sufficiency. Godliness develops to the extent ego diminishes. Godliness can evolve in any being. If it evolves, the manmade differences would dissolve.

So, the first factor of violence can be weakened through the acceptance of one's Godliness and through making conscious efforts in developing one's Godliness. No one needs to change one's religion here. Godliness can be evolved from where one stands. If this happens broadly worldwide, the violence – in its all forms, will go down.

Secondly, the environmental violence that has been happening now is an alarming and frightening one.



**‘Every year, we extract an estimated 55 billion tons of fossil energy, minerals, metals and bio mass from the Earth. The world has already lost 80% of its forests and we’re continually losing them at a rate of 375 km<sup>2</sup> per day! At the current rate of deforestation, 5-10% of tropical forest species will become extinct every decade.’**

**‘10,000 years ago, humans made up 1% of the weight of vertebrate land animals: the rest were all wild. Today, wild animals make up just 1%. The other 99% is humans, our farmed animals and our pets’, says Mr. Vaclav Smil.**

**‘It took until the early 1800s for the world population to reach one billion. Now we add a billion every 12-15 years’. A UN report says this.**

**‘Eighty percent of marine pollution comes from land’ (It is understood, humans stand behind it), says National Oceanic and Atmospheric Administration, US Department of Commerce.**

We can see how selfishly and arrogantly the human race is destroying the other species and the nature. To preserve other species and the nature, the ghostly magnification of the human population needs to be controlled.

Population control is to be implemented vigorously in highly populated nations. Forests, water sources,

mountains, organic agriculture are to be preserved religiously. Well, this is for the rulers and we all know that they do not pay proper attention to this issue. What the individuals can do? Grow as many trees as possible. Keep your environment clean. Avoid using plastic bags. Start consuming organic foods and materials. Don't kill animals. Have two or three kids – not more than that, the lesser the better.

While the above two factors of violence cause destruction visibly in a greater magnitude, the third factor of violence, which arises through emotional and mental disturbances, cause violence silently within families and societies. The first reason that stands behind this factor is - the lack of right education and the enforcement of wrong education. The second reason is - unemployment of the youth and mismanagement of time. The third reason could be the lack of sincerity and morality in the sectors which are meant to ensure justice. All these reasons are more apparent amidst the developing or under-developed nations. In the developed nations, we have additional factors such as, the easier access to lethal weapons and addictive drugs.

Vulgarity and cheap emotions are easily fed to the young generation through IT instruments and they react to them in one way or the other; either they employ themselves in self-destructive activities or in

activities that result in someone's destruction. The pity **is**, suicide kills more people each year than road traffic accidents - in most European countries. And globally, suicide takes more lives than murder and war put together, says the WHO. The rate of homicides keeps increasing globally.

Positive thoughts and morals are to be sowed in the minds of the youth through quality education. Environmental pollution needs to be controlled with a war footing. Healthy and widespread employment opportunities are to be created and sustained, to control poverty and urbanization.

The education, which doesn't cause hatred and enmity amidst the different sects of people, which causes development of one's Godliness, which emphasizes the preservation of the nature, which shuns the thought of violence, will control all forms of violence to a greater extent. This is the need of the hour.

An individual has really not much to do with this remedy. He/she just needs to learn to live amicably with the given environment – whatever it is.

The individual needs to check that he/she is not absurd in earning material pleasures and milestones – the individual needs to develop a sense of moderateness in the material world. This is not to make one lazy or to

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grant ‘out of the world’ status – but to teach one stay cool amidst the changing scenarios. The individual should also need to develop a sense of modesty. This will lessen one’s arrogant mentality which may cause violence in one way or the other. These two qualities can only be cultivated through a self-exemplary society which holds lots of individuals who practice moderateness and modesty in their personal lives.

Thus, I prescribe the following moral tablet to the world denizens (to the individuals) – without any religious or sectarian codes. These morals and revelations are universally applicable by and large.

### *The Moral Tablet, global version*

*Be a global citizen...*

*Philosophical aspects of the moral tablet:*

**There is only one religion – “Eliciting one’s Godliness within”**

**There is only one culture – “Loving the living kind and the nature”**

**“With proper understanding, stick to your religion and culture – feel Godliness within and everywhere”**

*Practical aspects of the moral tablet:*

**Develop your Godliness**

**Don't hurt/Be kind to all beings**

**Live in harmony with nature**

**Adore your parents**

**Be loyal to your life partner**

**“May peace and bliss prevail within and without”**

The first three morals in the practical aspect are the core morals; the last two are the peripheral morals. I am not talking about any new way of life or belief. I am just talking about the existing similarities in all religions. Any religious human would try sincerely to practice the above morals. And the important factor which considers one's religious face is, not the success or failure in being what one wants to be, but the continuous efforts one makes for being what one wants to be.

