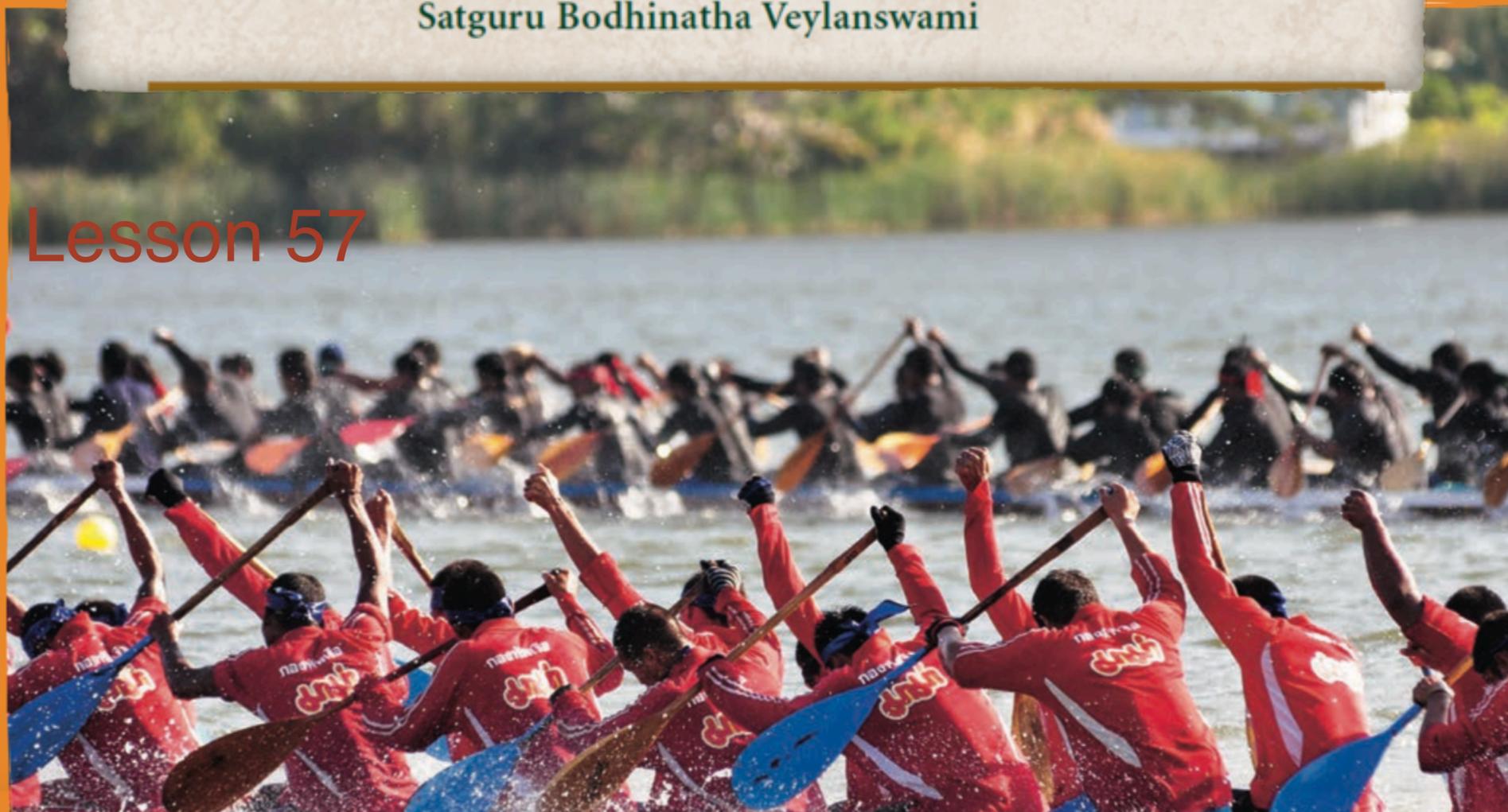


# Path to Siva

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.

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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.

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

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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.

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# Three main tools...

