

there are certain principles of human relations. For instance, if one feels anger, one must keep it under control. Such an act will be beneficial to all. These principles of ethics are, therefore, discovered.

“Do not tell a lie to one another; say what you know to be true”. This is a principle. Its usefulness becomes apparent at every step in life. We appreciate a truthful person. If we tell a lie, we ourselves feel unhappy: life cannot go on, there will be great confusion.

A child does not speak untruths by nature. Often, parents teach their child to speak untruths. When the child desires something which the parents do not wish to give him, they conceal the object and tell the child that the desired object has disappeared. The child may be fooled a couple of times, but soon he knows the real situation and learns to speak untruths. The fact that, by nature a person is truthful, is a law that is discovered. Many other principles of ethics are similarly discovered. They are not arbitrarily framed by someone. In Bharat, these principles are termed *Dharma* – the laws of life. All those principles which bring about harmony, peace and progress in the life of mankind are included in this term *Dharma*. On the sound basis of *Dharma* then, we must proceed with the analysis of life as an integral whole.

When nature is channelised according to the principles of *Dharma*, we have culture and civilisation. It is indeed this culture which will enable us to sustain and sublimate the life of mankind. *Dharma* is translated here as law. The English word ‘religion’ is not the correct translation for ‘*Dharma*’.

As pointed out earlier, an integrated life is not only the foundation and the underlying principle of culture, but also its aims and ideals.

Happiness Of An Individual

We have thought of life as integrated not only in the case of collective or social life but also in the individual life. Normally, an individual is thought of in the physical bodily form. Physical comfort and luxury are considered happiness. But we know that mental worry destroys bodily happiness. Everyone desires physical comfort. But if a person is imprisoned, and there he is given the finest of foods, will he be happy? A person does not experience joy on getting nice food if this is also accompanied by a few abuses. There