

## HELP EVER, HURT NEVER

I always conduct Myself in accordance with the principle of **Help Ever, Hurt Never**. This has been My motto. I never harmed anyone. I derive great joy in helping others. - SSS 35-17

God can be known only by experience and not by experiments. Sādhanā (spiritual discipline) is needed for this purpose. Human beings who are engaged in exploring space do not make the slightest effort to explore the Divine within them. Of what use are experiments aimed at exploring space, while there is no genuine cultivation of human qualities and the practise of such basic virtues as showing reverence for the mother, the father and the preceptor? Everyone should act up to the motto "**Help ever; hurt never**". Every educated person should engage himself or herself in selfless service to society with humility and a pure heart. - SSS 27-16

Human life is not meant to amass wealth. When you depart from the world, can you take even a naya paisa (penny) with you? A person cannot take even a fistful of sand when he or she leaves the world. Otherwise, there would have been rationing for sand also. What you ultimately carry with you is only the results of your actions, merit or sin. Hence, do not indulge in sinful deeds. Undertake meritorious activities. Paropakārāya puñyāya, pāpāya parapiḍanam (One attains merit by serving others and commits sin by hurting them). **Help ever; hurt never**. To the extent possible, perform acts of charity and help everybody. Fill your hearts with love. - SSS 35-02

Paropakaraya punyaya, Papaya parapeedanam (one attains merit by serving others and commits sin by hurting them). **Help Ever, Hurt Never**. This is the essence of the 18 Puranas. Never mind if you have to suffer, but do not put others to suffering. God will take care of you. - SSS 35-04

**Help Ever, Hurt Never**. Sage Vyasa has given the essence of eighteen Puranas in two sentences, Paropakara punyaya, papaya parapeedanam (one attains merit by serving others and commits sin by hurting them). This is the main principle of Bharatiya culture. When you help others, you will receive help tenfold. If you harm others, you will be put to harm ten times more. Keep this in mind. On this sacred day, fill your hearts with love and undertake sacred activities. - SSS 35-06

People aspire to attain liberation. What is liberation? **Help Ever, Hurt Never**. That is true liberation. To get rid of moha (attachment) is true moksha (liberation). Do not try to find faults with others. If you point an accusing finger at someone, remember that three fingers are pointing at you. - SSS 35-19

Today, you do not find peace anywhere in the world. You see only pieces! In fact, people are breaking their heart into pieces. How then can peace be acquired? There is only one solution to this

problem. Love God. Have faith in God. Surrender unto Him. Dedicate your whole life to God and carry on every activity of yours as an offering to Him. Let all your activities be helpful to others. **Help Ever, Hurt Never.** You cannot say that you are leading a problem-free life. Who knows what is in store for you the next moment! If you wish to be always happy, pray for the welfare of others. This is the real sadhana. Spirituality does not mean simply doing bhajans and performing some acts of worship. Cultivate noble qualities. Always be helpful to others and earn a good name. - SSS 35-23

Whenever a hungry person stood in front of our house, I used to provide food to him even foregoing My own share of food. For those who had no clothes to wear, I used to give away My clothes. Thus, I have been helping every needy person since My childhood. My motto then as well as now has been "Help ever; hurt never". I had a lot of opportunities to help others since childhood. Several people pay lip service to the poor but they do not really help them. - SSS 40-05

You go on fighting with others and try to hurt them. Then you are not a human being at all! Always help others; do not hurt anyone. **"Help Ever, Hurt Never."** It is said, "One attains merit by serving others and commits sin by hurting them (Paropakara punyaya, papaya parapeedanam)." "Whoever you salute, it reaches God (Sarva jiva namaskaram Kesavam pratigachchati)." "Whoever you criticise, it reaches God (Sarva jiva tiraskaram Kesavam pratigachchati)." You think you are accusing someone or making fun of someone. It is all your illusion. In fact, you are accusing yourself and making fun of yourself in the process. Everything has reaction, reflection, and resound. You yourself are responsible for either good or bad. If you wish to enjoy good things in life, do good to others in the first instance. - SSS 42-02

Your duty is to follow your conscience. Your conscience helps you manifest noble qualities. But you do not pay heed to the voice of your conscience and go against the human values. Hence, you should never ignore your conscience. Your conscience is your most valuable property. You do not have to repeat the name of the Lord, mediate, do yoga, etc. You will achieve a lot of progress in your spiritual exercises if you only listen to your inner voice. Whatever comes from the depth of your heart will do good for you. Whatever goes against the dictates of your conscience is worldly, whereas inner voice or conscience is spiritual. **"Help Ever; Hurt Never,"** is the cardinal principle of spirituality. Whoever follows the inner voice will always be safe. Never go against that inner voice. That is true spirituality. - SSS 42-02

What must you know today? You should know your mistakes and rectify them. That is enough. **Help Ever, Hurt Never.** You become a true human being when you know this truth. What does the term 'human being' mean? A human being is one with morality and character. When people adhere to the path of morality, they will have no suffering. It is only to teach such lessons to humans that God incarnates on earth. - SSS 42-16