Worship

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Service and

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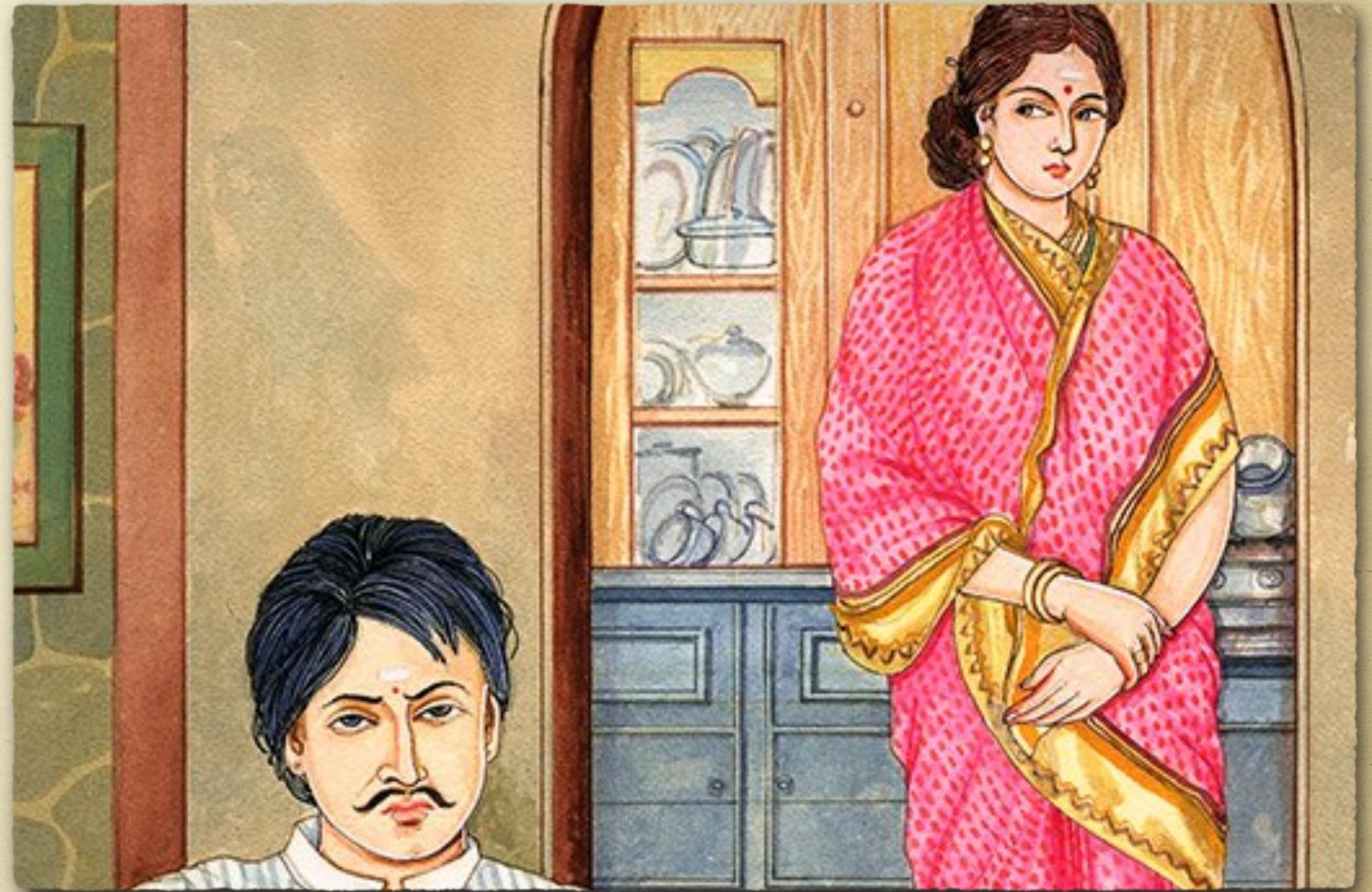
Yoga are three main tools.



# Consideration

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

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# We never argue

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

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

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We praise their good qualities and  
good deeds.

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We never argue or use harsh or angry  
words.

