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## Resolving Conflict through Value Education: Sathya

### Sai Approach

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#### Abstract:

*Conflict is a perplexity in which one cannot decide if an activity is right or wrong. It could be the outcome of a person's or group's activities that offend another. Conflict becomes harmful when it is handled incorrectly. However, when handled in a respectful and positive manner, it gives a platform for growth, ultimately enhancing the bond among people. Conflict Resolution is intended to establish a fair, comfortable environment in which anyone can present their perspective and discuss concerns in a mutually beneficial manner. Sri Sathya Sai Baba, a great educationist and social reformer of contemporary India, emphasized the five human values—love, truth, right action, peace, and nonviolence. He has set an example for countless individuals throughout the world, demonstrating the ideas he preached not just in numerous discourses and publications but also concretely via tremendous social service activities. According to Him, the absence of human values in one's life is to blame for all sorts of conflicts. So, the primary goal of this study is to resolve the issue using value education in the paradigm of Sri Sathya Sai Baba.*

**Keywords:** *Conflict resolution, Human values, Value education, Love, Truth, Peace*

### **Introduction:**

*“True education is that which fosters the sense of oneness, draws out one’s divine qualities and promotes the blossoming of human personality.” – Sri Sathya Sai Baba*

Conflict is described as a dissension in which the people see a menace to their desires, engrosses, or anxieties. An individual experiences intra-personal conflict which develops as a result of conflicting aims and different roles that the individual is required to perform. He/she is confused about his or her obligations and liabilities. The disagreement between two persons is referred to as interpersonal conflict. It could be because their decisions differed.

Sri Sathya Sai Baba, one of the world's most revered spiritual gurus, displayed love, compassion, and wisdom that we need to comprehend. His speeches and writings were mainly focused on the service of humanity. He had arrived to provide us the way toward discovering and appreciating the connection of all creation. His speeches address every aspect of spirituality and distil the essence of all religions' old scriptures. When five teaching methodologies, “Storytelling, Prayer, Silent Sitting, Group Singing, and Group Activities”, emphasized on human values are integrated with modern teaching strategies, they connect body, mind, and soul (Sri Sathya Sai Speaks, 1986). Many of his presentations are about educational principles, the shortcomings of the current educational system, and how integral education which combines worldly and spiritual education, may address these challenges. These speeches spawn and continue to nurture the concept of Sathya Sai Education, which serves as a reliable primary source for educators around the globe.

### **Sathya Sai Education in Human Values**

‘Sathya Sai Education in Human Values’ is a character development programme based on the five human values of love, truth, righteousness, peace, and nonviolence

are related to 5 domains of human personality (Kasturi, 1971). It is aimed to develop and nurture one's holistic potential and intrinsic human goodness. It is intended to exhibit and promote an educational approach that incorporates universal human values throughout children's and adults' learning experiences.

| Five Human Values | Five domains of human personality |
|-------------------|-----------------------------------|
| Love              | Social                            |
| Truth             | Intellectual                      |
| Righteousness     | Physical                          |
| Peace             | Emotional                         |
| Non-violence      | Spiritual                         |

The truth is eternal. It remains constant despite the progression of time. When one relies on Satya, he/she finds Dharma, Righteousness arising out of it. When truth as well as Dharma, coexist, eternal peace can be realized. In this world, peace does not exist on its own. Truth and Dharma come together to create peace. When there is peace, there is automatically a fountain of Love. There is no room for hatred where there is Love. As a result, True Love embodies Ahimsa (non-violence). As a result, everyone must make an honest effort to comprehend the essence of the noble ideals of Sathya, Dharma, Shanti, Prema, and Ahimsa (Vidya Vahini, 2005).

### **Sathya Sai Baba's Approach on Conflict Resolution**

*"When there is peace in the individual, there will be peace in the family. When there is peace in the family, there will be peace in the community. When there is peace in the community, there will be peace in the nation. When there is peace in the nation, there will be peace in the world."*

- Sathya Sai Baba

His speeches and writings are loaded with straightforward teachings how we should exist and treat one another in order to progress along the way to enlightenment.

Individually, peace denotes stillness or calmness in an individual's mind and heart (Sreedevi, 2013). When a person learns to adopt specific life values such as love, kindness, compassion, honesty, and control—desire, selfishness, and despair with resolving conflicts and persuasion abilities, he is able to feel peace in his daily life. Lack of activity or idleness is not synonymous with tranquilly. Conflict can be resolved in the following ways:

- **Journey towards Self-Realization**

The state of the world is now in complete chaos. Fear and unrest are everywhere. Righteousness and spirituality are lacking in mind. People live in a materialistic and worldly culture. People have different opinions and beliefs which might create conflict, but the truth is one which is God. Truth exists where love exists. Be truthful in doing. Make the primary motivation behind all acts love. Become more self-assured. Self-confidence is the cornerstone of the spiritual superstructure, and satisfaction comes from self-realization. (Sathya Sai Speaks, 1998)

He insisted there is no need to search for God. God is everywhere. All that you see is a manifestation of the Divine. All the human beings you see are forms of the Divine. Correct your defective vision and you will experience God in all things. The power of love is immeasurable. Hence, develop and practice the sense of the spiritual oneness of all beings (Divine Discourse, 1996).

- **Forget and Forgive**

*“Love lives by Giving and Forgiving  
Self lives by Getting and Forgetting”*

- Sri Sathya Sai Baba

Sathya Sai Baba said to forget about the pain that others gave and the assistance that one has provided to others. Then the heart would be at peace. One need not seek retaliation when someone criticizes. Forgiving and forgetting about someone who has hurt the sentiments is the best method to end one's pain.

- **Control Sense**

If one can't control their senses, all of their spiritual efforts are meaningless. It is everyone's responsibility to identify any negative ideas that might come to mind and completely dispel them. The mind needs to be controlled (Summer Course, 1976). One must Speak minimally, amicably, and only when absolutely necessary. Additionally, one should not shout or raise voice in anger or excitement. Conflict would be settled under such management, and inner peace would blossom.

- Prayers

Prayer is a dialogue with God. Prayer should reflect one's love for God, thankfulness for God, and, most importantly, willingness to serve God. Prayer could develop into a gratifying activity that is greatly anticipated. Inner and exterior purity can be attained by actively chanting OMKARAM 21 times in the early morning. One could recite "Samasta Loka Sukhino Bhavantu" 9 times (or more) every day, concluding with the mantra "Om Shanti: Shanti: Shanti"

### **Do Selfless Service**

The true adoration of Almighty is selfless service. Swami teaches that social action is not the only way to demonstrate selflessness. One can also serve God by cultivating clean ideas, communicating modestly and generously, and devoting our actions to God (Sathya Sai Speaks, 2000). Selfless service intends to reduce one's desire and preserve the environment with a sense of sacrifice. When one gets involved in selfless service, negative vibes do not accompany him/her; pure thoughts and the capability to take the right decision in the conflicting situation(s) head the person one step towards divinity.

### **Conclusion**

Sri Sathya Sai Baba's teachings on human values are precious and unique. His teachings are immensely relevant, particularly in resolving the conflict that is so prevalent in today's world. After all, the solutions discussed here are merely a first

step toward resolving conflict between individuals or groups. One can gain the strength to face difficulties via constant and continual practice. That's why Sathya Sai Baba said, "Follow the Master, Face the Devil, Fight till the end, and Finish the Game."

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