

The Value of Values

1. **amānitvaṃ** – अमानित्वं - Absence of self-worshipfulness (reduction of the expression of physical arrogance).
2. **adambhitvaṃ** – अदम्भित्वं - Absence of pretense (reduction of the expression of verbal arrogance).
3. **ahimsā** – अहिंसा - Non-injury.
4. **kṣāntiḥ** – क्षान्तिः - Accommodation.
5. **ārjavam** – आर्जवम् - Straightness.
6. **ācāryopāśanam** – आचार्योपासनं - Service to the teacher.
7. **śaucam** – शौचं - Cleanliness.
8. **sthairyaṃ** – स्थैर्यं - Steadiness; steadfastness.
9. **ātmavinigraḥ** – आत्मविनिग्रहः - Mastery over the mind.
10. **indriyārtheṣu vairāgyam** – इन्द्रियार्थेषु वैराग्यं - Dispassion towards external objects of awareness.
11. **anahaṅkāra** – अनहङ्कार - Absence of egoism (reduction of the expression of mental arrogance).
12. **janma-mṛtyu-jarā-vyādhi-duḥkha-doṣānudarśanam** – जन्ममृत्युजराव्याधिदुःखदोषानुदर्शनम् - Contemplation regarding the limitations of birth, death, old age, sickness, and pain.
13. **asakti** – असक्ति - Absence of a sense of ownership.

The Value of Values

14. **anabhiṣvaṅgaḥ putradāra grhādiṣu** – अनभिष्वङ्गः पुत्रदार
गृहादिषु - Absence of a binding attachment to son, wife,
home, etc.
15. **nityaṁ ca samacittatvam iṣṭāniṣṭopapattiṣu** – नित्यं च
समचित्तत्वम् इष्टानिष्टोपपत्तिषु - Consistent even-mindedness in
the face of the desirable and the undesirable objects and
situations.
16. **mayī ca ananyayogena bhakti avyabhicāriṇī** – मयी च
अनन्ययोगेन भक्ति अव्यभिचारिणी - Unswerving devotion to God
characterized by non-separateness from God.
17. **viviktadeśa-sevitvam** – विक्तिदेशसेवित्वं - Retiring to a quiet
place for contemplation.
18. **arati janā saṁsadi** – अरति जना संसदि - Absence of the
craving for the company of people.
19. **adhyātma-jñāna-nityatvam** – अध्यात्मज्ञाननित्यत्वं -
Constant application of the knowledge of the Self
(meditation on the ultimate observer).
20. **tattva-jñāna-artha-dārśanam etat jñānam iti
proktam ajñānaṁ yadato nyathā** – तत्त्वज्ञानार्थदार्शनम्
एतत् ज्ञानम् इति प्रोक्तम् अज्ञानं यदतो न्यथा – Keeping mentally
connected to the purpose of the knowledge of Truth. This is
declared to be the ultimate knowledge and all that is
opposed to it is ignorance.