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

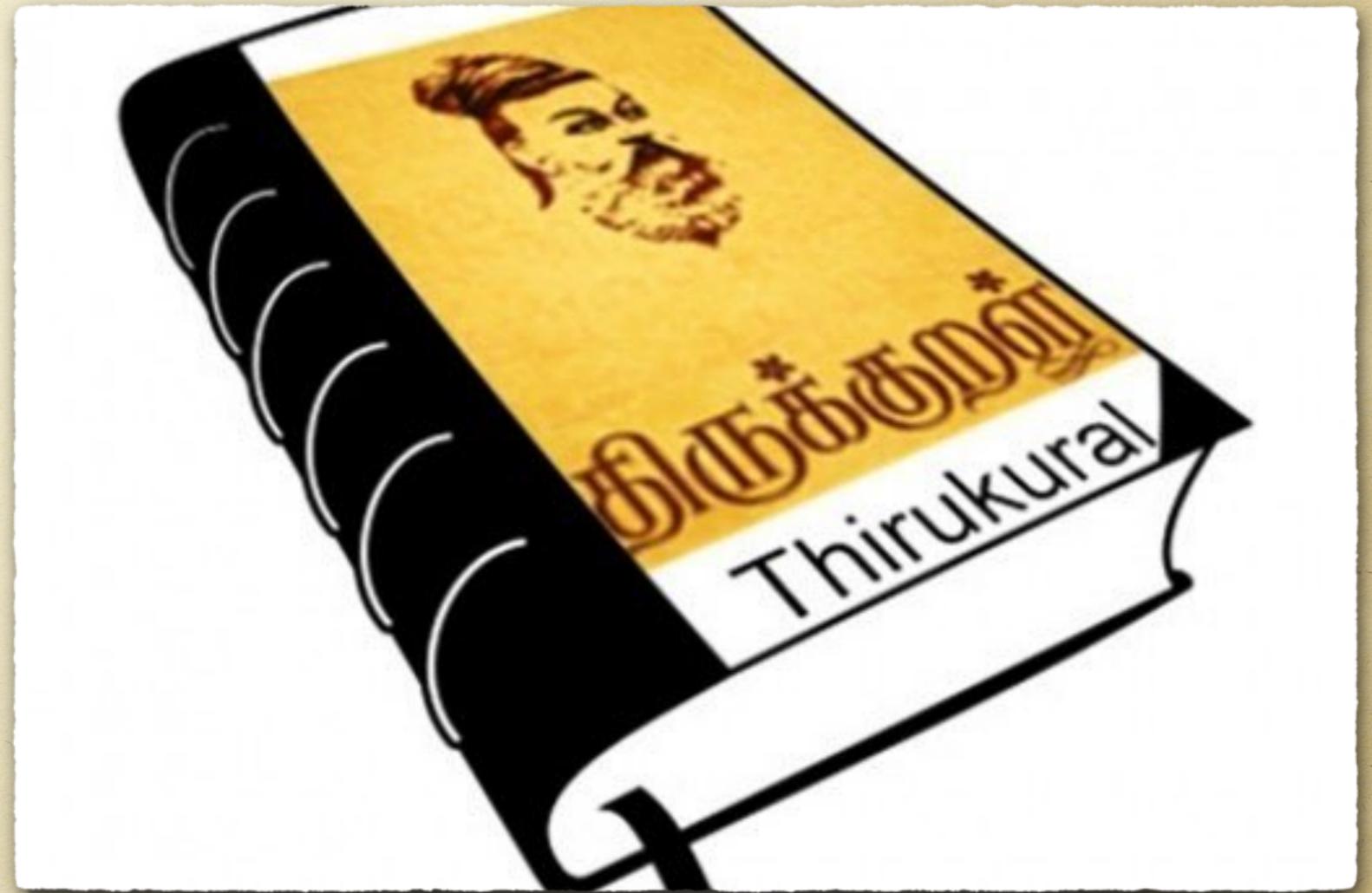


# The Tirukural ...

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

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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.

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# 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.

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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.**

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**Be with fine, positive people.**

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**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