My personal view is, all humans under the sky, badly need the first three morals. The last two social values (those which teaches 'modesty' and 'moderateness') are based on the western culture. The east may have its own way of leading a modest and moderate familial and social life. In any case, here, I would prescribe

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these five morals altogether, as I feel that the world (west or east, north or south) seriously need to consider them amidst these whacky scientific developments that persistently question the basic human morals.

It doesn't matter if one falls short of expectations in any or more of the above standards of life. What matters is, whether one really wants to implement these morals in one's personal life. If the answer is 'yes', all that one needs to do is keep trying. I too had stood short of expectations in almost all the above mentioned standards in many occasions. But, I do not give up; I will not give up. This is what gives me the courage to talk like a priest, though I am not.

If you want to see peace within and peace in the world, then keep a printed moral tablet (as given in the specimen) in the pocket of your clothing. Then keep chewing them mentally till they become a part of your living.

## **The philosophical aspects**

The guiding principles with regard to the understanding of one's religion and culture are given here.

All religions exist to show one God or Godliness. Those who have faith in God, search Him everywhere for their own reasons. Those who believe their own Godliness, strive to feel and excel It better within. Even those, who say 'There is an external God', have to feel and develop their own Godliness in one way or the other. God is available to those who have Godliness. To know how ocean would look like, just try to get closer to it – any sort of imagination would not help you. Ultimately, the bringing out of one's own Godliness happens to be the pivot point of all religions. Every true religion accepts this in different words and codes.

Even those who do not hold faith in 'God', are a part of religion, if they are concerned about feeling and exceling the godly qualities that exist within themselves.

Thus, the first philosophical truth about religion is that religions are here to develop one's own Godliness.

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While the religion is concerned about improving an individual's soul identity, the culture is concerned about the wellbeing of all creatures and the nature. Obviously, it is those who are religious and are soul-compassionate, that derive some basic morals to be practiced by all the segments of humans, which we call 'culture'; so that the balance and the peace of the universe is maintained. Sadly, this balance is shaking vigorously due to the selfishness and cruelty of humans and it stands as a serious threat to the whole universe.

Any ideal culture would want all its living beings to live in peace. Peace can't be established through wars or through scientific technologies but by love.

Thus, the expression of love is the core of all cultures. This is the basic philosophy of culture.



## **The practical aspects - The core morals**

Developing one's Godliness comes as the first moral in the practical session. This simply means that one needs to be religious in practicing the fundamentals of one's own religion, which prescribes and acknowledges the blossom of one's own Godliness. This moral alone can solve all the issues. Practice of this moral alone can stop wars, pollution and emotional disturbances.

In addition to this, we have a few more morals to streamline the purpose of this moral tablet. They all are classified as core and peripheral morals.

The first three morals are for all humans under the sky. No one can stand away from them. They might appear simple, but when one tries to put them into practice, one might face tremendous difficulties. Just for that it is tough to follow, we can't replace these values with easier ones. We just can't do that. That's why we call them the core morals.

They might be tough; still there are some people who practice them quiet easily and naturally. The past two or three generations including the present one, have been a total failure in adhering these morals. We have already started tasting the bitter consequences. The

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future generation will just taste more bitterness and will become prey to the selfishness of their ancestors, I mean their immediate ancestors.

To ensure longevity of the world, we the present generation of the human kind, have to stand united with ironical and uncompromising decisiveness in following the first three core morals.

They all are inter-related. The one who values one's Godliness would not hurt other beings or the nature. The one, who chooses to be non-violent and kind, would develop one's own Godliness and will remain friendly to the nature. The one, who lives in harmony with nature, would not disturb the natural existence and purity of the fellow beings; ultimately, such a person is developing his/her own Godliness.

Either be a family man, or an all alone individual, be a theist or an atheist, everyone got to stick to these morals - not only to ensure the safety of the world but also to ensure one's own ecological existence.

