

Value Spectrum for a Good Life

Values

- Values affect a person's behavior and serve as criteria for evaluating other people's actions.

Social values

- Social values are a set of principles that are morally acceptable by society. These principles are created by the dynamics of the community, institutions in the society, traditions, and cultural beliefs of the people in the society.
- The laws are a guide for people in society on how to conduct themselves appropriately.

Material Values

- The material goods and services that contribute to the quality of life.
- Their significance is underplayed at spiritual level.
- However, accepting material values in human life is an important component.

- Material values therefore must be seen as a means for pursuit of the value spectrum rather than the end in itself.
- The material gains should be made only through moral means.

Spirituality and spiritual Values

- Absolute values
- Ultimate purpose and final truths of life and nature.
- Spirituality is experiential, not just theoretical
- Spirituality is knowing you are part of something much bigger than yourself.
- Spirituality is the recognition of the Divine, whatever that means to you.

The essence of spiritual values

- Self fulfillment
- Egoless
- Complete freedom
- Unconditional love

Nirvana

- Beyond enlightenment is the highest destiny of the human spirit: ***Nirvana, which literally means “to blow out.” When one*** reaches Nirvana the self is extinguished and boundless life begins.