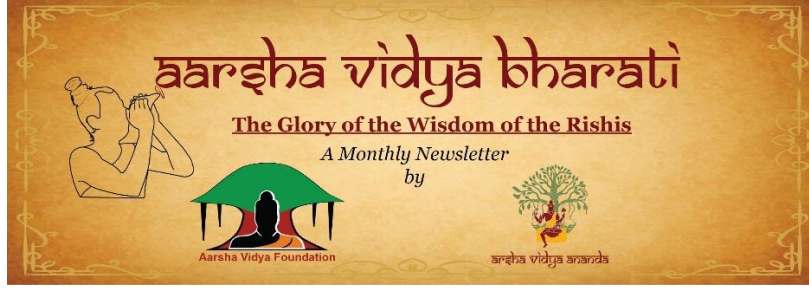

Aarsha Vidya Bharati - Dec 2021

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Dec 2021 issue](#) or read any of the [articles](#).

Value of values

Ārjavam (5/20)

By Nirmala Iyer, London

Bhagavān Krishna enumerates twenty qualities of the mind, which he terms 'Jñāna' or knowledge in Chapter 13 of the **Bhagavad Gita**. These values are necessary to prepare the mind in order for the knowledge to take place.

The word *ārjava* comes from the word *rjubhāva*, which means straightforwardness; *ārjava* indicates an alignment of thought (*vṛitti*), speech (*vāk*) and act (*kriyā*). It is a purity of the three instruments (*trikāraṇa śuddhi*). Living a life of integrity to myself and others is *ārjavam*.



For this value to be rooted in us, our actions must be true to our words and our words true to our thoughts. This value can be considered an extension of *satya-vacana*, truthful speech. It is reasonable when I expect others to be truthful to me, I reciprocate the same.

I need not say or act upon every thought I have but my actions must be consistent with my words and thoughts. ***All that you think need not be said, but what is told must be true to what you think. And***

what you do is exactly what you said you would.

This alignment is a value because it brings in freedom from conflict. Non-alignment can happen in these ways:

- We think one thing and say another thing; or
- We say one thing and do another thing; or
- We think one thing, say another thing & do a third thing.

When there is a disconnect between the thinker, the speaker and the doer, it will lead to a restless mind troubled by guilt, hurt,



regret, anxiety and conflict. This kind of mind will not be available to learn anything or achieve any end. In order to be prepared to assimilate the teachings, we need to be 'together'; not lead a split life.

In my journey of applying this value, I struggle but I am more accepting and kind to myself. I often think and say a lot but when it comes to acting upon, I used to struggle to commit. I realized when I act upon the right thing in an alert, deliberate and relaxed manner, it gives me a lot of joy. What also helped me over the years is keeping a journal and having a 5-10 minutes of seated practice by observing my thoughts. It gave me space and made me aware of those thoughts. Pujya Swamiji *often used to say* that Ravana physically shown with 10 heads indicates his multiple personality & depicted lack of *ārjavam*.

Swami Brahmavidananda Ji's words are a reminder for me - **Think Clearly, Feel Deeply & Act Decisively.**

Ārjavam has been stated in 3 more verses of the ***Bhagavad Gita***.

- 16.1 - Spiritual wealth for assimilation of knowledge, i.e. '*Daivīsampatti*';
- 17.14 - Discipline of the physical body, i.e. '*śarīra-tapas*' - commitment to being straightforward in all interactions involving actions primarily; and
- 18.42 - A *brāhmaṇa* has to follow a life of integrity.