## **The practical aspects - The peripheral morals**

While the core morals talk about the soul nature of the Self, the peripheral morals talk about the social nature of the Self. They talk about individual and familial codes to be practiced in the society. One may have contrasting stand in the adoption of these morals. But, to have a highly civilized society, these morals are prescribed to everyone. They too are related to one or more of the core morals in a subtle way. Anyway, ‘Adoring one’s parents’ and ‘Being loyal to one’s life partner’ are not such worse or impractical morals for the humans of any generation. So, they too are recommended strongly to all humans.

These peripheral morals are to teach one ‘moderateness’ and ‘modesty’ in life. There may be individuals who may repudiate these morals. But in general, these are the well-established and widely practiced morals in the east – at least in front of the screen! The same have to be practiced in the times to come – both in front and behind! This may not seem to have a direct reflection in the occurrences of violent activities in the society. Rather, it works silently in developing a society which shuns violence to women and elders, through respecting women and elders. It also gives one a sense of self – esteem and inner-

strength. This also adds the probability of peace in the families.

The immediate and probably the enduring environment of an individual is the family environment. 99% of children in the world live with parents – with birth parents, adoptive parents, foster parents, birth parent and step parent, cohabiting birth parents or grandparents. If the children happen to see parents who are disloyal to each other and who are uncaring to their parents (grand parents), they feel affected deep in their emotions and gradually they too incline to practice the same in their future. Being a superior class, humans are supposed to practice some basic discipline in their family structure. If the discipline goes away, the morality goes away, the peace goes away and ultimately the society becomes a store of beings with filthy instincts or narrow material ambitions.

If a parent doesn't adore his/her parent, and wants his/her child to adore him/her, how will that be possible? If a parent is disloyal to his/her counterpart, how can a child be taught loyalty? The children learn life more through dynamic examples than by dormant lessons. Not all individuals get ideal parents and partners, and such persons may have to deal those relationships differently. But it shouldn't be a 'taken for granted' sort of thing, where relationships are

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easily thrown away for short of expectations and on egoistical issues.

These familial morals proved to be right to the majority of the human race who want to feel peace within and outside. Some may find difficulty in the execution of these morals, but I am confident that no one would have any problem in accepting these morals as they are knitted to everyone's conscience.

Thus, we have three core morals and two peripheral morals under the moral tablet in its practical segment.

## **FAQs**

**You say, ‘Be a global citizen’. Is it on political ground or economical ground?**

It’s on mental ground.

### **Shouldn't I love and prioritize my home nation?**

Yes, you can. Loving one's home nation and loving the planet are not contradictory to each other. You can respect and protect your national values by all means. At the same time, you need to stay humane towards all other beings of this planet.

Many think that 'being a patriot means destroying someone somewhere in the world'. It is not so. To emphasise that we all have common enemies both inside and outside, and that we all need to stand together for the better of our world without prejudices, I need to say, 'Be a global citizen'.

## **What is Godliness?**

All masters say that humans and other beings are divine in nature. The humans have the high potentiality to realize this fact. So, humans are expected to develop their understanding about their own divinity or Godliness. Unconditional Love and Conscience are the two perceptible Godly qualities in humans.



### **How to develop one's Godliness?**

Godliness blossoms when one's mind gets purified. So all those purify mind are the means for developing one's Godliness.

## **What is ‘kindness’?**

Kindness is the compassion, empathy or sympathy that we show towards all living beings. First, one needs to be kind with oneself. We shouldn’t let our being hurt by the harshness of inferiority complex, humiliation, failures, insults, sensuality and ego.

But kindness need not always mean a softer approach. If a mother is a little bit harsh towards her son, or even tends to punish her son - just to make him better or to teach him something good, then it is also a kind of ‘kindness’. The rulers have to show this sort of ‘kindness’ to the people who need that. Even God does this to His near and dears, sometimes.

Kindness gets expressed physically, through the acts of charities and physical help. Kindness gets expressed mentally, through the emotions of love, encouragement and empathy. Kindness gets expressed spiritually, through the subtle transmissions which provoke self-realization.

**What is the linking thread between philosophy and practice?**

Love is the linking thread between philosophy and practice. It is not only in the middle. It is in the beginning and it is in the end. And it is the only thing which accompanies the Truth, which has neither a beginning, nor an end. Simply speaking, love is eternal and is the ultimate Truth.

The philosophy about the existence is meant for the beings having six senses or more. Other living beings are far to the philosophies of the soul. They can not grasp them. But all beings in the creation can experience and express 'love' in one way or the other.

