



## Foster Human Values to Protect Rights

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**H**uman rights is protecting another's freedom, seeing that the other person is also like oneself. Human rights is giving others security, letting them live. If one is unhappy, unfeeling or unfriendly, will he ever protect another's human rights? It is not possible. Who violates human rights? Those who do not respect human values hurt others and violate human rights. Even a terrorist has human values. He is so concerned about his family. We only have to make him realise that others also belong to him.

In today's world, we have become so formal in our dealings with others that it becomes almost mechanical. So, we need to shift to being more cordial and informal. This is the basis of human values.

What are human values? Compassion, friendliness, cooperation, peace of mind, joy and a smile that lasts forever. The sign of success is freedom, a tendency to help and cooperate. We need to see whether these values are increasing in our society.

Often, we find a crisis, which is based on identity. Groups are formed to assert their identity. When they do this, somewhere they lose a sense of belongingness with the human race. When people say, "I am a Hindu", "I am a Buddhist", "I am a Muslim" or "I am a Christian", they are also saying, "Those who are not Hindus or Muslims or Christians, do not belong to me". They take a position, 'I am somebody'.

In order to maintain this limited identity, some are ready to lose their lives. The same with culture, tribe and nationality. If the emphasis were on being a human, then there would be more peace in society. We need to make people see that before being a Jew, or a Muslim, they are human beings. And, as a human being, the whole of humanity is part of you and belongs to you.

Today, people who are looking for some identity often move into religious dimensions and are caught up in fanaticism or fundamentalism. When there is a lack of proper spiritual education or knowledge about the oneness of the human race, people take a direction that is not conducive to the welfare of mankind. Friendliness needs to be fostered, especially at the educational level. Neither at school nor at home does anybody teach you what to do when you are upset, angry or depressed. How can we get anger, violence and the sense of hatred out of the hearts of people? This is the problem that is facing us today. We know the answer philosophically, but what are the practical steps? It is here that something very basic to our life comes into play - our breath. Breath is the link between body, mind and emotions. By attending to it, we can calm our minds.