Holy Geeta by Swami Chinmayananda

MOREOVER, HERE ARE LISTED THE MENTAL CONTENTS OF THE GODLY:

2. Harmlessness, truth, absence of anger, renunciation, peacefulness, absence of crookedness, compassion to beings, non-covetousness, gentleness, modesty, absence of fickle-ness...

Continuing, Lord Krishna enumerates the mental contents of the godly type of men.

HARMLESSNESS (*Ahimsa*) --- It does not consist so much in not causing bodily injury to beings in the physical world, as in not harming any living creature in the world around from the realm of thought. Physical *ahimsa* is simply impossible. To continue living, some kind of physical harm or the other has to be brought about; it is unavoidable. But even while bringing about unavoidable disturbances around ourselves, if our motives are pure and clean, the harm so wrought is not regarded as causing injury.

TRUTH (*Satyam*) --- We have already discussed this virtue while explaining the last term in the previous stanza "uprightness."

AN EVEN TEMPER (absence of anger --- Akrodha) --- Sometimes it is rendered as 'angerless-ness' which is not very happy. A better rendering would be the capacity to check, at the right time, waves of anger as they mount up