Thus, love is the linking thread between the philosophy and the practice.

## **What is love?**

Love is the basic and incessant expression among all the natural qualities of the soul. Extracting love within is the role of religion, expressing love outside is the goal of culture.

## **What is the relationship of God and love?**

All true religions accept and acknowledge that God is love. Phrases like “Anbe Sivam” (Tamil), “God is love” (English), “Allahu Muhibba” (Arabic) emerged only in this context. Even the atheists can not deny ‘Love’. Developing one’s perception of love makes one more humane and divine. True love does not have any selfish motive. All that is free from selfishness is said to be divine in nature.

### **Can love be ‘developed’?**

Yes, of course. If one remains humble, it is an expression of love. If one sacrifices one’s health, wealth and life for a noble cause, it is very much an expression of love. If one forgives those who did wrong to one, it is also a gesture of love. If one remains in control and nullifies one’s anger, this is also an expression of love. If one comes forward to help the needy persons, it is also an act of love. If one prays God for the wellbeing of everyone, it is also a token of love. If one meditates for realization, it is the higher expression of love, since, the one who knows the Self knows the true definition and application of love. Through such a person, the whole world is blessed by unconditional love.

All actions, in which ego and selfishness are missing, are the means of developing one’s love.

### **How can one measure the effect of this tablet?**

If one feels more relaxed, happier, more peaceful, more conscious, more confident and has more space for others, it means the tablet is working in the background. In some, these changes would be apparent; in some, it might be hard to feel any change at all. But the chewing of this tablet, will give its benefit surely – sooner or later.

If more and more people of a society consume this tablet, the level of peace and bliss of the society grow parallelly.

**What is the role of the global citizens with regard to the moral tablet? Does it have any ill effects?**

We just need to take this tablet. It improves the immunity of the self, it adds peace and happiness in the world. We need to keep these morals in mind in all walks of our lives. We just need to try chewing this tablet – throughout our lives. It is not against the doctrines of any true religion or culture, hence has no ill effects.



**How the social (peripheral) values will be applicable to those who do not have any family or those who do not stay in the society?**

We can't entrust the peripheral values to those for whom they do not hold any value. Those who are immersed in the Truth, do not have any periphery. For the rest, the periphery changes, from person to person.

Still, no human will come to this world without parents. This is applicable to all classes of people – theists and atheists, traditional and modern, scientific and ritual, nomads and city dwellers, religious and non-religious, monastics and family dwellers. The monastic people renounce everything including the family bondages. So they need not pay any special attention to their parents, but they adore every being including their parents. This is applicable to all those who are away from their parents for various reasons.

Similarly, if one doesn't get married or stay away from the society, it doesn't mean they have no limitations and responsibilities. In fact, such people have more responsibilities and limitations, and also more scope to improve their own Godliness and also that of others.

It is the way it should be.

### **How crimes will be decreased by these morals?**

As we had seen already, we can bring the causes of violence under the following categories:

Ignorance (Being ignorant of one's own Godliness and of the Godliness of other beings and the nature)

Egoistical faculties (like anger, selfishness, possessiveness, vengeance)

Instinctive faculties (like lust, hunger, fearfulness, emotional imbalances)

The practicing of these morals decreases all the causes of violence and other misdeeds. As a result, the crimes too would get reduced.

### **What if I refuse/fail in these morals?**

We all have freedom to live our life in the way we want to live. No one can question this freedom. We can use our freedom either to free ourselves or to get caught in the drama of life. One may use one's freedom to get fettered into the bondages of flesh. Still, it is one's freedom. Those who want to use their freedom to free themselves would choose to take this tablet. No one can force any one to take this tablet.

After having chosen it, if one fails in one or more of these morals, it is not the end – don't lose heart. One should not stop practicing these morals. It doesn't matter how many times one falls or how long one remains on the ground - just stand up and keep going.

**What is the effect of the moral tablet - in the global sense?**

The wars and the ruffles which are triggered on the basis of religions, sects and other differences will come down. The cruelty done to the humans and to the other living beings will come down. The natural resources will stay safe and the ecological erosion will not occur in greater magnitude and it will be in control. The emotional imbalances of the humans will get set right and the peace will start to prevail in the hearts of the individuals. As a result, the whole universe will be better than what it is now.

