Veda are the four collections forming the earliest body of Indian scripture, which codified the ideas and practices of Vedic religion and laid down the basis of classical Hinduism, and contain CHANTS, beliefs and principles, and guidance on ritual. The most important values in the Vedas are,

1. SATYA
2. DHARMA
3. AHIMSA
4. BRAHMACHARYA
5. SHANTI
6. PREMA

Childhood is the most important part of life for a human. When a child learn and practice these values in life, they grow up to a better person. Therefore every child must practice these values in their life from their childhood.

**Satya:**

**“God is only truth & Truth is only god”**

**Satya means truth.** Satya is a central theme in the Vedas. Satya is important for Ṛta, which is **the principle of natural order which regulates and coordinates the operation of the universe and everything within it**.

**Being honest with yourself and others**  
  
It's about being honest with yourself, honest with others, and refraining from judgment — making sure that you speak and act with thought and intention (not just saying whatever is on your mind).

**Dharma:**

**Dharma means an individual's duty fulfilled by observance of custom or law**

*Dharma-kṣhetre kuru-kṣhetre*

Is the first in in Bhaghavat Geeta and means do dharma from field to field

1. Know when to give up, quit or move on
2. Practice yoga, meditation, painting or walking in the woods
3. **Pay attention to** unison**.** Life is very good at guiding you, if you just pay attention.

**Ahimsa:**

**“I object to violence because when it appears to do well, the good is only temporary; the evil it does is permanent”**

**-Mahatma Gandhi**

**Ahimsa means 'non-injury' and 'non-killing'. It implies the total avoidance of harming of any kind of living creatures not only by deeds, but also by words and in thoughts.**

One can practice Ahimsa **by** practicing love and mindfulness, by not injuring any creature by thought, word or deed. True Ahimsa should mean a complete freedom from ill-will, anger and hate, and an overflowing love and compassion for all.one should also practice harmony and respect, forgive and praise others.

**BHRAMACHARYA:**

Brahmacharya is **when a person completely controls his body and mind and completely avoids indulgences through self-discipline**

We can practice Brahmacharya by,

* Avoiding all earthly indulgences
* Listen to our body
* Be in silence once a day for 5-10 minutes.
* Doing daily meditation and constant japa

**Shanti:**

**Shanti means** peace **or inner peace.**

To practice Shanti we should

1. Meditate.
2. Be Grateful.
3. Take Responsibility for Your Actions.
4. Don't Let Your Past Mistakes Define You.
5. Love Yourself.
6. Practice Acceptance and Contentment.

**Prema:**

**Prema or Bhakti means the highest form of the love of God in Hinduism**. Bhakti is one of the central concepts of Hinduism. It describes that side of Indian religion in which the personal engagement of a devotee with a personally conceived divinity is understood to be the core of the religious life.

To practice bhakti, we should

1. **chant and praise the divine**
2. **Study sacred scriptures**
3. **Do japa or recitation of a mantra**
4. **Have faith in the divine**
5. **Be humble**
6. **Set up an altar with a favorite image or representation of the Divine and offer flowers, fruit, or incense; or do mental worship.**
7. **Appreciate the wonder and beauty of nature,**
8. **Practice forgiveness and compassion.**

As swami chinmayananada usually says “there is no shortcut to spirituality”, we have to follow values in the Vedas to be reach spirituality and be a better human being. Swami Chinmayananada and many other gurus have attained spirituality through this method .Therefore, let us follow the same path our gurujis followed to become a better human being