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### **For how long one should take this tablet?**

This tablet has to be chewed throughout human existence, life after lives, generation after generations, era after eras – till the end of the world.

## **How children would practice these morals?**

On seeing their own parents and other role models...  
The schools and the media have remarkable roles too –  
they should refrain from boosting unnecessary and filth  
contents.

**What is the strategic difference between the core and peripheral morals?**

The core morals are related to one's soul or the self. They can never go wrong. The inner core is always 'right'. Only the mind, when it moves away from the core, manifests duality, turbulence and 'wrong' perceptions. On the peripheral, through the backing of one's mind, one may see and feel restlessness. When the mind is trained to see the 'core' in everything, even the death tastes good. So, the peripheral morals are suggested to train the mind to practice modesty and moderateness in any given situation, particularly in the closest environment, thereby ensuring the 'right' of the soul.

**How can this moral tablet be marketed?**

Morals do not need any marketing. They have nothing to do with money or marketing. All they need is truthfulness. Through those who have truthfulness in their hearts, this tablet would keep travelling and would keep multiplying. It has been happening for ages.



**Are these morals laws?**

No, these are not laws – constitutionally. No moral can be enforced by law. They can be treated as laws only conscientiously. Accepting and practicing these morals are left to one's own discretion.

**You hadn't included morals like truthfulness, righteousness, honesty. Do you think they are not required in the world?**

We had seen that conscience is the tangible quality of one's Godliness. Thus, those who stick to their conscience would live up to all the standards of life, like righteousness and honesty.

Thus, the adherence of morals like righteousness and honesty, are derived in adopting the first core moral of this moral tablet, which is to develop one's Godliness.

**How does the tree symbol (logo) represent the moral tablet?**

The PUTLI tree has five branches. The moral tablet has five practical morals. The tree has the root which is split into two. The moral tablet has two parts in its philosophy; one is the bliss ensuing religion for the inner being and the other is the peace ensuing culture for the external being. The entire tree gets nurtured and protected by watering the golden branch in the middle which starts from the root. This root branch moral is ‘Developing one’s Godliness’.

**What is the significance of the moral tablet in molding the ordinary people?**

If one wants to see whether a nation is rich or poor, one would check the financial status of the ordinary people. He would not derive the conclusion by going to the palace of the richest person of that nation, or to the areas of the poorest section of that nation. Even in USA, there are areas where beggars can be seen. Even in Uganda, there are people who enjoy a very premium life. These quiet contrasting personalities are there in all nations.

If he mingles with the center of the society - with the servants, government staffs, professionals, businessmen, students, and all types of 'ordinary' people, then he could come to a conclusion with regard to the financial status of that nation.

Similarly, if we want to see whether a nation is peaceful and happy, we have to look into the lifestyle of the ordinary people, not that of the monks or of the criminals. For, ideal monks will always be peaceful and happy and the criminals will always be amidst restlessness.

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If the ordinary people lead life with ideal human values, the whole nation (and the world) would be filled with peace and happiness – to a greater extent.

Unfortunately, in almost all nations, in the name of ‘development’, even the ordinary people lead a life of corruption and falsehood without any guilty feeling whatsoever. Obviously, due to this, the peace and true happiness are gone in the world.

This simple moral tablet would guide and support those ordinary people who want to lead a life of peace and true happiness, thus improving the standards of the universal peace and happiness.

# The Moral Tablet

## Specimen moral tablet (Pocket size)



### The Moral Tablet, global version

*Be a global citizen...*

#### Conceptual aspects of the moral tablet:

**There is only one religion – “Eliciting one’s Godliness within”**

**There is only one culture – “Loving the living kind and the nature”**

**“With proper understanding, stick to your religion and culture – Feel Godliness within and everywhere”**

Side 1



### The Moral Tablet, global version

*Be a global citizen...*

#### Practical aspects of the moral tablet:

**Develop your Godliness**

**Be kind to all beings**

**Live in harmony with nature**

**Adore your parents**

**Be loyal to your life partner**

**“May peace and bliss prevail within and without”**

Side 2

THIRUCCHITTRAMBALAM  
(salutations to the lotus feet of the  
Supreme Indweller)





“

The happiness of  
one's own heart alone  
cannot satisfy the  
soul; one must try  
to include, as necessary  
to one's own happiness,  
the happiness of others.  
Kindness is the light  
that dissolves all walls  
between souls, families  
and nations.

”

– Sri Paramahansa  
Yogananda

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